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# New Hampshire's Healthcare Dashboard 2009

August 2009

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## **About this paper**

This paper is one of a series published by the New Hampshire Center for Public Policy Studies on the broad topic of healthcare finance and insuring the New Hampshire workforce. The Concord-based Endowment for Health has sponsored this work, under the direction of the NH Citizen's Health Initiative - a ten-year, collaborative effort to improve the health of New Hampshire's citizens.

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# New Hampshire's Healthcare Dashboard 2009

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## Executive Summary

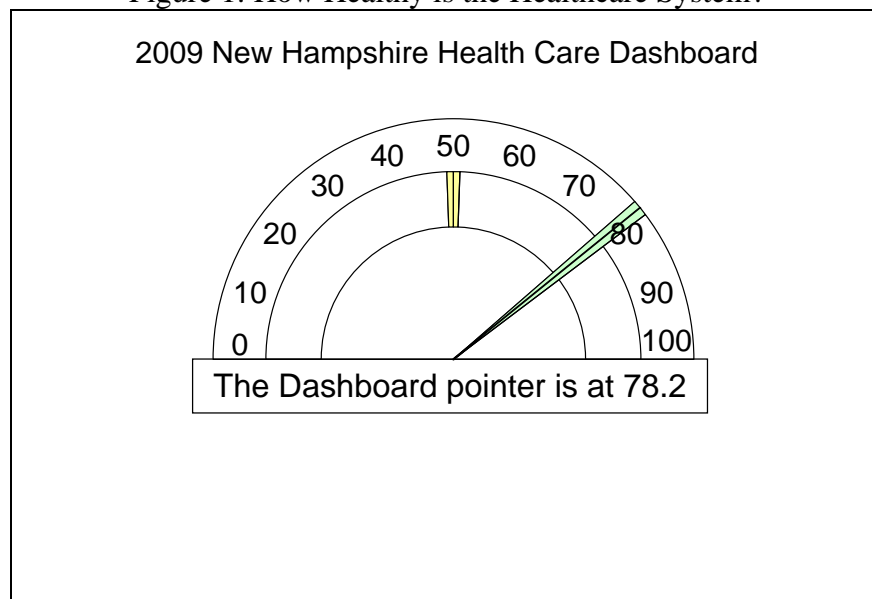
New Hampshire has one of the highest quality healthcare systems of any state in the United States. New Hampshire's healthcare infrastructure also ranks high compared to the best states. But New Hampshire healthcare is also high priced, and measures of public health and access show opportunities for improvement.

This paper presents an updated healthcare "Dashboard", a set of indicators measuring the performance of the healthcare system in New Hampshire. The key characteristics measured in this healthcare dashboard are healthcare cost, the healthcare infrastructure, access to services, the quality of care and the public's health. The original healthcare Dashboard was produced in 2007.

The Dashboard is a simple and evolving document designed to promote knowledgeable discussion about what characteristics of the healthcare system should be tracked and how we should track them. This third edition includes updated data for several indicators and a completely new measure of technology innovation (electronic prescriptions). It also provides a method for assessing how the measured performance characteristics are changing.

Figure 1 shows the overall performance of the New Hampshire system relative to the top five states in the country. In this figure, the value for New Hampshire is presented as a percentage of an average of the best states in the country: the lower the percentage, the worse the performance relative to this benchmark. New Hampshire ranks very well on healthcare quality. However, New Hampshire's overall ranking is held down to 78.2 because the New Hampshire system is expensive. Moreover, access to New Hampshire healthcare services as well as the public's health do not compare favorably with the best states.

Figure 1: How Healthy is the Healthcare System?



## Characteristics

The process of developing the Dashboard began with the identification of characteristics which were important for state policy makers to measure. These included cost, access, infrastructure, quality and public health. These characteristics bring attention to the critical healthcare questions New Hampshire is facing:

1. **Cost:** What does it cost to provide healthcare to New Hampshire citizens and how is it changing?
2. **Access:** Does the current healthcare system provide 'appropriate' access to services?
3. **Infrastructure:** Is the healthcare system 'right-sized?' Does the supply of healthcare support an efficient healthcare system?
4. **Quality:** Does the New Hampshire healthcare system provide high quality/efficient care?
5. **Public Health:** How is the health and well-being of New Hampshire citizens?

## Indicators

The Dashboard indicators answer specific questions on the status of the New Hampshire healthcare system. There are four indicators for each of the five major characteristics (See Table 1), chosen because they provide important information about each of the major characteristics. For example, private insurance premiums are an important indicator of healthcare costs. Because these indicators also come from nationally recognized sources, are updated frequently, and are fully vetted, the indicators are appropriate for the dashboard model. All of the indicators are readily available from online sources, most notably the Kaiser Foundation's State Health Facts and the U.S. Department of Health and Human Services databases.

## Updates in 2009

The indicators in **bold** in Table 1 are changed from last year's version of the Dashboard. The quality indicators were revised again in 2009 to better reflect a broader set of healthcare activities undertaken by the healthcare system. Total healthcare expenditures per person has replaced hospital adjusted expenses per inpatient day because the former is a more comprehensive measure of overall healthcare costs. Finally we have added a new measure – the percentage of prescriptions that are transmitted electronically in a state – which is an important indicator of the speed and effectiveness that can be achieved in applying digital solutions to the U.S. healthcare system's challenges.

<b>Table 1</b>	
<b><u>2009 New Hampshire Healthcare Dashboard Indicators</u></b>	
<b><u>COST INDICATORS</u></b>	
Total Healthcare Expenditures as a Percent of Gross State Product (GSP), 2008	
<b>Total Healthcare Expenditures per Person 2008</b>	
Average total family health insurance premium (in dollars) per enrolled employee, 2006	
Average single person health insurance premium (in dollars) per enrolled employee, 2006	
<b><u>INFRASTRUCTURE INDICATORS</u></b>	
Nonfederal Primary Care Physicians per 1,000 people, 2008	
Registered Nurses per 100,000 Population, 2008	
Hospital Beds per 1,000 People, 2007	
<b>Percent of Rx Transmitted Electronically (2008) from SafeRx state ranking</b>	
<b><u>ACCESS INDICATORS</u></b>	
Health Insurance Coverage of Adults, 2007	
Health Insurance Coverage of Children, 2007	
Percent of Private Sector Establishments That Offer Health Insurance to Employees, 2006	
Hospital Emergency Room Visits per 1,000 Population, 2007	
<b><u>QUALITY INDICATORS</u></b>	
<b>Adults ages 18–64 at high risk who received an influenza vaccination in 2006</b>	
<b>Hospital patients with heart failure who received recommended hospital care 2006</b>	
<b>Adult surgery patients who received appropriate timing of antibiotics 2006</b>	
<b>Percentage of Adults Who Visited the Dentist or Dental Clinic within the Past Year, 2008</b>	
<b><u>PUBLIC'S HEALTH INDICATORS</u></b>	
Percent of Adults Reporting Poor Mental Health, 2007	
Percent of Adults Who are Overweight or Obese, 2008	
Percent of Adults Who Smoke, 2008	
Percent of Adults that are binge drinkers, 2007	

*Indicators in **bold** revised compared to last year*

## New Hampshire Healthcare Dashboard Results

The New Hampshire indicators for each major content area were compared to a benchmark value, represented by the average of values for the top five states (ranked from best to worst) for each indicator. New Hampshire's score is then expressed relative to the benchmark (For a more complete discussion of the methods used to benchmark the state's performance, see the 2007 report). For example, healthcare expenditures consumed 18.1 percent of New Hampshire's gross state product in the year 2008. In the five best states in the country, healthcare expenditures consumed only 12.7 percent of gross state product. Comparing New Hampshire to the top five states' average yields a relative score of 70 percent. Table 2 shows the results of this calculation for each of the indicators.

