Institute for Health Policy and Practice

FOUNDATION for SEACOAST HEALTH

Seacoast-Area Health Assessments Review

Priority Areas and Supporting Data Summary

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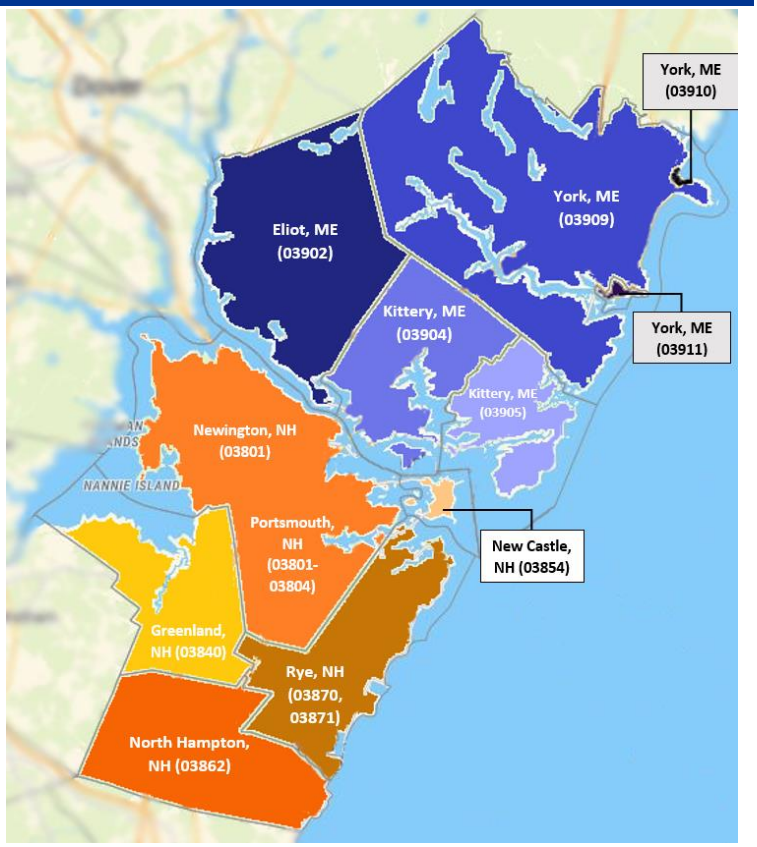
Overview

As the Foundation for Seacoast Health ("the Foundation") enters a new phase of grant-making, it seeks to better understand the needs of the area it serves. The service area is made up of the following cities and towns:

- Portsmouth, NH
- New Castle, NH
- Rye, NH
- North Hampton, NH
- Newington, NH
- Greenland, NH
- Eliot, ME
- Kittery, ME
- York, ME



The communities that make up the Foundation's service area are included in several needs assessments that are conducted by other organizations, and these assessments are a helpful starting point for the Foundation to understand what has already been learned about the needs of the community. For this project, six (6) assessments were reviewed. This includes the statutorily required community needs assessments from the hospitals[‡] that serve the identified geographic area: Exeter Hospital, Wentworth-Douglass Hospital, and York Hospital. In addition, the State of NH has designated 13 Regional Public Health Networks (RPHN), each of which is responsible for developing a community health needs assessment and improvement plan; the Seacoast RPHN includes towns in the Foundation's service area. This summary provides a synthesis of the priorities identified by these assessments, as well as information available from other data reporting tools in Maine and New Hampshire.

The first section of this report provides a brief description of each of the assessments that were reviewed. The second section provides a synthesis of the findings and needs of the communities, organized by topic area. It is worth noting that each assessment was conducted independently and uniquely. There was variation in the types of assessments developed, the questions asked and how they were asked, and the facilitation or distribution of these assessments. For this reason, there is variation in the priorities or issues identified in each assessment. It is possible that an issue that was a priority in one assessment was not a priority in another, not because the issue is unimportant, but because the process for collecting information was different. Despite these variations in methods, there was considerable consistency among the assessments in the issues identified within the assessments.

[‡] Portsmouth Regional Hospital was not included in this report as it is part of HCA Healthcare, a for-profit entity, and therefore not required to file a community needs assessment.

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Section 1: Summary of Individual Assessments

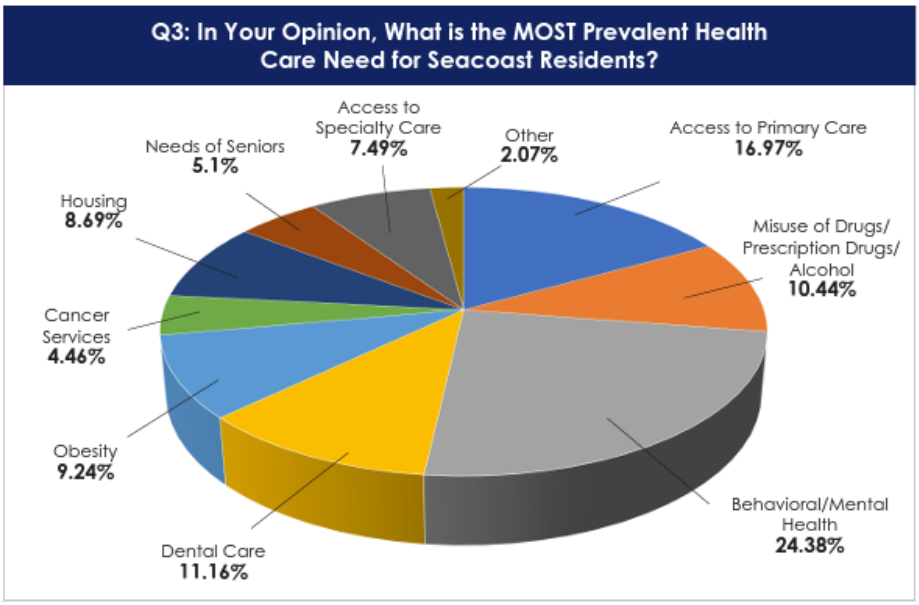
Exeter Hospital Community Health Needs Assessment

Exeter Hospital serves primarily NH's Rockingham County, including **Greenland, New Castle, Newington, North Hampton, Portsmouth,** and **Rye.**

The Exeter Hospital Community Health Needs Assessment was published in 2022. There is no associated implementation plan available at this time. The Exeter Hospital CHNA identified the following issues as the greatest needs of the service area:

	Mental & Behavioral Health • Geriatric mental health and specialists in dementia
	Access to Care • Timely access to care from primary and specialty care physicians • Cost of dental services • Cost of insurance premiums and deductibles • Affordability of prescription and over-the-counter medications Transportation • Availability and cost of transportation
	Social Determinants of Health • Lack of affordable housing
	Needs of Older Adults & Other Underserved Populations • Need for more specialized geriatric care in service area

The Exeter Hospital Community Health Survey conducted as part of the needs assessment asked, "In your opinion, what is the most prevalent health care need for Seacoast residents?" (*Results from Page 24 of the 2022 Exeter Hospital Community Health Needs Assessment report).*



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Seacoast Public Health Network Community Health Improvement Plan

The Seacoast Public Health Network consists of 23 towns in eastern Rockingham County in NH, including **Greenland**, **New Castle**, **Newington**, **North Hampton**, **Portsmouth**, and **Rye**.

There are 13 Regional Public Health Networks (RPHNs) located throughout the State of New Hampshire. Each Network involves "broad public health interests, including local health departments and health officers, health care providers, social service agencies, schools, fire, police, emergency medical services, media and advocacy groups, behavioral health, and leaders in the business, government, and faith communities, working together to address complex public health issues." The RPHNs are a strategic partnership among the NH Department of Health and Human Services (DHHS), Bureau of Drug and Alcohol Services (BDAS), and Division of Public Health Services (DPHS) to align multiple public health priorities into a single integrated system. The RPHNs purpose is to integrate multiple public health initiatives and services into a common network of community stakeholders.

Throughout 2018, the Seacoast Public Health Network conducted the Community Health Improvement Plan and identified the following issues as the greatest needs of the service area:

	Behavioral Health • Mental health • Suicide prevention
	Substance misuse prevention Continuum of care prevention, treatment, and recovery
	Public Health Emergency Preparedness • Medical Reserve Corps Family and Social Support
	Falls Prevention/Older Adults
	Tickborne Disease

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As part of the CHIP, the Seacoast Public Health Network Community Health Improvement Plan Survey asked 50 Public Health Advisory Council (PHAC) members and stakeholders to select the top five health priorities in their community and the top three social determinants of health that impact health in the Network. *Results below from Pages 9 and 10 of the Seacoast Public Health Network Annual Report.*

TABLE 1. Top Five Seacoast Region Health Priorities as Determined by the PHAC.

