



## 2017-2020 Community Health Assessment Implementation Plan

Every three years Speare Memorial Hospital conducts a Community Health Assessment in collaboration with the Central New Hampshire Health Partnership (CNHHP). The most recent assessment was completed in 2017.

The CNHHP is comprised of:

- Speare Memorial Hospital
- Community Action Program Belknap-Merrimack Counties
- Communities for Alcohol- and Drug-free Youth (CADY)
- Lakes Region Mental Health Center
- Mid-State Health Center
- Newfound Area Nursing Association
- Pemi-Baker Community Health
- Additional assistance provided by Whole Village Family Resource Center & Plymouth Regional Senior Center

The Community Health Assessment identified the following significant health needs that remain amongst the highest priorities from previous years:

- Substance misuse prevention, treatment and recovery
- Availability of affordable health insurance
- Access to mental health services
- Access to mental/ behavioral health care
- Physical activity
- Diet/nutrition

The Community Health Assessment identified the following significant health needs that have risen from previous years as a high priority:

- Child abuse or neglect and [identified in prior needs assessments fragile families]
- Domestic violence and [identified in prior needs assessments as reduction of family stress]
- Health care for seniors

The Community Health Assessment identified the following services as the most difficult to access:

- Dental care
- Specialty health care
- Primary health care
- Mental health care

[There is a significant relationship between reported household income category and the likelihood that respondents reported having difficulty accessing services.]

SIGNIFICANT COMMUNITY HEALTH NEEDS & ISSUES IDENTIFIED IN 2017 ASSESSMENT	
Access/Availability to alcohol and drug use prevention, treatment and recovery	407
Access to affordable health care services and insurance	101
Access to mental health services	370
Domestic violence and childhood trauma	
Access to healthy foods and opportunities for active living	421,422
Access to dental care	

## ACCESS/AVAILABILITY ALCOHOL/ DRUG USE PREVENTION, TREATMENT & RECOVERY (407)

- Prevention of substance misuse, addiction and access to substance misuse treatment and recovery services were the top issues identified by both community survey respondents and key stakeholders
- Identified as a high and continuing priority for community health improvement by all community discussion groups
- The overall overdose mortality rate in the region was 24.7 per 100,000 people; a mortality rate higher than most types of cancer except lung cancer

Implementation Strategy	Speare Memorial Hospital and the Central New Hampshire Health Partnership work together to address the need for accessible and available alcohol & drug use prevention, treatment & recovery services.
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## ACCESS TO AFFORDABLE HEALTH CARE SERVICES & INSURANCE (101)

- Availability of affordable health insurance was the next highest priority after substance misuse identified by community and key stakeholder survey respondents
- Community discussions noted improvements in insurance access including Medicaid, but still identified cost and health care service availability barriers
- The estimated rate for those uninsured has declined substantially in the CNHHP service area (from 14% to about 9%), but still exceeds the overall estimated rate those uninsured for NH (6.4%)

Speare Memorial Hospital is addressing the community need for access to affordable health care services and insurance with the following implementation strategies:	
Implementation Strategy 1	Community Health Services Health Care Support Services
Implementation Strategy 2	Subsidized Health Services
Implementation 3	Primary Care Services
Implementation 4	School Dental Program
Implementation 5	Breast Cancer Screening
Implementation Strategy 6	Financial Contributions Scholarships Grants
Implementation Strategy 7	Government-Sponsored Health Care Medicare Costs exceeding reimbursement Medicaid Costs exceeding reimbursement
Implementation Strategy 8	Charity Care Free & Discounted Health Care Services
Implementation Strategy 9	Medication donations to community non-profit agencies
Implementation Strategy 10	Community-based clinical service
Implementation Strategy 11	Diabetes education and support
Implementation Strategy 12	Childbirth classes
Implementation Strategy 13	Car seat program
Implementation Strategy 14	Oncology outreach and education
Implementation Strategy 15	Cash Donations

## ACCESS TO MENTAL HEALTH / BEHAVIORAL HEALTH CARE SERVICES (370)

- Access to mental health care was the fourth highest priority identified by community and key stakeholder survey respondents with 63% considering it a ‘very high priority’
- Identified as a high and continuing priority for community health improvement by all community discussion groups including concerns for insufficient access to inpatient psychiatric care
- Medicaid members with a behavioral health condition residing in the region were over 4 times more likely to have had four or more visits to an emergency department in 2015 and twice as likely to have had an unplanned inpatient readmission compared to Medicaid members without a recent claims history indicating a behavioral health condition.

Speare Memorial Hospital is addressing the community need for access to mental health / behavioral health care services with the following implementation strategies:	
Implementation Strategy #1	Speare Memorial Hospital and the Central New Hampshire Health Partnership address the community health need of access to mental health / behavioral health care services holistically with the goal of improving mechanisms that people in need in order to receive these services.
Implementation Strategy #2	Speare Memorial Hospital provides mental health services through Speare Primary Care.

## ACCESS TO HEALTHY FOODS & OPPORTUNITIES FOR ACTIVE LIVING (421, 422)

- Opportunities for physical activity, recreation, good nutrition and access to health foods cited as a high or very high priority by about two thirds of community and key stakeholder survey respondents
- Community discussion groups identified a need for better communication about available health-related activities and resources
- 55% of adults in the service area are overweight or obese; about 23% of adults report being physically inactive in the past 30 days

Speare Memorial Hospital is addressing the community need for access to healthy foods and opportunities for active living with the following implementation strategies:	
Implementation Strategy 1	Community Health Education Diabetes education and support
Implementation Strategy 2	Coalition building Food assistance
Implementation Strategy 3	5-2-1-0 Healthy NH Initiative  Working with school nurses in SAU 48, Speare created an awareness campaign to help educate students on 5-2-1-0.  The Foundation for Healthy Communities program that focuses on four key messages to help children and their healthier lives: Eat five or more servings of fruits and vegetables a day; limit screen time to two hours per day; get at least one hour of physical activity per day; limit sugary drinks.
Implementation Strategy 4	Nutrition education at women's health event
Implementation Strategy 5	5k fun run/walk to get families moving together

# ACCESS TO DENTAL CARE SERVICES (121)

The Community Health Assessment identified that dental care is the most difficult health service to access:  
Dental care

Speare Memorial Hospital is addressing the community need for access to dental care services with the following implementation strategies:	
Implementation Strategy 1	Subsidized Dental Health Services School Dental Program
Implementation Strategy 2	Charity Care Free & Discounted Health Care Services

**DOMESTIC VIOLENCE & CHILDHOOD TRAUMA (526, 527)**

- Child abuse or neglect and domestic violence were identified as a high priority or very high priority by over a three quarters of community survey respondents
- Community discussion group participants reported concerns about the effects of parental substance use on children in the community; also noted a lack of affordable child care options
- The proportion of individuals living near or below the poverty level, including 38% of children, is higher in the region compared to the state overall

Implementation Strategy	Speare Memorial Hospital and the Central New Hampshire Health Partnership plan to address the community health need of domestic violence and childhood trauma holistically with the goal of improving population health overall.
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