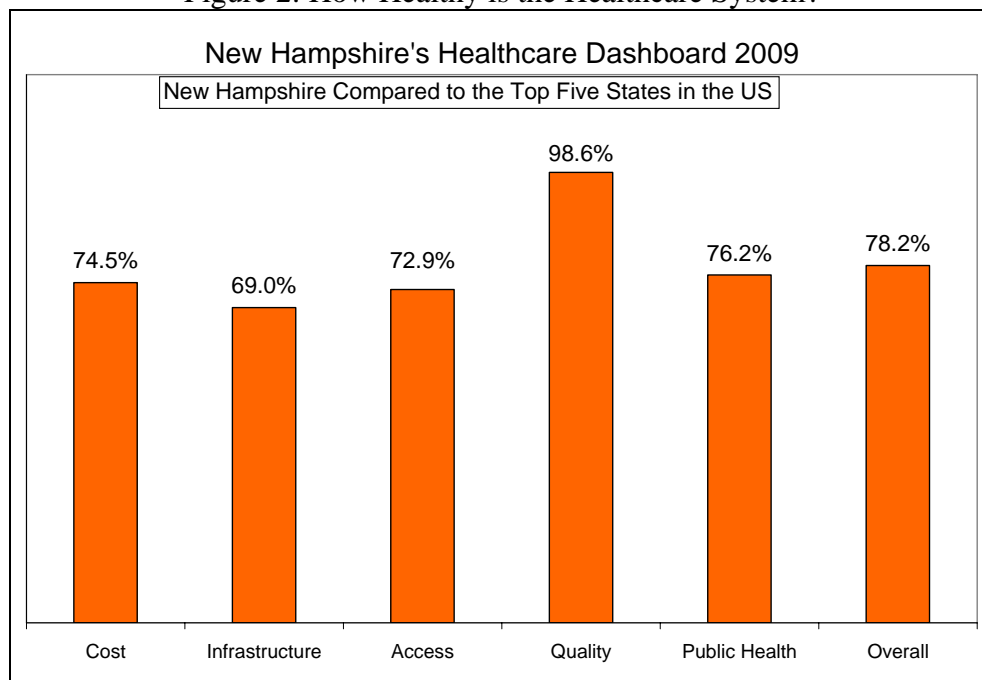
**Table 2: New Hampshire Relative to the Benchmarks***The top five states in each indicator are UNIQUE*

	Is a high value Best?	NH Value	Average of Best (Top) 5 States	New Hampshire Relative To Benchmark*
<b>2009 Healthcare Dashboard - New Hampshire</b>				
<b><u>COST INDICATORS</u></b>				
				<b>74.5%</b>
Total Healthcare Expenditures as a Percent of Gross State Product (GSP), 2008	No	18.1	12.7	70.3%
Total Healthcare Expenditures per Person, 2008	No	\$8,235	\$6,009	73.0%
Average Premium for Health Insurance, Family coverage 2006	No	\$12,686	\$9,736	76.7%
Average Premium for Health Insurance, Single coverage 2006	No	\$4,622	\$3,595	77.8%
<b><u>INFRASTRUCTURE INDICATORS</u></b>				
				<b>69.0%</b>
Nonfederal Primary Care Physicians per 1,000 persons, 2008	Yes	1.37	1.70	80.5%
Registered Nurses per 100,000 Population, 2008	Yes	996	1,137	87.6%
Beds per 1,000 Population, 2007	No	2.16	1.82	84.1%
% of Rx Transmitted Electronically (2008) from SafeRx state ranking	Yes	3.0	12.7	23.7%
<b><u>ACCESS INDICATORS</u></b>				
				<b>72.9%</b>
Uninsured People Under age 65 (%), states (2007), U.S. (2007)	No	11.7	8.7	74.4%
Uninsured Children 0 to18 (%), states (2007), U.S. (2007)	No	6.5	4.5	68.6%
Percent of Private Sector Establishments That Offer Health Insurance to Employees, 2006	Yes	61.9	70.4	88.0%
Hospital Emergency Room Visits per 1,000 Population, 2007	No	471	287	60.9%
<b><u>QUALITY INDICATORS</u></b>				
				<b>98.6%</b>
Adults ages 18–64 at high risk who received an influenza vaccination in the last 12 months 2006	Yes	40.2	40.8	98.5%
Hospital patients with heart failure who received recommended hospital care 2006	Yes	94.2	93.8	100.5%
Adult surgery patients who received appropriate timing of antibiotics 2006	Yes	87.3	89.5	97.6%
Percentage of Adults Who Visited the Dentist or Dental Clinic within the Past Year, 2008	Yes	76.7	78.4	97.8%
<b><u>PUBLIC'S HEALTH INDICATORS</u></b>				
				<b>76.2%</b>
Percentage of Adults Reporting Poor Mental Health, 2007	No	36.3	26.1	72.0%
Percent of Adults Who are Overweight or Obese, 2008	No	63.0	57.4	91.1%
Percent of Adults Who Smoke, 2008	No	17.0	13.7	80.4%
Males having five or more drinks, females having 4 or more drinks, 2007	No	15.5	9.5	61.2%
<b>New Hampshire Overall, Relative to the Benchmark</b>				<b>78.2%</b>
* For indicators where a higher value means a <b>less</b> positive result, the Benchmark is expressed as a % of the NH Value				
For indicators where a higher value means a <b>more</b> positive result, the NH Value is expressed as a % of the Benchmark				

To create an aggregate score across all measures, relative scores for each indicator were averaged across major content areas, and the mean of the content area average scores produced a total score. Figure 2 displays the results across the 5 major characteristics.

New Hampshire's overall average dashboard score is 78.2%, which places the Granite State at twenty percent of the best ranked states<sup>1</sup>. New Hampshire's dashboard score is helped considerably by a favorable average score value on quality (98.6%). New Hampshire's overall score is hindered by poorer score values on public health (76.2%), cost (74.5%), access (72.9%), and infrastructure (69.0%).

Figure 2: How Healthy is the Healthcare System?



The performance of the New Hampshire system relative to the top five states in the country varies significantly depending on the measured characteristic. In the above figure, the value for New Hampshire is presented as a percentage of the best states in the country: the lower the percentage, the worse the performance relative to this benchmark.

New Hampshire's quality indicators demonstrate a high level of care. However, New Hampshire's healthcare is expensive, causing New Hampshire to receive a less favorable score on that indicator. New Hampshire's healthcare expenses and insurance costs are 20 to 30 percent above similar cost measures in the least expensive states. New Hampshire infrastructure scores are low because New Hampshire's reliance on e-prescribing (a highly efficient and secure means

<sup>1</sup> This represents the arithmetic average of the major content area scores on Table 2. The authors acknowledge that for some factors, like hospital beds per 1,000 persons, a high value could be considered a positive measure, rather than a negative measure, of the healthcare metric.

of reducing healthcare costs and improving the safety, quality and efficiency) ranks 30<sup>th</sup> in the country.

Finally, New Hampshire’s public health indicators, including the portion of the state population that use alcohol excessively and who smoke, are cause for concern, especially considering the high quality, and the elevated cost, of New Hampshire’s healthcare system.

These results should be a source of concern for policy makers, as they suggest that the state’s relatively high cost of healthcare and high quality care is not necessarily translating into a healthy population, or one with high access to care.

As an example of the potential for healthcare cost reduction within the New Hampshire system, the Center used the Dashboard methodology to compare the state to the top “low cost, high quality” states. The best states for low cost and high quality are South Dakota, Hawaii, Utah, Colorado, and Virginia.<sup>2</sup> Cost indicators for these states are shown on Table 3.