HEALTH TOPIC	PERCENTAGE RANKED TOP 5
Behavioral Health – Co-occurring conditions	64%
Mental Health - Coping in Schools & Trauma informed care	62%
Family & Social Support (focus on children in single parent households/parents struggling with SMD/sober parenting journey/Teen supports in schools/DBART education – Bystander education)	58%
Suicide prevention	48%
Community Activating/Community Engagement	28%

TABLE 2. Social Determinants of Health ranked by top three, as determined by the PHAC.

SOCIAL DETERMINANT OF HEALTH (SDOH)	RANKING
Affordable Housing	66.67%
Lack of treatment for Substance Use Disorders/Mental Health disorders	47.92%
Lack of Transportation	37.50%
Lack of support systems	35.42%
Income limitation	31.25%
Lack of insurance and or affordability of Insurance	27.08%
Access to care and or medication	18.75%
Health Equity	12.50%
Lack of work skills/Education	8.33%
Food Scarcity and or Food desert in my community	4.17%
Lack of recreational activities (parks, trails, sidewalks, etc.)	4.17%
Other (please specify)	2.08%

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Wentworth-Douglass Hospital Community Health Needs Assessment

The Wentworth-Douglass Hospital Community Health Needs Assessment and Implementation Strategy were published in 2022. The hospital serves 24 towns located in Rockingham, Stafford, and Carroll counties in New Hampshire and York County in Maine. The towns served include **Portsmouth**, NH, **Newington**, NH, **Eliot**, ME, **Kittery**, ME, **and Kittery Point**, ME.

Wentworth-Douglass Hospital identified the following issues as the greatest needs of the service area:

	Access to Primary Care Services Access to Long-Term Services and Supports Financial Barriers to Care Oral Health
	Chronic Diseases Obesity and Physical Inactivity
	Mental Health
	Social Determinants of Health
	Substance Use Disorders

Furthermore, when conducting the Wentworth-Douglass Hospital Community Health Assessment Survey, residents were asked, "As far as you know, are any of the following services unavailable or inadequate to meet the needs of your community?" *Results below from Page 90 of the 2022 Wentworth-Douglass Hospital Community Health Needs Assessment.*

- **As far as you know, are any of the following services unavailable or inadequate to meet the needs of your community?**
    - Mental health counseling for adults – 29%
    - Mental health counseling for youth – 27%
    - Drug treatment – 27%
    - Alcohol treatment – 20%
    - Dental care for adults – 16%
    - Long-term care – 14%
    - Home health or hospice care – 13%
    - Dental care for youth – 11%
    - Urgent or emergency care – 7%
    - Cannot identify any needed services – 28%
    - Don't know – 25%

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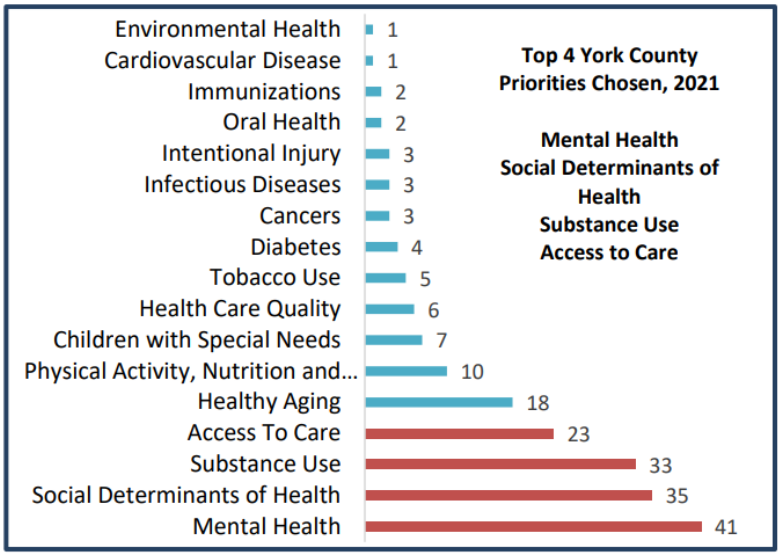
York Hospital Community Health Needs Assessment

The immediate service area of York Hospital consists of ten towns in southern York County in ME, including **Eliot, Kittery,** and **York.**

The [York Hospital Community Health Needs Assessment] was published in December 2021. There is no associated implementation plan at this time. The York Hospital CHNA identified the following issues and priorities as the greatest needs of the service area:

	Mental Health • Priority: Increase access to mental health services and supports
	Substance Use and Misuse • Priority: Increase substance use disorder prevention, intervention, and addiction services for those at highest risk, including youth, young adults, and underserved/uninsured
	Access to Care • Priority: Increase and improve access to care

At a virtual community forum in September 2021, attendees selected their top health priorities through an anonymous electronic voting system. *Results from Page 12 of the York Hospital Community Health Needs Assessment Report.*



Additionally, in 2021, a Community Themes & Strengths Assessment Survey was conducted, which yielded the following top five health concerns and risk factors:

- Top health concerns:
  - Mental health
  - Drug abuse
  - Obesity
  - Infectious disease
  - Aging problems
- Top risk factors:
  - Lack of mental health services
  - Drug and alcohol use
  - Poor weight management
  - Hunger, food insecurity
  - Lack of social services

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York County, Maine Shared Community Health Needs Assessment

The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaboration between Central Maine Healthcare, Maine Centers for Disease Control and Prevention, MaineGeneral Health, MaineHealth, and Northern Light Health. The goals of the Maine Shared CHNA are to create shared CHNA reports, engage and activate communities, and support data-driven health improvements for Maine people. The York County, Maine Shared Community Health Needs Assessment was conducted in 2021. There is no associated implementation plan at this time. This particular report assessed the health needs of York County, ME, including **Eliot, Kittery,** and **York**.

A York County forum, as part of the Maine Shared CHNA, identified the following issues as the greatest needs of the service area:

	Mental Health
	Social Determinants of Health
	Substance and Alcohol Use
	Access to Care

Other identified needs, as voted on by community members at the York County forum, are shown below. *Results below from Page 17 of the York County Maine Shared Community Health Needs Assessment Report.*

Table 10. All Priority Health Topic Areas for York County

PRIORITIES	# OF VOTES	% OF PARTICIPANTS
Mental Health	41	72%
Social Determinants of Health	35	61%
Substance and Alcohol Use	33	58%
Access to Care	23	40%
Older Adult Health	18	32%
Physical Activity, Nutrition, and Weight	10	18%
Children with Special Needs	7	12%
Health Care Quality	6	11%
Tobacco	5	9%
Diabetes	4	7%
Cancer	3	5%
Infectious Disease	3	5%
Intentional Injury	3	5%
Other (not specified)	3	5%
Immunizations	2	4%
Oral Health	2	4%
Unintentional Injury	2	4%
Cardiovascular Disease	1	2%
Environmental Health	1	2%
Pregnancy and Birth Outcomes	1	2%

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York County Community Action Corporation Community Needs Assessment

The YCCAC Community Needs Assessment was published in December 2021 and assessed the health needs of York County, ME, including **Eliot, Kittery,** and **York**.

The York County Community Action Corporation (YCCAC) connects patients and clients of York County, ME to resources including primary and dental care, income support, early childhood education, transportation, and housing. The organization's mission is to "alleviate the effects of poverty, attack its underlying causes, and promote the dignity and self-sufficiency of the people of York County, Maine."

The YCCAC identified the following issues as the greatest needs and/or highest priorities of the service area:

Social Determinants of Health (Well-Being)

- Transportation
- Childcare
- Housing
- Livable wages

Furthermore, when conducting the YCCAC Community Survey, residents were asked to identify the top community needs. *Results below, display the top 10 of 49 needs identified, from Page 13 of the York County Community Action Corporation Community Needs Assessment.*

York County Community Action Corp		
	Need	Percent
1	Increasing the number of affordable apartments	62.7%
2	Developing more livable-wage jobs	58.2%
3	Making dental care more affordable	56.8%
4	Increasing the number of mental health providers in rural communities	56.4%
5	Providing more flexible and affordable childcare options for working parent(s)	54.6%
6	Creating more emergency shelter beds for people who are homeless	54.6%
7	Reducing the amount of opioid misuse	54.3%
8	Providing more senior housing options	54.3%
9	Reducing the amount of other drug misuse (heroin, cocaine, etc.)	53.2%
10	Increasing the number of dentists who serve MaineCare patients	52.9%

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Section 2: Cross-Assessment Summary of Priority Areas

While each hospital and organization's assessment was unique and independent of one another, there was considerable overlap and commonality among the needs and priorities identified. This section of the report groups the like-priorities and needs identified by the organizations above into priority area categories. These priority area categories, and the assessments they arose in, include:

Priority Areas	Exeter Hospital CHNA	Seacoast Public Health Network CHIP	York Hospital CHNA	York County, Maine Shared CHNA	York County Community Action Corp. CNA	Wentworth-Douglass Hospital CHNA
Access to Care	✓		✓	✓	✓	✓
Physical Health		✓				✓
Mental and Behavioral Health	✓	✓	✓	✓	✓	✓
Substance Use	✓	✓	✓	✓	✓	✓
Older Adults and Other Underserved Populations	✓	✓			✓	✓
Social Determinants of Health						
Economic Stability	✓			✓	✓	✓
Education	✓			✓	✓	✓
Food Security	✓			✓		✓
Housing	✓			✓	✓	✓
Transportation	✓			✓	✓	✓
Broadband Access				✓		
Social and Community Context	✓			✓	✓	

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Access to Care

The category of **Access to Care** broadly includes the ability for people to find, afford, and access health insurance, providers, and care. Key issues within Access to Care are listed below; when available, data related to the issues are summarized.

The ability to afford care was included in the assessments, described in multiple ways.

- *Lack of health insurance – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *High cost of care – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *Rural communities are often overlooked, in terms of health care access and funding for resources – Eliot, Kittery, York*
- *Lack of education about non-emergency options for free or low-cost care – Eliot, Kittery, York*

Service Area	% without health insurance, all ages
Rockingham County	4.8%
New Hampshire	5.9%
York County	5.3%
Maine	7.4%

Source: Policy Map, 2017-2021 (https://www.policymap.com/newmaps#/)

Service Area	% of adults who reported a time in the past 12 months when they needed to see a doctor but could not because of cost		
	2019	2020	2021
New Hampshire	11.4%	9.0%	6.9%
Maine	12.3%	9.4%	7.6%

Source: America's Health Rankings, 2019-2021
(https://www.americashealthrankings.org/explore/annual/measure/costburden/state/NH)

Service Area	Medical Cost Per Member Per Month (PMPM) by Payer		
	Commercial	Medicaid	Medicare
Rockingham County	$377	$442	$950
New Hampshire	$365	$456	$943
York County	*N/A*	*N/A*	*N/A*
Maine	*N/A*	*N/A*	*N/A*

Source: IHPP Report Suite, 2020 (https://scholars.unh.edu/ihpp/57/)

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Service Area	Annual average dollars spent out-of-pocket per person			
	Medical care	Prescription medications	Medical office visits	Dental care
Rockingham County	$1,130	$210	$360	$230
New Hampshire	$1,090	$200	$350	$220
York County	$1,140	$210	$360	$230
Maine	$1,100	$210	$340	$230

Source: Policy Map, 2019 (https://www.policymap.com/newmaps#/)

Issues related to being able to receive care, largely related to provider availability for multiple types of care, were called out in a variety of ways. Mental health service gaps were emphasized in multiple ways, and there was an acknowledgment of the need for providers to be culturally aware.

- *Provider shortage – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *Increase the availability, adequacy, and affordability of mental health services (including counseling services, individual support options, and case management) to meet community needs – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *Increasing the number of community members visiting dentists/dental clinics – Portsmouth, Newington, Eliot, Kittery*
- *Limited beds for youth in crisis and need of inpatient pediatric behavioral health – Eliot, Kittery, York*
- *More cultural awareness among providers – Eliot, Kittery, York*

Service Area	Ratio of population to providers				
	Other Primary Care Providers[1] *(Nurse Practitioners, Physician Assistants, Clinical Nurse Specialists)*	Primary Care Physicians[1]	Dentists[1]	Mental Health Providers[1]	Psychiatrists[2]
Rockingham County	770:1	1,270:1	1,300:1	370:1	*N/A*
New Hampshire	630:1	1,110:1	1,300:1	290:1	*N/A*
York County	1,320:1	1,704:1	2,010:1	230:1	20,812:1
Maine	610:1	1,332:1	1,480:1	290:1	12,985:1
United States	870:1	1,310:1	1,400:1	350:1	*N/A*

Source: (1) County Health Rankings, 2022 (https://www.countyhealthrankings.org/explore-health-rankings/new-hampshire/rockingham?year=2022), (2) Maine CHNA Interactive Health Data, 2019 (https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml)

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Service Area	Primary Care Health Professional Shortage Areas (HPSAs)[§]			
	Total primary care HPSA designations	Population of designated HPSAs	Percent of need met	Number of practitioners needed to remove HPSA designation
New Hampshire	29	161,596	71.2%	17
Maine	80	124,339	43.0%	24
United States	8,160	97,607,486	47.2%	16,940

Source: Kaiser Family Foundation, 2022 (https://www.kff.org/state-category/providers-service-use/health-professional-shortage-areas/)

Service Area	Dental Care Health Professional Shortage Areas (HPSAs)			
	Total primary care HPSA designations	Population of designated HPSAs	Percent of need met	Number of practitioners needed to remove HPSA designation
New Hampshire	22	35,002	21.5%	9
Maine	94	380,414	32.3%	59
United States	7,192	69,478,189	31.8%	11,896

Source: Kaiser Family Foundation, 2022 (https://www.kff.org/state-category/providers-service-use/health-professional-shortage-areas/)

Service Area	Mental Health Care Health Professional Shortage Areas (HPSAs)			
	Total primary care HPSA designations	Population of designated HPSAs	Percent of need met	Number of practitioners needed to remove HPSA designation
New Hampshire	23	182,854	51.1%	5
Maine	68	399,337	19.7%	31
United States	6,464	156,827,282	27.7%	7,871

Source: Kaiser Family Foundation, 2022 (https://www.kff.org/state-category/providers-service-use/health-professional-shortage-areas/)

[§] **HPSA designations** are assigned by the Health Resources and Services Administration and used to identify areas of population groups within the U.S. that are experiencing a shortage of health professionals. The primary factor used to determine a HPSA designation is the number of health professionals relative to the population with consideration of high need. Federal regulations stipulate that, in order to be considered as having a shortage of providers, an area must have a population-to-provide ratio of a certain threshold. The ratio for **primary medical care** is at least 3,500 to 1, or 3,000 to 1 if there are unusually high needs in the community. The ratio for **dental care** is at least 5,000 to 1, or 4,000 to 1 if there are unusually high needs in the community. The ratio for **mental health care** is at least 30,000 to 1, or 20,000 to 1 if there are unusually high needs in the community.

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Service Area	Number of providers per 100,000 population		
	Primary Care Providers *(General Practice, Family Practice, Obstetrics and Gynecology, Pediatrics, Geriatrics, Internal Medicine, Physician Assistants, and Nurse Practitioners)*	**Dental Providers** *(General Dentists and Advanced Practice Dental Therapists)*	**Mental Health Providers** *(Psychiatrists, Psychologists, Licensed Clinical Social Workers, Counselors, Marriage and Family Therapists, and Advanced Practice Nurses specializing in mental health care)*
New Hampshire	329.9	62.3	371.3
Maine	355.0	57.6	539.8
United States	265.3	60.6	305.0

Source: America's Health Rankings, 2022
(https://www.americashealthrankings.org/explore/annual/measure/providers/state/NH)

Service Area	% of adults who visited the dentist or a dental clinic for any reason in the past 12 months[1]	% of adults who visited the dentist or dental clinic[2]
Rockingham County	*N/A*	74.3%
New Hampshire	*N/A*	*N/A*
York County	63.8%	70.0%
Maine	63.6%	*N/A*

Source: (1) Maine CHNA Interactive Health Data, 2016
(https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml),
(2) Policy Map, 2020 (https://www.policymap.com/newmaps#/)

Service Area	% of commercially insured children (age 0-20) that…		% of Medicaid-insured children (age 0-20) that…	
	received a dental service	received preventive dental care	received a dental service	received preventive dental care
Rockingham County	*N/A*	*N/A*	*N/A*	*N/A*
New Hampshire	*N/A*	*N/A*	*N/A*	*N/A*
York County	65.3%	61.8%	44.3%	39.0%
Maine	64.1%	60.3%	45.5%	39.8%

Source: Kids Count, 2020 (https://datacenter.kidscount.org/data#ME/5/0/char/0)

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Transportation and travel to care was an issue identified in multiple ways.

- *Lack of transportation to receive care, especially in rural communities* – *Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *More telehealth services needed due to long distance to travel for care* – *Eliot, Kittery, York*
- *Reducing MaineCare transportation limitations* – *Eliot, Kittery, York*

Service Area	% who visit a primary care provider who is located more than 30 miles from the patient's home
Rockingham County	*N/A*
New Hampshire	*N/A*
York County	18.8%
Maine	20.0%

Source: Maine CHNA Interactive Health Data, 2019
(https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml)

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Physical Health

The category of **Physical Health** broadly includes a range of health behaviors, such as exercise and healthy eating, and physical health conditions, such as cancer and heart disease. Key issues within Physical Health are listed below; when available, data related to the issues are summarized.