If New Hampshire had healthcare costs equivalent to the top “low cost, high quality” states:

- New Hampshire’s Total Health Care Expenditures as a Percent of Gross State Product (GSP) in 2008 would be 14.6%, rather than 18.1% of GSP. This would mean that NH healthcare costs, (currently about \$10 billion per year), would shrink by \$2 billion.
- New Hampshire Total Health Care Expenditures per Person for 2008 would shrink from \$8,235 to \$6,909, a savings of about \$1,000 per person.
- New Hampshire’s Average Premium for Health Insurance for family coverage in the year 2006 would decline from \$12,686 to \$10,954, resulting in savings of about \$1,500 per family.
- Average Premium for Health Insurance, Single coverage 2006 would be reduced from \$4,622 to \$3,890.

**Table 3: New Hampshire Relative to Top Five Cost and Quality States**

<i>In this version the top five states are best in cost and quality, based on overall Z scores The best states are SOUTH DAKOTA, HAWAII, UTAH, COLORADO, and VIRGINIA</i>	Is a high value Best?	NH Value	Average of Overall Z Score (Top) 5 States	New Hampshire Relative to Benchmark*
<b>2009 Healthcare Dashboard</b>				
<b>COST INDICATORS</b>				
Total Healthcare Expenditures as a Percent of Gross State Product (GSP), 2008	No	18.1	14.6	<b>83.1%</b>
Total Healthcare Expenditures per Person, 2008	No	\$8,235	\$6,909	83.9%
Average Premium for Health Insurance, Family coverage 2006	No	\$12,686	\$10,594	83.5%
Average Premium for Health Insurance, Single coverage 2006	No	\$4,622	\$3,890	84.2%

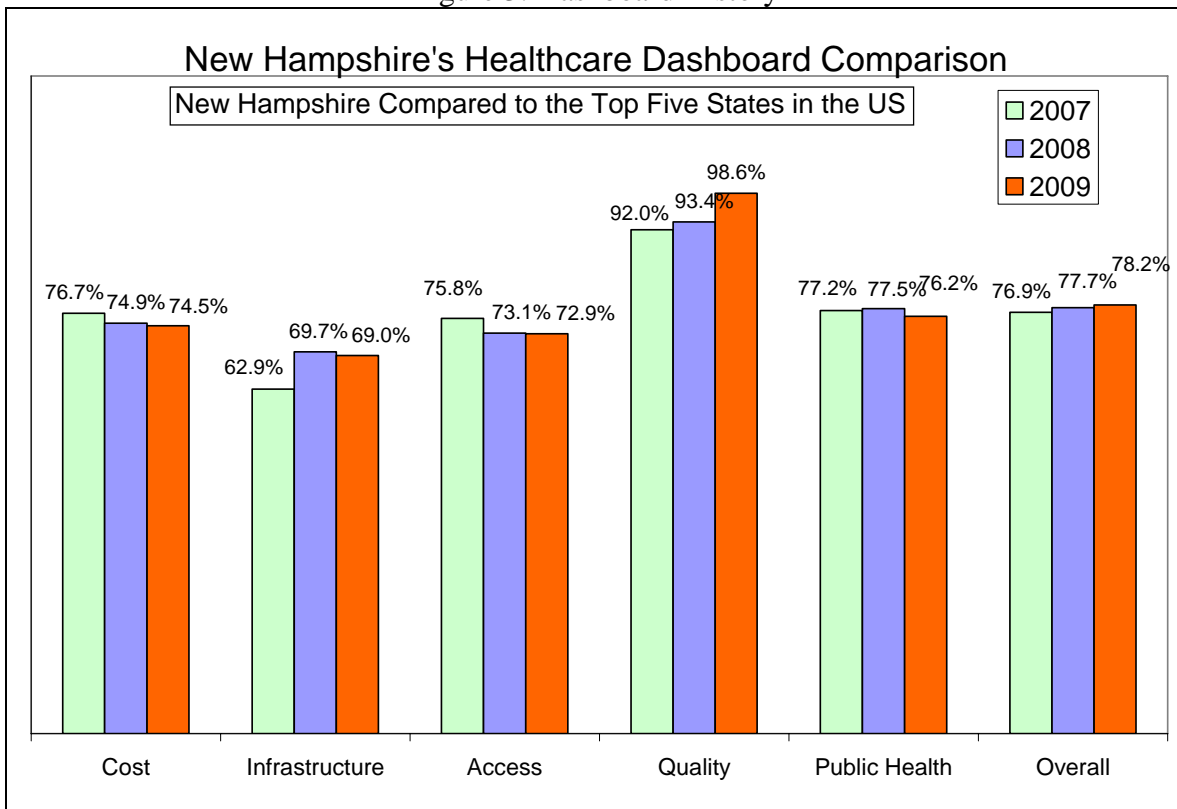
<sup>2</sup> These states were selected by comparing the relative position of each state among all four cost indicators and all four quality indicators. This was accomplished by converting the state indicator numerical values into standard scores. For each variable, standard scores were derived by subtracting the mean state value from the state estimate and dividing the amount by the standard deviation for that distribution of state estimates. The resulting value was the indicator “Z score” for that state, allowing the variables to be compared equally.

## Comparison to the 2007 and 2008 New Hampshire Healthcare Dashboards

In order to compare past Dashboard results with this year's, the Center re-estimated characteristics in the 2007 and 2008 versions to be consistent with those in the updated 2009 Dashboard. That is, the Center recalculated the 2007 and 2008 Dashboards, using the indicator definitions for 2009, with the data that would have been available for those indicators in past years. For example, electronic prescriptions data from the Safe-Rx rankings were used as indicators in the recalculated 2007 and 2008 Dashboards, even though that indicator was not part of the original published versions of the 2007 and 2008 Dashboards.

Figure 3 compares the five measured characteristics and the overall measure for the revised dashboards. Relative to the five best states in the country, New Hampshire showed slight improvement in the quality characteristic, and a decline in the cost characteristic. Not surprisingly, the changes were relatively small.

Figure 3: Dashboard History



## Comparison to Other 'Scorecard' Initiatives

The healthcare Dashboard presented here is one of many that can be used to assess New Hampshire's healthcare system relative to other states. In what follows, we briefly describe these other assessment initiatives and discuss why the results from this initiative are different from other efforts.

New Hampshire ranked third best in the country in a report designed to measure high performance health systems. The Commonwealth Fund Commission on a High Performance Health System released their first State Scorecard<sup>3</sup> on Health System Performance in June 2007. The State Scorecard showed how all states perform and rank on the 32 indicators and five dimensions of health system performance (Access, Quality, Avoidable Hospital Use and Cost, Equity, and Healthy Lives). The report included state level data by income, insurance, and race/ethnicity for a subset of indicators used to assess state performance on equity.

New Hampshire ranks third, Vermont is first, and Massachusetts is sixth in "America's Health Rankings 2008"<sup>4</sup> published by the United Health Foundation, the American Public Health Association and the Partnership for Prevention. Connecticut ranked seventh, followed by Maine at ninth and Rhode Island at eleventh. The report says New Hampshire's strengths include a low percentage of children in poverty, high immunization coverage, low violent crime rate, and a low premature death rate. New Hampshire's challenges are moderate per capita public health funding, and a moderate number of poor mental health days. United Health Foundation has published "America's Health Rankings" since 1999.

New Hampshire was ranked the fifth healthiest state in the country (Minnesota was ranked first) in an annual comparison of state health indicators. CQ Press released the 17th annual Healthiest State Award in April of 2009<sup>5</sup>. The award is based on 21 health-related factors from Health Care State Rankings 2009, an annual reference book that compares the 50 United States. Factors considered in the ranking include infant mortality rates, the percent of population not covered by health insurance, per capita expenditures for healthcare, percent of population lacking access to primary medical care, childhood immunization rates, and percent of adults who smoke.