Decline in how people ranked their personal health – *Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*

Service Area	% of adults who reported that their physical health was not good for 14 or more days in the past 30 days	% of adults who reported that their mental health was not good for 14 or more days in the past 30 days
New Hampshire	9.6%	14.6%
Maine	11.7%	15.2%

Source: Centers for Disease Control and Prevention BRFSS, 2021 (https://www.cdc.gov/brfss/brfssprevalence/)

Reduce obesity, increase physical activity – *Portsmouth, Newington, Eliot, Kittery*

Service Area	Obesity		
	Middle school students[1]	High school students[1,2]	Adults[1,3]
Rockingham County	*N/A*	*N/A*	29.0%
New Hampshire	*N/A*	12.7%	31.8%
York County	13.3%	13.8%	29.0%
Maine	15.1%	15.0%	29.1%

Source: (1) Maine CHNA Interactive Health Data, 2017-2019 (https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml), (2) Centers for Disease Control and Prevention YRBS, 2019 (https://nccd.cdc.gov/youthonline/App/Default.aspx), (3) NH HealthWRQS, 2019 (https://www.nhhealthwrqs.org/)

Service Area	Met physical activity recommendations		Met aerobic physical activity recommendations
	Middle school students[1]	High school students[1,2]	Adults[1,3]
Rockingham County	*N/A*	*N/A*	51.6%
New Hampshire	*N/A*	22.5%	55.7%
York County	25.0%	20.8%	52.5%
Maine	25.5%	20.9%	52.8%

Source: (1) Maine CHNA Interactive Health Data, 2017-2019 (https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml), (2) Centers for Disease Control and Prevention YRBS, 2019 (https://nccd.cdc.gov/youthonline/App/Default.aspx), (3) NH HealthWRQS, 2019 (https://www.nhhealthwrqs.org/)

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Treatment and prevention of tickborne disease – *Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*

Service Area	Reported cases of selected tickborne diseases		
	Lyme disease	Anaplasmosis	All (8) selected diseases
Rockingham County	1340	182	1,612
New Hampshire	5,236	800	6,303
York County	896	179	1,177
Maine	6,905	1,035	8,475

Source: Centers for Disease Control and Prevention, 2016-2019 (https://www.cdc.gov/ticks/data-summary/geographic-distribution.html)

Chronic Disease prevalence, hospitalization, and mortality (e.g., cardiovascular disease and cancer) – *Portsmouth, Newington, Eliot, Kittery*

Service Area	Cardiovascular disease[1] *(i.e., % of adults ever told by a health professional that they had angina or coronary heart disease, heart attack or myocardial infarction, or stroke)*	Cardiovascular disease hospitalizations, rate per 1,000[2]	Cardiovascular disease mortality, rate per 100,000[2]
Rockingham County	N/A	59.3	182.6
New Hampshire	7.8%	53.5	364.5
York County	N/A	52.2	169.3
Maine	10.3%	49.3	371.3

Source: (1) America's Health Rankings, 2021 (https://www.americashealthrankings.org/explore/annual/measure/CVD/state/ME, https://www.americashealthrankings.org/explore/annual/measure/CVD/state/NH), (2) Centers for Disease Control and Prevention, 2018-2020 (https://www.cdc.gov/heartdisease/heart_failure.htm)

Service Area	All cancer incidence, age-adjusted rate per 100,000[1,2]	All cancer mortality, age-adjusted rate per 100,000[1,2]
Rockingham County	498.9	118.0
New Hampshire	484.9	137.5
York County	483.6	168.2
Maine	465.0	163.7

Source: (1) NH DHHS WISDOM, 2015-2021 (https://wisdom.dhhs.nh.gov/wisdom/topics.html?topic=cancer), (2) Maine CHNA Interactive Health Data, 2019 (https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml)

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Mental and Behavioral Health

The category of **Mental and Behavioral Health** broadly includes the ability for people to find, afford, and access mental and behavioral health providers and treatment, as well as the prevalence of mental health conditions. Key issues within Mental and Behavioral Health are listed below; when available, data related to the issues are summarized.

Youth mental health was identified as an issue generally, and specifically related to the impact of COVID-19.

- *Youth mental health, depression – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *Impact of COVID-19, social isolation, and e-learning on youth mental health and adverse childhood experiences (ACEs) – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *Adverse Childhood Experiences (ACEs) – Eliot, Kittery, York*
- *Suicide prevention – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*

Service Area	Felt so sad/hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities	
	Middle school students[3]	High school students[1,2,3]
Seacoast Schools *(includes Portsmouth and North Hampton)*	*N/A*	34.3%
New Hampshire	*N/A*	33.6%
York County	24.0%	32.2%
Maine	24.8%	32.1%

Source: (1) NH DHHS WISDOM, 2019 (https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/seacoast-yrbs-charts-2019.pdf), (2) Centers for Disease Control and Prevention YRBS, 2019 (https://nccd.cdc.gov/youthonline/App/Default.aspx), (3) Maine CHNA Interactive Health Data, 2019 (https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml)

Service Area	% of children (age 3-17) with anxiety or depression
New Hampshire	18.4%
Maine	17.5%

Source: Kids Count, 2020 (https://datacenter.kidscount.org/data#NH/2/0/char/0)

Service Area	% of high school students who reported at least 4 out of 9 ACEs
York County	21.2%
Maine	21.3%

Source: Maine CHNA Interactive Health Data, 2019 (https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml)

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Service Area	Substantiated child maltreatment victims, rate per 1,000 children ages 0-17	Arrests of children ages 10-17, rate per 1,000 children ages 10-17	Children in foster care by county of removal, per 1,000 children ages 0-17	Domestic assaults reported, rate per 100,000 total population
Rockingham County	2.2	*N/A*	1.0	*N/A*
New Hampshire	4.7	*N/A*	2.7	*N/A*
York County	15.2	15.8	6.2	244.4
Maine	16.9	14.4	9.0	256.9

Source: Kids Count, 2020-2021 (https://datacenter.kidscount.org/data#ME/5/35/36,37,38,39/char/0)

Service Area	Had serious thoughts of suicide in the past year[1]			Seriously considered suicide in the past year[2,3]	
	18+	18-25	26+	Middle school students	High school students
Seacoast Schools *(includes Portsmouth and North Hampton)*	*N/A*	*N/A*	*N/A*	*N/A*	20.1%
New Hampshire	4.7%	12.9%	3.5%	*N/A*	18.4%
York County	*N/A*	*N/A*	*N/A*	18.8%	16.8%
Maine	5.4%	14.0%	4.4%	19.8%	16.4%

Source: (1) SAMHSA National Survey on Drug Use and Health, 2018-2019 (https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health), (2) Maine CHNA Interactive Health Data, 2019 (https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml), (3) NH DHHS WISDOM, 2019 (https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/seacoast-yrbs-charts-w2019.pdf, https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/nh-yrbs-charts-2019.pdf)

Service Area	Made any suicide plans in the past year[1]			Made a plan about how they would attempt suicide in the past year[2,3]	
	18+	18-25	26+	Middle school students	High school students
Seacoast Schools *(includes Portsmouth and North Hampton)*	*N/A*	*N/A*	*N/A*	*N/A*	15.2%
New Hampshire	1.3%	4.4%	0.8%	*N/A*	13.3%
York County	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Maine	1.6%	5.3%	1.1%	13.8%	13.1%

Source: (1) SAMHSA National Survey on Drug Use and Health, 2018-2019 (https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health), (2) NH DHHS WISDOM, 2019 (https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/seacoast-yrbs-charts-w2019.pdf, https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/nh-yrbs-charts-2019.pdf), (3) Centers for Disease Control and Prevention YRBS, 2019 (https://nccd.cdc.gov/youthonline/App/Default.aspx)

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Service Area	Attempted suicide in the past year[1]			Attempted suicide in the past year[2,3]	
	18+	18-25	26+	Middle school students	High school students
Seacoast Schools *(includes Portsmouth and North Hampton)*	*N/A*	*N/A*	*N/A*	*N/A*	9.0%
New Hampshire	0.6%	2.2%	0.4%	*N/A*	7.0%
York County	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Maine	0.6%	2.3%	0.4%	7.8%	8.5%

Sources: (1) SAMHSA National Survey on Drug Use and Health, 2018-2019 (https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health),
(2) NH DHHS WISDOM, 2019
(https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/seacoast-yrbs-charts-w2019.pdf, https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/nh-yrbs-charts-2019.pdf),
(3) Centers for Disease Control and Prevention YRBS, 2019 (https://nccd.cdc.gov/youthonline/App/Default.aspx)

Service Area	Rate of deaths from suicide, per 100,000 people[1]	Rate of teen deaths from suicide, rate per 100,000 adolescents (age 15-19)[2]
Rockingham County	18.0	*N/A*
New Hampshire	17.1	10.7
York County	19.6	*N/A*
Maine	17.3	16.8

Source: (1) Policy Map, 2020 (https://www.policymap.com/newmaps#/), (2) America's Health Rankings, 2018-2020 (https://www.americashealthrankings.org/explore/health-of-women-and-children/measure/teen_suicide/state/NH, https://www.americashealthrankings.org/explore/health-of-women-and-children/measure/teen_suicide/state/ME)

Better access to and availability of crisis services was a highlighted issue.

- *Reduce mental health emergency department use and expand crisis services – Eliot, Kittery, York*
- *Lack of resources between crisis and hospitalizations – Eliot, Kittery, York*
- *Lack of mental health funding – Eliot, Kittery, York*

Service Area	Mental health emergency department visits, rate per 10,000[1]	Suicide or self-harm-related emergency department visits, age-adjusted rate per 100,000[2]
Rockingham County	*N/A*	141.8
New Hampshire	*N/A*	186.4
York County	152.7	*N/A*
Maine	170.6	*N/A*

Source: (1) Maine CHNA Interactive Health Data, 2016-2018
(https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml),
(2) NH DHHS WISDOM, 2016-2020 (https://wisdom.dhhs.nh.gov/wisdom/topics.html?topic=mental-health)

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Substance Use

The category of **Substance Use** broadly includes the prevalence of substance use, such as alcohol, marijuana, and opioids, substance use among youth, and overdose fatalities. Key issues within Substance Use are listed below; when available, data related to the issues are summarized.

The need for improvements in substance use disorder prevention, treatment, and recovery services and programs was identified in multiple ways.

- *Increase awareness, substance misuse prevention through education, and resources for youth – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *Gaps in the continuum of substance use disorder care (prevention, treatment, recovery) – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Reduce stigma around mental health and substance issues to encourage individuals to come forward and seek help – Eliot, Kittery, York*
- *Hospitals should focus on substance use to improve community health – Portsmouth, Newington, Eliot, Kittery*

Service Area	% of high school students that think people are at great risk of harming themselves if they take a prescription drug without a doctor's prescription	% of high school students that reported that their friends feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription	% of high school students that reported that their parents feel it would be wrong or very wrong for them to take a prescription drug without a doctor's prescription
Seacoast Schools *(includes Portsmouth and North Hampton)*	60.1%	84.2%	96.7%
New Hampshire	56.7%	83.6%	95.5%
York County	*N/A*	*N/A*	*N/A*
Maine	*N/A*	*N/A*	*N/A*

Source: NH DHHS WISDOM, 2019 (https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/seacoast-yrbs-charts-w2019.pdf, https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/nh-yrbs-charts-2019.pdf)

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Service Area	% of high school students that think people are at great risk of harming themselves if they have 5 or more drinks of alcohol once or twice a week	% of high school students that reported that their friends feel it would be wrong or very wrong for them to have 1 or 2 drinks of an alcoholic beverage nearly every day	% of high school students that reported that their parents feel it would be wrong or very wrong for them to have 1 or 2 drinks of an alcoholic beverage nearly every day
Seacoast Schools *(includes Portsmouth and North Hampton)*	26.0%	66.8%	93.2%
New Hampshire	27.3%	65.4%	90.9%
York County	*N/A*	*N/A*	*N/A*
Maine	*N/A*	*N/A*	*N/A*

Source: NH DHHS WISDOM, 2019 (https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/seacoast-yrbs-charts-w2019.pdf, https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/nh-yrbs-charts-2019.pdf)

Service Area	% of high school students that think people are at great risk of harming themselves if they use marijuana once or twice a week	% of high school students that reported that their friends feel it would be wrong or very wrong for them to smoke marijuana	% of high school students that reported that their parents feel it would be wrong or very wrong for them to smoke marijuana
Seacoast Schools *(includes Portsmouth and North Hampton)*	9.3%	35.3%	76.4%
New Hampshire	10.3%	37.7%	78.5%
York County	*N/A*	*N/A*	*N/A*
Maine	*N/A*	*N/A*	*N/A*

Source: NH DHHS WISDOM, 2019 (https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/seacoast-yrbs-charts-w2019.pdf, https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/nh-yrbs-charts-2019.pdf)

Service Area	Needing but not receiving treatment at a specialty facility for substance use in the past year		
	Age 12-17	Age 18-25	Age 26+
New Hampshire	4.3%	18.8%	6.6%
Maine	4.6%	17.3%	7.1%

Source: SAMHSA National Survey on Drug Use and Health, 2018-2019 (https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health)

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Service Area	Needing but not receiving treatment at a specialty facility for illicit drug use in the past year		
	Age 12-17	Age 18-25	Age 26+
New Hampshire	3.0%	7.4%	1.7%
Maine	3.3%	9.0%	2.3%

Source: SAMHSA National Survey on Drug Use and Health, 2018-2019 (https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health)

Service Area	Needing but not receiving treatment at a specialty facility for alcohol use in the past year		
	Age 12-17	Age 18-25	Age 26+
New Hampshire	2.1%	14.1%	5.5%
Maine	2.1%	10.3%	5.1%

Source: SAMHSA National Survey on Drug Use and Health, 2018-2019 (https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health)

Reducing substance use was mentioned in multiple ways. Specific substances were identified, and there was specific recognition of how COVID-19 impacted substance use disorder response.

- *Substance use disorder increased but was overshadowed by the COVID-19 pandemic – Portsmouth, Newington, Eliot, Kittery*
- *Alcohol deaths increased during the COVID-19 pandemic – Eliot, Kittery, York*
- *Reduce heavy/binge drinking – Portsmouth, Newington, Eliot, Kittery*
- *Reduce prescription drug misuse among youth – Portsmouth, Newington, Eliot, Kittery*
- *Reduce the amount of drug misuse (opioids, heroin, cocaine, and other drugs) – Eliot, Kittery, York*
- *Reduce smoking and vaping, particularly among youth – Eliot, Kittery, York*
- *Overdose deaths increase steadily, primarily caused by fentanyl – Eliot, Kittery, York*

Service Area	Alcohol use** in the past month[1]			Binge alcohol use†† in the past month[1]			Heavy alcohol use‡‡ in the past month[2]
	Age 12-17	Age 18-25	Age 26+	Age 12-17	Age 18-25	Age 26+	Adults
New Hampshire	10.9%	68.9%	66.8%	5.7%	43.4%	27.6%	7.3%
Maine	10.4%	60.1%	59.4%	5.3%	36.4%	21.8%	8.2%

Source: (1) SAMHSA National Survey on Drug Use and Health, 2018-2019 (https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health), (2) Centers for Disease Control and Prevention BRFSS, 2021 (https://www.cdc.gov/brfss/brfssprevalence/)

** **Alcohol use** is defined as consuming a can or bottle of beer, a glass of wine or wine cooler, a shot of liquor, or a mixed drink with liquor in it.

†† **Binge alcohol use** is defined for females as drinking four or more drinks on the same occasion, and for males as drinking five or more drinks on the same occasion.

‡‡ **Heavy alcohol use** is defined for females as drinking four or more drinks on the same occasion, and for males as drinking five or more drinks on the same occasion, on each of 5 or more days in the past 30 days.