New Hampshire's healthcare quality remains "Strong", according to an annual study by the U.S. Department of Health and Human Services. The 2008 National Healthcare Quality Report<sup>6</sup> (NHQR) is a comprehensive national overview of quality of healthcare in the United States and by state.

The 2008 NHQR includes performance measures that can be used to monitor the nation's progress toward improved healthcare quality for all Americans. The NHQR State Snapshots provide state-specific healthcare quality information, including strengths, weaknesses, and

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<sup>3</sup> <http://www.commonwealthfund.org/Content/State-Scorecards/New-Hampshire.aspx>

<sup>4</sup> <http://www.americashealthrankings.org/2008/overview.html>

<sup>5</sup> <http://os.cqpress.com/rankings/healthcare2009.html>

<sup>6</sup> <http://statesnapshots.ahrq.gov/snaps08/index.jsp>

opportunities for improvement. The goal is to help state officials and their public- and private-sector partners better understand healthcare quality and disparities in their state.

The NHQR report is organized around five dimensions of quality of care:

- Overall healthcare quality
- Types of care (preventive, acute, and chronic)
- Settings of care (hospitals, ambulatory care, nursing home, and home health)
- Five clinical conditions
- Special focus areas on diabetes, asthma, Healthy People 2010, clinical preventive services, and disparities

In the four national scorecard initiatives above, New Hampshire ranks higher than it does in the Healthcare Dashboard score presented in this report. The most likely reason for the overall scoring difference between studies is that healthcare costs are under-represented in the national studies. For example, the CQ Press Healthiest State study includes only one cost factor (average annual family coverage health insurance premium) in the twenty one factors used to develop their state rankings. The Commonwealth Fund considers 32 indicators in its state scorecard, but only one (total single premium per enrolled employee at private sector establishments that offer health insurance) measures cost. By comparison, New Hampshire's Healthcare Dashboard has four indicators of cost out of the total 20 indicators. Therefore New Hampshire's Healthcare Dashboard gives healthcare costs greater weight, relative to the national scorecards, which in turn pulls down New Hampshire's overall score.

## Indicator Data Tables

Tables 4 through 8 compare the indicators for New Hampshire to the rest of the country, organized by content area. Looking across all the indicators, New Hampshire has a relatively good ranking on healthcare access and quality. New Hampshire ranks in the middle of states when comparing public health measures. New Hampshire ranks less well in two areas, infrastructure and costs. And New Hampshire is one of the most expensive states in the country for healthcare purchases.

## Appendix Datasheets

The Appendix contains a detailed datasheet created for each indicator, showing the source, New Hampshire value, U.S. average, values for the best and worse ranked states, and trend information (where available).

**Table 4**  
**Cost Indicators**

Cost indicators	Healthcare			Single
	Healthcare Exp as % of GSP	Exp per Capita	Family Health Ins \$Prem	Health Ins \$Prem
Alabama	21.0	\$7,648	\$10,571	\$3,943
Alaska	13.6	\$9,488	\$12,198	\$4,539
Arizona	14.6	\$5,574	\$11,549	\$4,280
Arkansas	20.9	\$7,190	\$9,928	\$3,567
California	13.8	\$6,951	\$11,493	\$4,036
Colorado	13.4	\$6,749	\$11,195	\$4,024
Connecticut	15.8	\$9,731	\$12,416	\$4,402
Delaware	13.0	\$9,199	\$12,601	\$4,712
Florida	19.7	\$7,985	\$11,046	\$3,936
Georgia	15.9	\$6,521	\$10,793	\$3,873
Hawaii	15.0	\$7,424	\$9,426	\$3,549
Idaho	18.1	\$6,251	\$10,775	\$3,573
Illinois	16.3	\$8,016	\$11,781	\$4,245
Indiana	19.9	\$7,942	\$11,454	\$3,989
Iowa	18.0	\$8,135	\$10,550	\$3,916
Kansas	18.5	\$8,083	\$11,048	\$3,833
Kentucky	22.3	\$8,158	\$9,864	\$3,791
Louisiana	15.7	\$7,895	\$10,796	\$3,938
Maine	26.6	\$10,032	\$12,363	\$4,663
Maryland	17.5	\$8,469	\$11,272	\$3,930
Massachusetts	18.1	\$10,173	\$12,290	\$4,448
Michigan	20.5	\$7,843	\$11,452	\$4,446
Minnesota	17.3	\$8,692	\$11,395	\$3,981
Mississippi	24.5	\$7,654	\$9,769	\$3,704
Missouri	20.2	\$8,142	\$11,171	\$3,958
Montana	20.2	\$7,476	\$11,068	\$4,144
Nebraska	18.1	\$8,430	\$10,777	\$3,890
Nevada	12.5	\$6,299	\$9,746	\$3,583
New Hampshire	18.1	\$8,235	\$12,686	\$4,622
New Jersey	16.3	\$8,919	\$12,233	\$4,471
New Mexico	16.3	\$6,582	\$11,279	\$4,037
New York	16.9	\$9,942	\$12,075	\$4,605
North Carolina	17.0	\$7,379	\$10,950	\$4,027
North Dakota	18.2	\$8,848	\$10,060	\$3,787
Ohio	21.4	\$8,781	\$10,967	\$4,054
Oklahoma	18.2	\$7,310	\$10,592	\$3,967
Oregon	16.7	\$7,103	\$11,613	\$4,122
Pennsylvania	20.4	\$9,067	\$11,794	\$4,277
Rhode Island	21.7	\$9,773	\$11,934	\$4,595
South Carolina	21.1	\$7,359	\$10,956	\$4,013
South Dakota	17.1	\$7,841	\$9,875	\$3,938
Tennessee	19.6	\$7,953	\$9,996	\$3,747
Texas	13.0	\$6,545	\$11,690	\$4,133
Utah	13.5	\$5,402	\$10,975	\$3,849
Vermont	22.8	\$9,321	\$11,631	\$4,322
Virginia	13.9	\$7,128	\$11,497	\$4,091
Washington	15.0	\$7,416	\$11,423	\$4,056
West Virginia	26.9	\$9,134	\$11,282	\$4,349
Wisconsin	19.9	\$8,514	\$11,658	\$4,241
Wyoming	11.6	\$7,680	\$12,087	\$4,605
US Mean(value)	16.8	\$7,841	\$11,381	\$4,118