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Service Area	% of students who ever took a prescription drug without a doctor's prescription		% of students that took a prescription drug without a doctor's prescription at least 1 day of the past 30 days	
	Middle school students[2]	High school students[1,2]	Middle school students[3]	High school students[1,3]
Seacoast Schools *(includes Portsmouth and North Hampton)*	*N/A*	13.7%	*N/A*	6.1%
New Hampshire	*N/A*	10.0%	*N/A*	4.3%
York County	*N/A*	*N/A*	2.7%	4.9%
Maine	6.0%	10.7%	3.0%	5.0%

Source: (1) NH DHHS WISDOM, 2019 (https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/seacoast-yrbs-charts-w2019.pdf, https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/nh-yrbs-charts-2019.pdf), (2) Centers for Disease Control and Prevention BRFSS, 2021 (https://www.cdc.gov/brfss/brfssprevalence/), (3) Maine CHNA Interactive Health Data, 2019 (https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml)

Service Area	Illicit drug use in the past month *(i.e., cocaine, heroin, hallucinogens, inhalants, methamphetamine)*			Marijuana use in the past month			Prescription drug misuse in the past year		
	Age 12-17	Age 18-25	Age 26+	Age 12-17	Age 18-25	Age 26+	Age 12-17	Age 18-25	Age 26+
New Hampshire	2.3%	8.1%	2.7%	8.2%	30.2%	12.3%	1.9%	4.8%	3.3%
Maine	2.3%	6.8%	2.8%	10.9%	35.1%	16.0%	2.0%	5.5%	3.1%

Source: NH DHHS WISDOM, 2019 (https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/seacoast-yrbs-charts-w2019.pdf, https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/nh-yrbs-charts-2019.pdf)

Service Area	Current electronic vapor product use *(i.e., e-cigarettes, vaping pens, hookah pens, e-cigars, e-pipes)*		Smoked cigarettes in the past 30 days	
	Middle school students[2]	High school students[1,2]	Middle school students[2]	High school students[1,2]
Seacoast Schools *(includes Portsmouth and North Hampton)*	*N/A*	41.0%	*N/A*	6.8%
New Hampshire	*N/A*	33.8%	*N/A*	5.5%
York County	7.0%	28.5%	1.0%	5.7%
Maine	7.0%	28.7%	1.0%	7.1%

Source: (1) NH DHHS WISDOM, 2019 (https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/seacoast-yrbs-charts-w2019.pdf, https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs/nh-yrbs-charts-2019.pdf), (2) Maine's Youth Health Data Atlas, 2019 (https://www.maine.gov/miyhs/sites/default/files/MIYHSDashboardHTML2020/atlas.html)

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Service Area	All drug overdose deaths, rate per 100,000				
	Total *(prescription, illicit, other & unspecified drugs)*	Involving illicit drugs *(i.e., heroin, cocaine, hallucinogens, stimulants)*	Involving opioids	Involving 1 or more prescription drug	Involving 1 or more non-opioid prescription drug
Rockingham County	23.4	5.9	22.1	23.0	0.9
New Hampshire	29.8	7.6	27.0	28.6	1.8

Source: NH DHHS WISDOM, 2017-2021 (https://wisdom.dhhs.nh.gov/wisdom/topics.html?topic=marijuana-and-other-drug-misuse)

Service Area	All drug overdose deaths[1]	Drug-induced deaths[1]	Alcohol-induced deaths[1]	Number of overdose deaths caused by pharmaceutical drugs[2]	Number of overdose deaths caused by non-pharmaceutical drugs[2]
	Rate per 100,000				
York County	35.4	35.2	10.9	*N/A*	*N/A*
Maine	37.3	31.3	11.3	332	399

Source: (1) Maine CHNA Interactive Health Data, 2015-2020 (https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml), (2) Margaret Chase Smith Policy Center, 2020 (https://mcspolicycenter.umaine.edu/mcspc-research/drug-overdose-deaths/)

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Older Adults and Other Underserved Populations

The category of **Older Adults and Other Underserved Populations** broadly includes available services and social supports for older adults and fall prevention. Key issues within Older Adults and Other Underserved Populations are listed below; when available, data related to the issues are summarized.

Better services to support older adults was mentioned in multiple ways.

- *Isolation, inadequate help (with groceries, shopping, medications), and social risk factors: living alone, bills/debt, multiple medications, financial loss/need – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Family and social support (resiliency) kinship care – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Inadequate investments to better serve older populations as demographics change (e.g., transit and paratransit, safe pedestrian facilities) – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Services and supports needed include adult day programs, transportation, legal services, home health services, prevention and wellness programs, dental services, long-term care, and hospice/end-of-life care – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery*
- *Fall prevention – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*

Service Area	% of older adults (65+) living alone[1,2]
Rockingham County	24.1%
New Hampshire	25.4%
York County	26.6%
Maine	29.0%

Source: (1) NH DHHS WISDOM, 2016-2020 (https://wisdom.dhhs.nh.gov/wisdom/dashboard.html?topic=social-determinants-of-health&subtopic=social-determinants-of-health&indicator=household-composition-and-disability), (2) Maine CHNA Interactive Health Data, 2015-2019 (https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml)

Service Area	% of population age 65 and over living in poverty	% of population age 75 and over living in poverty
Rockingham County	5.1%	6.2%
New Hampshire	6.5%	8.0%
York County	7.3%	9.2%
Maine	8.7%	10.9%

Source: Policy Map, 2017-2021 (https://www.policymap.com/newmaps#/)

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Service Area	Older adults (65+)…				
	% who experienced a fall[1,2]	Fall-related deaths[1,2]	Fall-related hospital visits[1]	Fall-related hospital-izations[1]	Fall-related hip fracture hospital-izations[1]
		Age-adjusted rate per 100,000			
Rockingham County	24.4%	85.0	6,842.6	2,394.1	51.3
New Hampshire	28.8%	103.6	6,566.8	1,943.4	45.6
York County	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Maine	29.6%	128	*N/A*	*N/A*	*N/A*

Source: (1) NH DHHS WISDOM, 2016-2021 (https://wisdom.dhhs.nh.gov/wisdom/topics.html?topic=older-adult-falls), (2) Centers for Disease Control and Prevention, 2020 (https://www.cdc.gov/falls/data/index.html)

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Social Determinants of Health

The category of **Social Determinants of Health** broadly includes economic stability, such as unemployment and poverty; educational attainment; food security; physical environments, such as housing, transportation, and broadband access; and social context. Key issues within Social Determinants of Health are listed below; when available, data related to the issues are summarized.

Issues related to economic stability were called out in a variety of ways.

- *Low-income, poverty, and cost of living – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *Unemployment – Eliot, Kittery, York*
- *Develop more livable-wage jobs – Eliot, Kittery, York*

Service Area	% of population living in poverty	% of non-federal workers whose annual salary from their primary job is $15,000 or less	% of non-federal workers whose annual salary from their primary job is $40,000 or less
Rockingham County	4.9%	19.6%	49.9%
New Hampshire	7.4%	18.6%	50.0%
York County	7.7%	21.8%	60.2%
Maine	11.1%	19.5%	59.5%

Source: Policy Map, 2017-2021 (https://www.policymap.com/newmaps#/)

Service Area	Estimated living wage		
	1 adult, 1 child	1 adult, 2 children	2 adults, 2 children
Rockingham County	$38.56	$50.83	$27.28
New Hampshire	$35.98	$46.70	$25.38
York County	$36.84	$47.75	$25.86
Maine	$34.84	$44.99	$24.58

Source: Massachusetts Institute of Technology, 2022 (https://livingwage.mit.edu/)

Service Area	Unemployment rate, annual average
Rockingham County	3.5%
New Hampshire	3.5%
York County	4.5%
Maine	4.6%

Source: Kids Count, 2021 (https://datacenter.kidscount.org/data#ME/5/16/17,18,19,20/char/0, https://datacenter.kidscount.org/data#NH/5/16/17,18,19,20/char/0)

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Service Area	Minimum wage[1,2]	Median household income[2]
Rockingham County	*N/A*	$101,683
New Hampshire	$7.25	$83,449
York County	*N/A*	$73,856
Maine	$13.80	$63,182

Source: (1) State of Maine Department of Labor, 2022-2023 (https://www.maine.gov/labor/news_events/article.shtml?id=9811145), (2) Policy Map, 2017-2021 (https://www.policymap.com/newmaps#/)

Education and educational opportunities were highlighted issues.

- *Education (i.e., early childhood education and development, enrollment in higher education, high school graduation, and language and literacy) – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Create technical schools, trade schools, or other job-training opportunities – Eliot, Kittery, York*

Service Area	% with a high school diploma and no college	% with at least a bachelor's degree
Rockingham County	25.2%	42.8%
New Hampshire	27.3%	38.2%
York County	30.0%	32.8%
Maine	30.9%	33.6%

Source: Policy Map, 2017-2021 (https://www.policymap.com/newmaps#/)

Service Area	% of 11th-grade students who achieved a proficient score in math on the SAT	% of 11th-grade students who achieved a proficient score in English, reading, and writing on the SAT
Rockingham County	48.2%	69.0%
New Hampshire	44.5%	66.9%
York County	*N/A*	*N/A*
Maine	*N/A*	*N/A*

Source: Kids Count, 2017 (https://datacenter.kidscount.org/data#NH/5/8/9,10,11,13,15,14/char/0)

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Food insecurity was identified in multiple ways.

- *Food insecurity and food deserts – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *School students eligible for free/reduced school lunch – Eliot, Kitty, and York*

Service Area	% of all families receiving Food Stamps/SNAP benefits	% of food-insecure persons not eligible for SNAP or other nutrition programs
Rockingham County	3.5%	61.8%
New Hampshire	5.6%	54.0%
York County	7.7%	47.7%
Maine	9.9%	43.1%

Source: Policy Map, 2017-2021 (https://www.policymap.com/newmaps#/)

Service Area	% of food insecure children who are eligible for free/reduced-price meals through the National School Lunch Program
Rockingham County	45.0%
New Hampshire	55.0%
York County	54.0%
Maine	60.0%

Source: Policy Map, 2019 (https://www.policymap.com/newmaps#/)

The availability and affordability of quality housing was an issue identified in multiple ways.