**Table 5**  
**Infrastructure Indicators**

	Infrastructure PCP per thousand	Nurses per 100,000	Beds per thousand	E prescribing
Alabama	0.99	891	3.4	2.2
Alaska	1.18	780	2.3	1.7
Arizona	1.02	581	1.9	5.9
Arkansas	1.00	805	3.4	1.6
California	1.24	654	1.9	3.3
Colorado	1.21	798	2.0	3.7
Connecticut	1.61	1,010	2.1	6.4
Delaware	1.20	1,038	2.6	7.7
Florida	1.18	797	2.8	3.9
Georgia	0.98	670	2.7	2.2
Hawaii	1.50	680	2.3	1.0
Idaho	0.87	712	2.2	4.3
Illinois	1.36	843	2.7	3.8
Indiana	1.02	886	2.7	3.3
Iowa	1.12	1,005	3.5	2.3
Kansas	1.15	893	3.6	3.0
Kentucky	1.03	962	3.4	2.9
Louisiana	1.12	898	3.6	2.8
Maine	1.59	1,067	2.7	6.0
Maryland	1.61	901	2.1	5.3
Massachusetts	1.78	1,226	2.6	20.5
Michigan	1.35	866	2.5	9.0
Minnesota	1.38	1,068	3.0	3.6
Mississippi	0.85	931	4.4	0.7
Missouri	1.14	1,017	3.1	4.0
Montana	1.11	773	4.2	1.4
Nebraska	1.22	1,061	4.2	1.8
Nevada	0.92	613	2.0	8.9
New Hampshire	1.37	996	2.2	3.0
New Jersey	1.51	871	2.5	4.8
New Mexico	1.17	600	1.9	1.7
New York	1.69	866	3.2	3.5
North Carolina	1.12	913	2.6	6.4
North Dakota	1.25	988	5.5	0.4
Ohio	1.29	1,001	2.9	4.7
Oklahoma	0.99	735	3.0	2.1
Oregon	1.35	791	1.8	4.4
Pennsylvania	1.48	1,037	3.2	6.4
Rhode Island	1.67	1,081	2.3	17.3
South Carolina	1.05	823	2.7	1.3
South Dakota	1.14	1,245	5.3	1.4
Tennessee	1.17	991	3.5	4.0
Texas	0.95	676	2.4	3.2
Utah	0.89	630	1.7	1.8
Vermont	1.77	950	2.2	4.6
Virginia	1.23	773	2.2	3.5
Washington	1.28	794	1.7	4.2
West Virginia	1.27	932	4.1	3.4
Wisconsin	1.25	919	2.5	1.9
Wyoming	1.03	807	4.0	1.7
US Mean(value)	1.30	836	2.7	4.2

**Table 6**  
**Access Indicators**

	Access Indicators			
	% uninsured adults	% uninsured kids	% of firms offering coverage	ER visits per 1,000
Alabama	13.5	7.3	62.5	487
Alaska	19.2	11.4	40.3	481
Arizona	20.3	13.8	49.5	335
Arkansas	18.2	6.2	45.2	457
California	20.1	10.7	56.9	274
Colorado	17.9	13.0	55.3	318
Connecticut	10.7	5.2	65.1	417
Delaware	12.7	7.5	58.4	397
Florida	23.7	19.2	51.4	388
Georgia	19.1	11.5	49.9	393
Hawaii	8.6	4.8	89.6	264
Idaho	15.9	11.0	44.6	348
Illinois	14.8	6.6	55.3	394
Indiana	12.9	5.2	53.2	485
Iowa	10.7	4.8	52.1	390
Kansas	14.3	8.0	53.1	361
Kentucky	15.4	9.4	57.9	543
Louisiana	21.1	12.5	49.6	511
Maine	10.3	5.1	56.0	545
Maryland	15.3	10.5	65.7	407
Massachusetts	6.0	3.0	66.2	494
Michigan	13.0	6.2	53.4	444
Minnesota	9.3	6.4	52.0	332
Mississippi	20.9	12.1	46.4	595
Missouri	14.3	10.4	55.4	456
Montana	17.9	12.6	40.1	371
Nebraska	14.7	10.0	42.0	355
Nevada	19.3	14.3	56.7	293
New Hampshire	11.7	6.5	61.9	471
New Jersey	17.8	13.3	63.6	366
New Mexico	25.3	15.5	50.2	330
New York	14.9	8.9	59.7	425
North Carolina	18.6	12.1	56.6	449
North Dakota	11.3	7.9	46.7	429
Ohio	13.2	8.6	61.3	516
Oklahoma	20.3	12.6	51.3	447
Oregon	18.9	10.6	56.4	347
Pennsylvania	11.1	7.4	64.6	464
Rhode Island	12.2	8.8	65.3	459
South Carolina	18.8	14.2	49.4	429
South Dakota	11.8	8.0	41.1	284
Tennessee	16.5	9.1	55.5	528
Texas	27.6	21.4	49.1	353
Utah	13.7	10.4	46.1	341
Vermont	13.0	9.4	57.9	418
Virginia	16.4	10.2	62.5	394
Washington	12.5	6.8	53.8	362
West Virginia	16.4	4.6	48.6	647
Wisconsin	9.3	5.8	54.1	376
Wyoming	15.5	9.6	46.5	435
US Mean(value)	17.1	11.0	55.8	401

**Table 7**  
**Quality Indicators**

Quality	Heart			
	Influenza Vaccination	Failure Care	Appropriate Antibiotics	Appropriate Dental Care
Alabama	32.7	88.2	79.4	64.9
Alaska	31.7	91.5	77.8	66.3
Arizona	30.4	89.7	75.1	68.2
Arkansas	33.7	87.0	79.4	63.5
California	27.5	90.0	74.4	70.3
Colorado	40.8	90.6	79.7	68.4
Connecticut	35.1	93.4	83.5	80.2
Delaware	36.0	90.2	85.4	76.8
Florida	21.8	90.9	80.7	69.0
Georgia	29.5	87.4	75.4	71.8
Hawaii	38.7	84.9	78.2	75.3
Idaho	28.5	90.0	80.4	69.4
Illinois	29.5	91.5	80.3	68.8
Indiana	30.0	89.3	78.7	68.3
Iowa	34.9	89.9	84.2	73.4
Kansas	33.3	83.8	77.6	71.9
Kentucky	27.0	87.3	80.3	64.3
Louisiana	36.7	87.5	70.9	69.8
Maine	37.5	93.2	89.8	71.4
Maryland	33.7	90.9	82.6	72.6
Massachusetts	37.7	92.9	84.8	79.3
Michigan	34.0	93.5	86.7	76.0
Minnesota	40.4	89.4	83.2	75.3
Mississippi	29.5	86.8	78.0	59.4
Missouri	30.6	89.7	82.4	62.6
Montana	34.1	87.5	88.7	65.9
Nebraska	35.5	90.7	86.5	71.3
Nevada	25.9	89.7	66.1	63.7
New Hampshire	40.2	94.2	87.3	76.7
New Jersey	30.2	94.5	88.6	75.9
New Mexico	34.5	80.5	79.3	65.9
New York	34.1	91.9	80.2	74.2
North Carolina	33.0	91.7	85.2	68.5
North Dakota	40.1	83.0	81.9	74.0
Ohio	30.9	92.7	80.0	72.1
Oklahoma	37.6	88.2	83.7	57.9
Oregon	30.1	88.8	77.2	71.4
Pennsylvania	37.3	91.1	79.5	71.0
Rhode Island	39.8	93.1	84.5	79.0
South Carolina	29.5	92.1	85.5	67.7
South Dakota	42.5	87.2	91.6	72.6
Tennessee	33.6	87.7	80.0	66.8
Texas	36.1	88.9	74.2	62.6
Utah	33.4	90.2	76.4	72.7
Vermont	33.0	92.3	88.6	75.4
Virginia	32.0	91.2	83.7	75.1
Washington	32.6	90.1	81.1	73.3
West Virginia	33.3	89.9	84.1	60.6
Wisconsin	38.5	92.1	84.1	73.2
Wyoming	36.1	74.3	76.1	67.9
US Mean(value)	31.8	89.2	80.9	71.3

**Table 8**  
**Public Health Indicators**

Public Health	Public Health		Adult Smoking	Binge
	Mental Health	Obesity	Rate	Drinking
Alabama	33.2	67.9	22.1	11.0
Alaska	33.3	65.4	21.5	19.2
Arizona	34.8	61.1	15.9	15.0
Arkansas	33.6	65.6	22.3	10.4
California	37.8	61.3	14.0	16.9
Colorado	34.5	55.3	17.6	17.3
Connecticut	33.5	59.7	15.9	17.8
Delaware	35.1	63.6	17.7	18.6
Florida	28.7	60.1	17.5	14.2
Georgia	33.3	64.6	19.5	12.6
Hawaii	30.4	57.3	15.4	18.6
Idaho	34.6	62.1	16.8	14.7
Illinois	37.5	63.2	21.3	19.5
Indiana	33.2	63.5	26.0	15.6
Iowa	27.0	64.2	18.7	19.9
Kansas	28.8	65.5	17.8	14.6
Kentucky	27.5	66.6	25.2	8.2
Louisiana	23.4	63.6	20.4	13.4
Maine	33.9	61.7	18.1	15.9
Maryland	34.1	63.3	14.9	12.6
Massachusetts	33.2	58.0	16.0	17.6
Michigan	38.3	64.6	20.4	18.5
Minnesota	30.2	62.7	17.5	14.3
Mississippi	34.5	67.4	22.7	11.3
Missouri	35.5	65.4	24.9	16.2
Montana	33.3	61.6	18.5	17.1
Nebraska	29.6	64.1	18.3	18.0
Nevada	38.5	62.6	22.1	16.9
New Hampshire	36.3	63	17.0	15.5
New Jersey	33.5	62.0	14.7	13.6
New Mexico	33.0	59.9	19.3	12.3
New York	33.1	60.2	16.7	15.2
North Carolina	31.1	65.7	20.9	12.3
North Dakota	29.4	67.3	18.1	23.2
Ohio	36.1	63.3	20.1	17.1
Oklahoma	32.6	66.4	24.7	12.5
Oregon	32.9	61.5	16.3	15.6
Pennsylvania	33.0	64.2	21.3	16.2
Rhode Island	34.6	59.9	17.3	18.6
South Carolina	32.3	65.8	20.0	13.9
South Dakota	26.4	64.9	17.5	17.3
Tennessee	26.3	67.9	23.1	9.2
Texas	31.3	66.1	18.5	15.3
Utah	38.1	58.1	9.3	9.8
Vermont	34.3	58.4	16.7	17.9
Virginia	31.7	61.5	16.4	15.9
Washington	35.0	61.8	15.7	15.8
West Virginia	29.7	68.7	26.5	9.8
Wisconsin	33.6	63.5	19.8	23.4
Wyoming	33.3	62.1	19.3	16.8
US Mean(value)	33.3	63.0	18.3	15.8

## **Appendix – Data for Dashboard**

## Appendix

### Indicator Datasheets

The Dashboard major content areas are cost, access, infrastructure, quality and public health and are designed to highlight critical healthcare questions faced by New Hampshire:

- o What does it cost to provide health care to New Hampshire citizens and how is it changing?
- o Does the current healthcare system provide 'appropriate' access to services?
- o Is the healthcare system 'right-sized?' Does the supply infrastructure support an efficient healthcare system?
- o Does the New Hampshire healthcare system provide high quality/efficient care?
- o How is the health and well-being of New Hampshire citizens?

Each datasheet shows the source of the indicator, the New Hampshire value, the US average, values for the best and worse ranked states, and trend information (where available).

# Appendix

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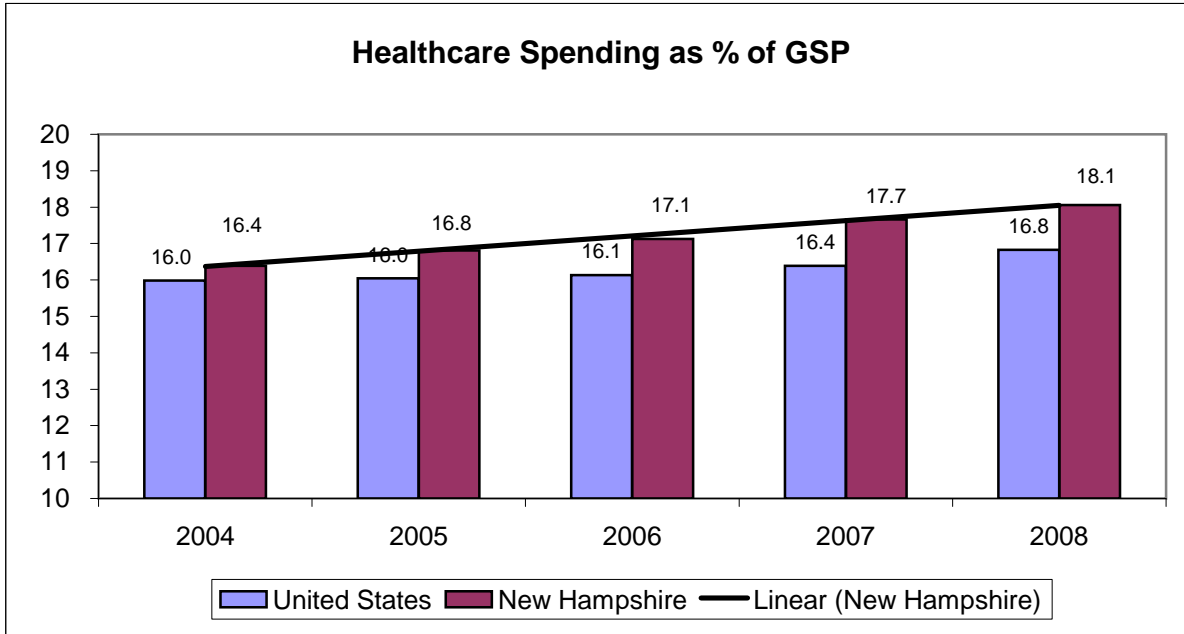
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**Cost Indicator Benchmarks**

Health Costs & Budgets

Healthcare Expenditures

Total Healthcare Expenditures as a Percent of Gross State Product (GSP)



Healthcare Spending as % of GSP		2008
<b><i>New Hampshire value</i></b>		18.1
<b><i>U.S. average value</i></b>		16.8
<b><i>Best-ranked state</i></b>	<b><i>Wyoming</i></b>	11.6
<b><i>Worst-ranked state</i></b>	<b><i>West Virginia</i></b>	26.9

***Real life example:***

**In New Hampshire healthcare spending consumes 18.1 of Gross State Product.**

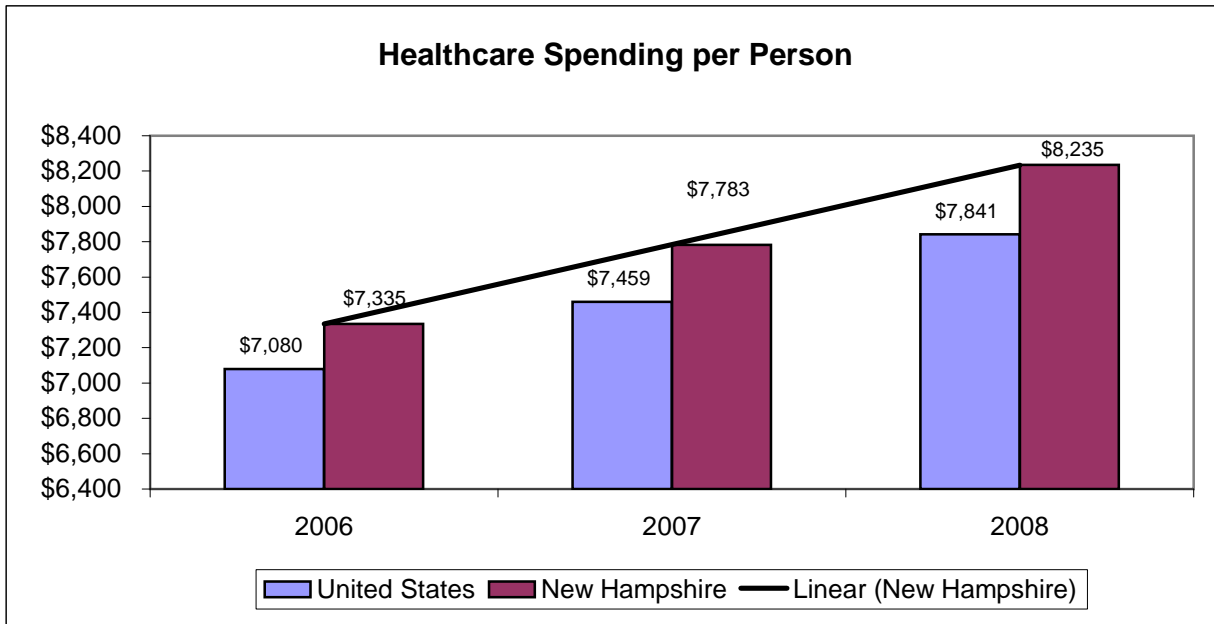
Notes: Healthcare Expenditures measure spending for all privately and publicly funded personal healthcare services and products (hospital care, physician services, nursing home care, prescription drugs, etc.) by state of provider. Hospital spending is included and reflects the total net revenue (gross charges less contractual adjustments, bad debts, and charity care). Costs such as insurance program administration, research, and construction expenses are included in this total, based on the national ratio of personal to total.