- *Increase availability of affordable housing options ("workforce-affordable housing") – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *High energy costs – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *High local property taxes in many communities – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Creating higher quality rental apartments and houses – Eliot, Kittery, York*
- *Supply is not aligned well with evolving preferences of different age groups – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Senior population will occupy a growing number of housing units – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Limited new construction in projected area of slower population growth – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Poor access to sewer, water, and/or natural gas in many parts of the region – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*

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Service Area	Housing costs above 30% of household income[1,2]	Rent above 30% of household income[1,2]
Rockingham County	29.3%	42.3%
New Hampshire	30.5%	43.9%
York County	23.5%	46.1%
Maine	21.2%	46.1%

Source: (1) NH DHHS WISDOM, 2016-2020 (https://wisdom.dhhs.nh.gov/wisdom/dashboard.html?topic=social-determinants-of-health&subtopic=social-determinants-of-health&indicator=socioeconomic-status#tabnavbarid), (2) Kids Count, 2021 (https://datacenter.kidscount.org/data#ME/5/16/17,18,19,20/char/0)

Service Area	Median housing costs as a % of household income (owner)	Median housing costs as a % of household income (renter)	Estimated average annual amount spent per household on housing
Rockingham County	20.1%	28.3%	$25,100
New Hampshire	19.8%	28.6%	$23,100
York County	19.1%	28.6%	$21,600
Maine	17.6%	28.7%	$20,600

Source: Policy Map, 2017-2021 (https://www.policymap.com/newmaps#/)

	Number of people experiencing homelessness on January 25, 2022		
Service Area	**Total**	**In shelter**	**Unsheltered**
Region 1 *(Includes York and Cumberland Counties)*	2,099	*Not specified*	*Not specified*
Maine	3,455	3,291	164

Source: Maine State Housing Authority, 2022 (https://mainehousing.org/docs/default-source/housing-reports/2022-point-in-time-survey---statewide.pdf?sfvrsn=1aa68615_7)

Service Area	Number of people experiencing homelessness on January 27, 2021		
	Total	**Sheltered**	**Unsheltered**
Child alone	1	*Not specified*	*Not specified*
Single adults	946	*Not specified*	*Not specified*
Person in families	544	*Not specified*	*Not specified*
New Hampshire	1,491	1,171	320
Subpopulations			
Chronic	379	*Not specified*	*Not specified*
Veterans	119	*Not specified*	*Not specified*

Source: NH Coalition to End Homelessness, 2021 (https://www.nhceh.org/wp-content/uploads/2022/06/2022-NHCEH-Full-Report-6.2.2022_compressed.pdf)

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	Average cost of electricity	
Service Area	**Per month**	**Per year**
Rockingham County	$257	$3,084
New Hampshire	$235	$2,820
York County	*N/A*	*N/A*
Maine	*N/A*	*N/A*

Source: Energy Sage, 2022 (https://www.energysage.com/local-data/electricity-cost/nh/)

Service Area	Estimated median real estate tax as a percentage of median income of owner-occupied households	Estimated median annual real estate taxes paid
Rockingham County	5.9%	$6,796
New Hampshire	6.0%	$6,036
York County	3.9%	$3,333
Maine	3.7%	$2,722

Source: Policy Map, 2015-2021 (https://www.policymap.com/newmaps#/)

Service Area	% of owner-occupied housing units with one or more housing problem	% of renter-occupied housing units with one or more housing problem
	(i.e., lacking complete plumbing facilities, lacking complete kitchen facilities, having 1.01 or more occupants per room, having selected monthly owner costs as a percentage of household income greater than 30 percent, and having gross rent as a percentage of household income greater than 30 percent)	
Rockingham County	24.0%	43.1%
New Hampshire	24.3%	43.9%
York County	23.2%	44.0%
Maine	21.0%	42.6%

Source: Policy Map, 2017-2021 (https://www.policymap.com/newmaps#/)

Reliability of and investment in transportation were identified issues.

- *Lack of reliable transportation (public and private), particularly in rural communities, which leads to social isolation and declining health outcomes; older adults and disabled populations most impacted – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *Inadequate/Lack of allocated funds toward pedestrian, bicycle, and public transit (bus and rail service) – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Increase freight movement; damage to roadways, movement through communities, low investment in rail, port, and connecting transportation infrastructure – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*

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Service Area	Estimated average number of vehicles per household	Estimated % of housing units for which no vehicles were available
Rockingham County	2.1	2.8%
New Hampshire	2.0	4.7%
York County	1.9	5.0%
Maine	1.8	6.8%

Source: Policy Map, 2017-2021 (https://unh-policymap-com.unh.idm.oclc.org/newmaps#/)

Broadband access was a highlighted issue.

- *Gaps in broadband access, particularly in less densely populated rural areas – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland, Eliot, Kittery, York*
- *Lack of competition in broadband access; monopoly – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*

Service Area	% of households with a subscription to any type of broadband internet
Rockingham County	93.5%
New Hampshire	90.1%
York County	89.1%
Maine	86.0%

Source: Policy Map, 2017-2021 (https://www.policymap.com/newmaps#/)

Social and community issues were mentioned in multiple ways.

- *Lack of information on services in multiple languages – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Lack of intermunicipal cooperation to solve problems or share services – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Developing and implementing policies and regulations to plan for and adapt to the impacts of climate-induced change – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Medical Reserve Corps – Portsmouth, New Castle, Rye, North Hampton, Newington, Greenland*
- *Provide more flexible and affordable childcare options for working parents – Eliot, Kittery, York*
- *Need for more Community Health Coalitions and collaboration amongst services – Eliot, Kittery, York*
- *Discrimination – Eliot, Kittery, York*
- *Lack of data around racial impacts – Eliot, Kittery, York*
- *Need for health literacy and education – Eliot, Kittery, York*

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Appendix A. Seacoast-Area Demographics

Population

Service Area	Population	Population per square mile
Rockingham County	316,947	451.8
New Hampshire	1,387,505	153.9
York County	214,591	213.9
Maine	1,377,238	44.2

Source: U.S. Census Bureau QuickFacts, 2020-2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

Age

Service Area	Under 5 years	Under 18 years	65 years and over
Rockingham County	4.5%	18.8%	19.2%
New Hampshire	4.5%	18.5%	19.3%
York County	4.5%	18.1%	21.6%
Maine	4.5%	18.4%	21.7%

Source: Source: U.S. Census Bureau QuickFacts, 2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

Disability

Service Area	With a disability, under age 65
Rockingham County	7.2%
New Hampshire	8.9%
York County	10.6%
Maine	11.6%

Source: Source: U.S. Census Bureau QuickFacts, 2017-2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

Health Insurance

Service Area	Without health insurance, under age 65
Rockingham County	6.3%
New Hampshire	6.2%
York County	8.4%
Maine	7.3%

Source: Source: U.S. Census Bureau QuickFacts, 2020 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

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Veteran Status

Service Area	Veterans
Rockingham County	20,607
New Hampshire	90,997
York County	16,931
Maine	101,024

Source: Source: U.S. Census Bureau QuickFacts, 2017-2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

Race

Service Area	White alone	Black or African American alone	American Indian and Alaska Native alone	Asian alone	Native Hawaiian and Other Pacific Islander alone	Two or more races
Rockingham County	94.6%	1.2%	0.2%	2.4%	0.1%	1.6%
New Hampshire	92.8%	1.9%	0.3%	3.1%	0.1%	1.8%
York County	95.1%	1.2%	0.3%	1.5%	*N/A*	1.8%
Maine	94.2%	1.8%	0.7%	1.4%	*N/A*	1.9%

Source: Source: U.S. Census Bureau QuickFacts, 2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

Hispanic Origin

Service Area	Hispanic or Latino	White alone, not Hispanic or Latino
Rockingham County	3.6%	91.6%
New Hampshire	4.4%	89.1%
York County	2.0%	93.4%
Maine	2.0%	92.5%

Source: Source: U.S. Census Bureau QuickFacts, 2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

Language

Service Area	Language other than English spoken at home, age 5 and over
Rockingham County	6.2%
New Hampshire	8.0%
York County	6.0%
Maine	5.9%

Source: Source: U.S. Census Bureau QuickFacts, 2017-2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

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Foreign-Born

Service Area	Foreign-born persons
Rockingham County	4.9%
New Hampshire	6.0%
York County	3.7%
Maine	3.6%