Sources: National Health Expenditure Data, Health Expenditures by State

[www.statehealthfacts.org](http://www.statehealthfacts.org)

**Cost Indicator Benchmarks**

Health Costs & Budgets  
 Healthcare Expenditures  
 Total Healthcare Expenditures per Person



Healthcare Spending per Person		2008
<i>New Hampshire value</i>		\$8,235
<i>U.S. average value</i>		\$7,841
<i>Best-ranked state</i>	<i>Utah</i>	\$5,402
<i>Worst-ranked state</i>	<i>Massachusetts</i>	\$10,173

***Real life example:***

**In New Hampshire health care costs \$6,887 annually for the average person.**

Notes: Healthcare Expenditures measure spending for all privately and publicly funded personal healthcare services and products (hospital care, physician services, nursing home care, prescription drugs, etc.) by state of provider. Hospital spending is included and reflects the total net revenue (gross charges less contractual adjustments, bad debts, and charity care). Costs such as insurance program administration, research, and construction expenses are included in this total, based on the national ratio of personal to total.

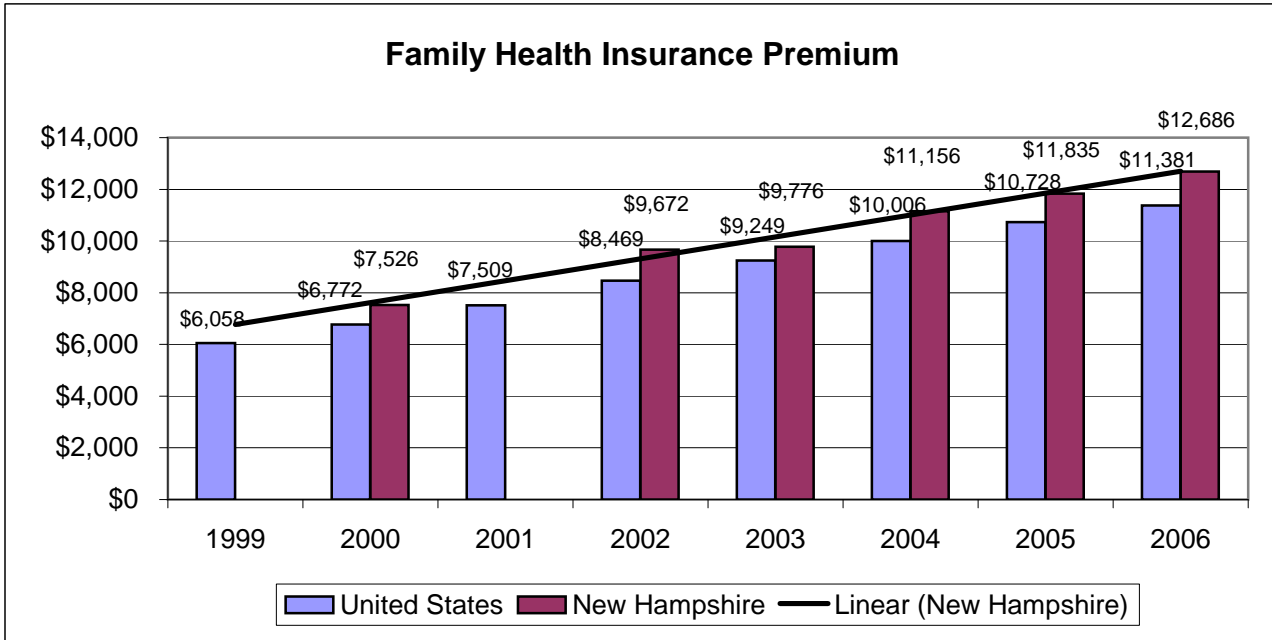
Sources: National Health Expenditure Data, Health Expenditures by State

[www.statehealthfacts.org](http://www.statehealthfacts.org)

**Cost Indicator Benchmarks**

Health Costs & Budgets

Average total family premium (in dollars) per enrolled employee at private-sector establishments that offer health insurance



Family Health Insurance Premium		2006
<b><i>New Hampshire value</i></b>		\$12,686
<b><i>U.S. average value</i></b>		\$11,381
<b><i>Best-ranked state</i></b>	<b><i>Hawaii</i></b>	\$9,426
<b><i>Worst-ranked state</i></b>	<b><i>New Hampshire</i></b>	\$12,686

***Real life example:***

In New Hampshire it costs the average family \$12,686 for health insurance for the year in 2006.

(This includes the private employer contributions for insurance, which makes up about 75% of the total)

Source: Agency for Healthcare Research and Quality, Center for Financing, Access and Cost Trends.

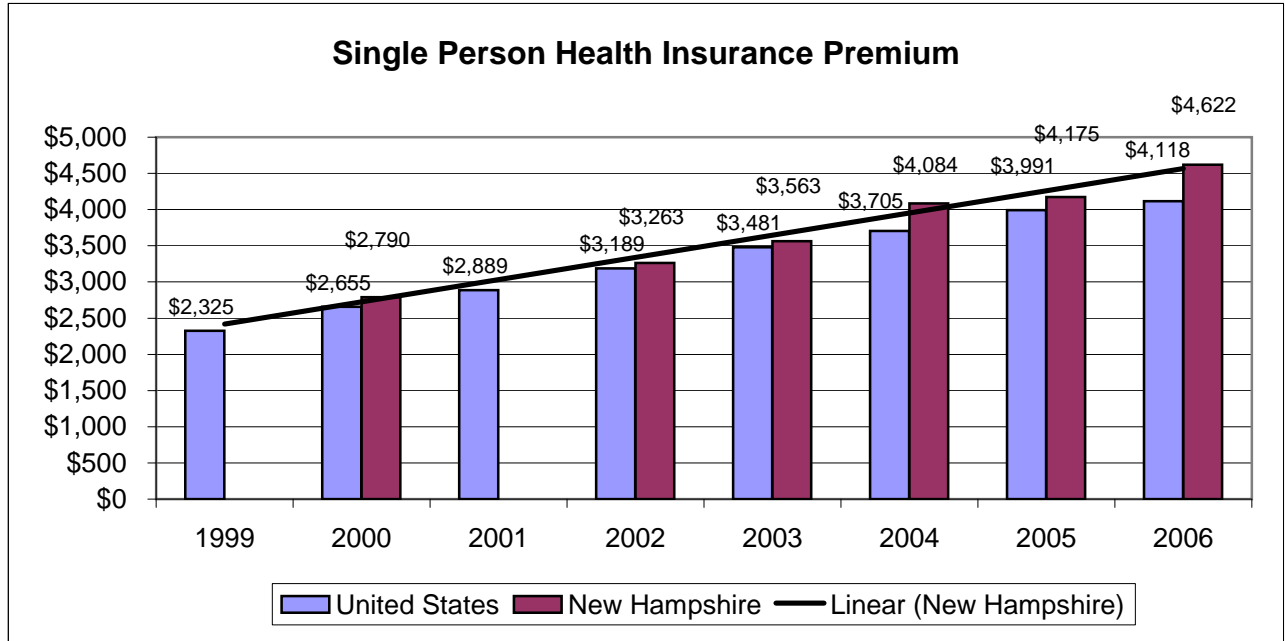
Medical Expenditure Panel Survey-Insurance Component.