Source: Source: U.S. Census Bureau QuickFacts, 2017-2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

Income & Poverty

Service Area	Per capita income in past 12 months *(in 2021 dollars)*	Median household income *(in 2021 dollars)*	% in poverty
Rockingham County	$51,627	$101,683	4.6%
New Hampshire	$43,877	$83,449	7.2%
York County	$39,450	$73,856	8.3%
Maine	$36,171	$63,182	11.5%

Source: Source: U.S. Census Bureau QuickFacts, 2017-2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

Education

Service Area	Age 25 years and older, with high school graduate or higher	Age 25 years and older, with bachelor's degree or higher
Rockingham County	95.5%	42.8%
New Hampshire	93.6%	38.2%
York County	94.4%	32.8%
Maine	93.7%	33.6%

Source: Source: U.S. Census Bureau QuickFacts, 2017-2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

Sex

Service Area	Females	Males
Rockingham County	50.1%	49.9%
New Hampshire	50.1%	49.9%
York County	50.9%	49.1%
Maine	50.7%	49.3%

Source: US Census Bureau Source: Source: U.S. Census Bureau QuickFacts, 2021 (https://www.census.gov/quickfacts/fact/table/yorkcountymaine,rockinghamcountynewhampshire,NH,ME/PST045221)

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Sexual Identity

	High School Students			
Service Area	**Heterosexual**	**Gay or lesbian**	**Bisexual**	**Not sure**
Rockingham County	*N/A*	*N/A*	*N/A*	*N/A*
New Hampshire	84.0%	2.3%	9.3%	4.4%
York County	*N/A*	*N/A*	*N/A*	*N/A*
Maine	82.6%	3.0%	10.0%	4.4%

Source: Centers for Disease Control and Prevention YRBS, 2019 (https://www.cdc.gov/healthyyouth/data/yrbs/2019_tables/students_by_sexual_identity.htm)

	Adults	
Service Area	**LGBTQ, age 18 and older**	**LGBTQ, age 25 and older, raising children**
Rockingham County	*N/A*	*N/A*
New Hampshire	4.7%	31%
York County	*N/A*	*N/A*
Maine	4.9%	21%

Source: Movement Advancement Project, 2019 (https://www.lgbtmap.org/equality-maps)

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Appendix B. Data Sources

America's Health Rankings

America's Health Rankings evaluates comprehensive health, environmental, and socioeconomic data. Produced by the United Health Foundation, this interactive tool provides state-level data that stakeholders can use to effect change in a state or nationally. America's Health Rankings consists of multiple data sources, such as the Centers for Disease Control and Prevention (CDC), the U.S. Department of Health and Human Services Maternal and Child Health Bureau, and the US Department of Agriculture (USDA). The data included in this summary is from 2015-2022.

Centers for Disease Control and Prevention (CDC)

The CDC conducts the Youth Risk Behavior Survey (YRBS) to monitor health behaviors contributing to the leading causes of death, disability and social problems among youth and adults in the United States. The survey is distributed among representative samples of 9th through 12th-grade students in public and private schools nationwide. The source cited in this report is an analytic tool that consists of YRBS data at the national, state, and local level.

County Health Rankings

County Health Rankings and Roadmaps (CHR&R) is a program that provides data, evidence, guidance, and examples to build awareness of the multiple factors that influence health and support leaders in growing community power to improve health equity. CHR&R measures the health of nearly every county in all 50 states and is complemented by guidance, tools, and resources designed to accelerate community learning and action. CHR&R is known for effectively translating and communicating complex data and evidence-informed policy into accessible models, reports, and products that deepen the understanding of what makes communities healthy and inspires and supports improvement efforts. CHR&R's work is rooted in a sincere belief in health equity, the idea that everyone deserves a fair and just opportunity to be as healthy as possible. This summary includes data from 2014-2022.

Energy Sage

Energy Sage provides access to transparent information for consumers to make informed decisions about an energy supplier. The cited source from Energy Sage is an article about the cost of electricity in New Hampshire.

Institute for Health Policy and Practice (IHPP) Report Suite

IHPP maintains a suite of analytic reports based on NH medical, pharmacy, and dental claims data to understand better a broad range of issues related to the cost and utilization of health care services. The NH Claims Report Suite contains measures of types of service, the burden of specific diseases and conditions, and the use of medications, with the ability to drill down by population and geographic characteristics. The data in this summary is from 2018-2020.

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Kaiser Family Foundation

KFF (Kaiser Family Foundation) is a nonprofit organization focusing on national health issues, as well as the U.S. role in global health policy. KFF develops and runs its own policy analysis, journalism, and communications programs, sometimes in partnership with major news organizations. KFF is a nonpartisan source of facts, analysis, and journalism for policymakers, the media, the health policy community, and the public. The data collected in the summary is from 2022, cited from the Health Resources and Services Administration (HRSA).

Kids Count

Kids Count is a premier data source to track the well-being of children and families in the United States. The data center aims to raise the visibility of issues involving children through a nonpartisan, evidence-based lens. Data are provided at the town, county, and state levels. Kids Count has multiple data sources, including the American Community Survey (ACS), Department of Education, and Health Resources and Services Administration (HRSA). This summary includes data from 2017-2022.

Maine Shared Community Health Needs Assessment

The Maine Shared Community Health Needs Assessment is a collaboration of Central Maine Healthcare, Eastern Maine Healthcare System, MaineGeneral Health, MaineHealth, and the Maine Centers for Disease Control and Prevention. The data on the interactive website aims to improve the health status of residents in Maine and track results. Health topics include health behaviors, chronic diseases, general health conditions, and social determinants of health.

The Maine Shared CHNA includes multiple data sources such as the Health Resources and Services Administration (HRSA), Maine Integrated Youth Health Survey, American Community Survey (ACS), and Behavior Risk Factor Surveillance System (BRFSS). This summary includes data from 2015-2020.

Maine State Housing Authority

The Maine State Housing Authority is an independent authority created by the Maine State Legislature in 1969 to address problems of unsafe, unsuitable, overcrowded, and unaffordable housing. The source cited is a point-in-time count survey of homelessness in Maine in 2022.

Maine's Youth Health Data Atlas

Maine's Youth Health Data Atlas is an interactive data dashboard from the Maine Integrated Youth Health Survey, a survey on the health and well-being of Maine youth. Data collected in this summary is from 2019.

Margaret Chase Smith Policy Center

The cited source is a data hub from the Margaret Chase Smith Policy Center for substance use and substance use disorder data in Maine. The website contains monthly overdose reports in addition to quarterly and annual drug death reports.

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New Hampshire Coalition to End Homelessness

The NH Coalition to End Homelessness (NHCEH) is a nonprofit organization that helps organize leaders in the state to research solutions, educate providers on best practices, and empower people to advocate on behalf of the homeless. Th NHCEH is regarded as the principal statewide entity for research, education, and advocacy for homelessness in New Hampshire. The annual report cited in the summary is from 2021.

NH Department of Health and Human Services (DHHS) WISDOM Data Portal

The NH Department of Health and Human Services WISDOM Data Portal is an interactive website aggregating health and social services data and producing customized reports, maps, and time trend analyses on hundreds of health-related indicators at the town, county, and state levels. Data may be used to identify trends, develop program initiatives, strengthen research, aid grant writing, and support policy changes.

The WISDOM Data Portal contains several data sources such as the American Community Survey (ACS), Behavioral Risk Factor Surveillance System (BRFSS), Youth Risk Behavior Survey (YRBS), and Hospital Discharge Data. This summary includes data from 2015-2021.

Policy Map

The Policy Map is a mapping and analytics tool for researchers to visualize and understand communities in the United States. Data are available to subscribers at the town, county, and state levels. Topics include demographics, income and spending, housing, quality of life, economy, education, and health. Policy Map consists of multiple data sources such as the American Community Survey (ACS), Centers for Disease Control and Prevention (CDC), and Centers for Medicare and Medicaid Services (CMS). This summary includes data from 2015-2021.

State of Maine Department of Labor

The source from the Maine Department of Labor is an article that discusses the labor law changes from 2022 to 2023, specifically the increase in the state's minimum wage.

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA conducts the National Survey on Drug Use and Health (NSDUH) annually to gather nationally representative data on the use of tobacco, alcohol, and illicit drugs; substance use disorders; receipt of substance use treatment; mental health challenges; and the use of mental health services among those ages 12 and older. The NSDUH data allows researchers, clinicians, policymakers, and the public to better understand and improve behavioral health in the United States.

United States Census Bureau – Quick Facts

The United States Census Bureau Quick Facts provides statistics for all states and counties, and for cities and towns with a population of 5,000 or more. The source cited in this summary includes data from 2021.

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