<http://www.meps.ahrq.gov/>

**Cost Indicator Benchmarks**

Health Costs & Budgets

Average total single premium (in dollars) per enrolled employee at private-sector establishments that offer health insurance



Individual Health Insurance Premium		2006
<b><i>New Hampshire value</i></b>		\$4,622
<b><i>U.S. average value</i></b>		\$4,118
<b><i>Best-ranked state</i></b>	<b><i>Hawaii</i></b>	\$3,549
<b><i>Worst-ranked state</i></b>	<b><i>Delaware</i></b>	\$4,712

***Real life example:***

In New Hampshire it costs the single person \$4,622 for health insurance for the year in 2006.

(This includes the private employer contributions for insurance, which makes up about 75% of the total)

Source: Agency for Healthcare Research and Quality, Center for Financing, Access and Cost Trends.

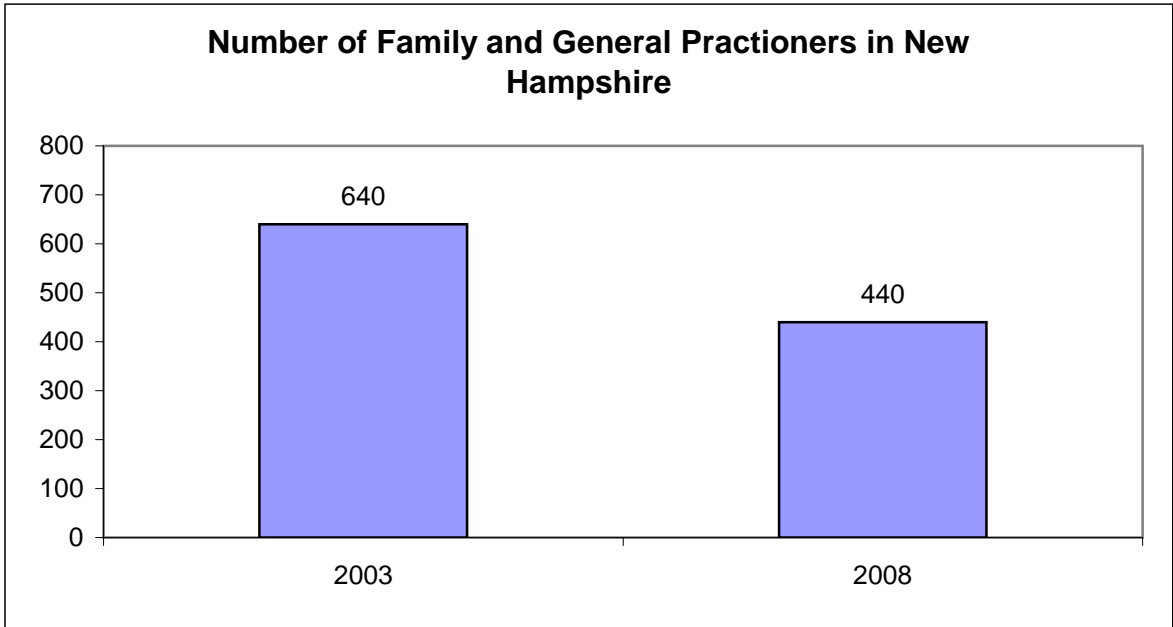
Medical Expenditure Panel Survey-Insurance Component.

<http://www.meps.ahrq.gov/>

**Infrastructure Benchmarks**

Providers & Service Use, Infrastructure

Nonfederal Primary Care Physicians per 1,000 people, 2008



Graph shows that number of primary care physicians in New Hampshire is declining.

Source : BLS Occupational Employment Statistics (OES) program, SOC 29-1062

Primary Care Physicians per 1,000		2008
<b><i>New Hampshire value</i></b>		1.37
<b><i>U.S. average value</i></b>		1.30
<b><i>Best-ranked state</i></b>	<b><i>Massachusetts</i></b>	1.78
<b><i>Worst-ranked state</i></b>	<b><i>Mississippi</i></b>	0.85

***Real life example:***

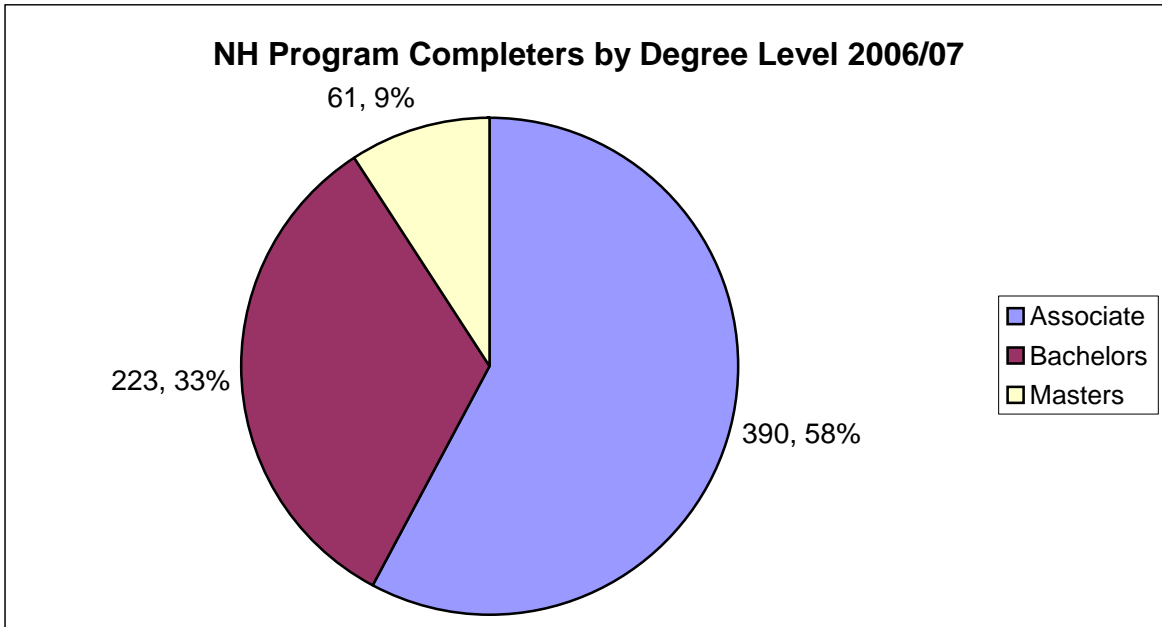
**In New Hampshire there are 1.37 primary care physicians for every thousand persons in 2008.**

Sources: American Medical Association, Physicians Professional Data, year of data 2008,

[www.statehealthfacts.org](http://www.statehealthfacts.org)

**Infrastructure Benchmarks**

Providers & Service Use, Infrastructure  
 Registered Nurses per 100,000 Population, as of 2008



Graph shows that 58% of NH nursing school graduates come from an Associate Degree program.

Nurses per 100,000		2008
<b>New Hampshire value</b>		996
<b>U.S. average value</b>		836
<b>Best-ranked state</b>	<b>South Dakota</b>	1,245
<b>Worst-ranked state</b>	<b>Arizona</b>	581

**Real life example:**

**In New Hampshire there are 996 nurses for every hundred thousand persons in 2008.**

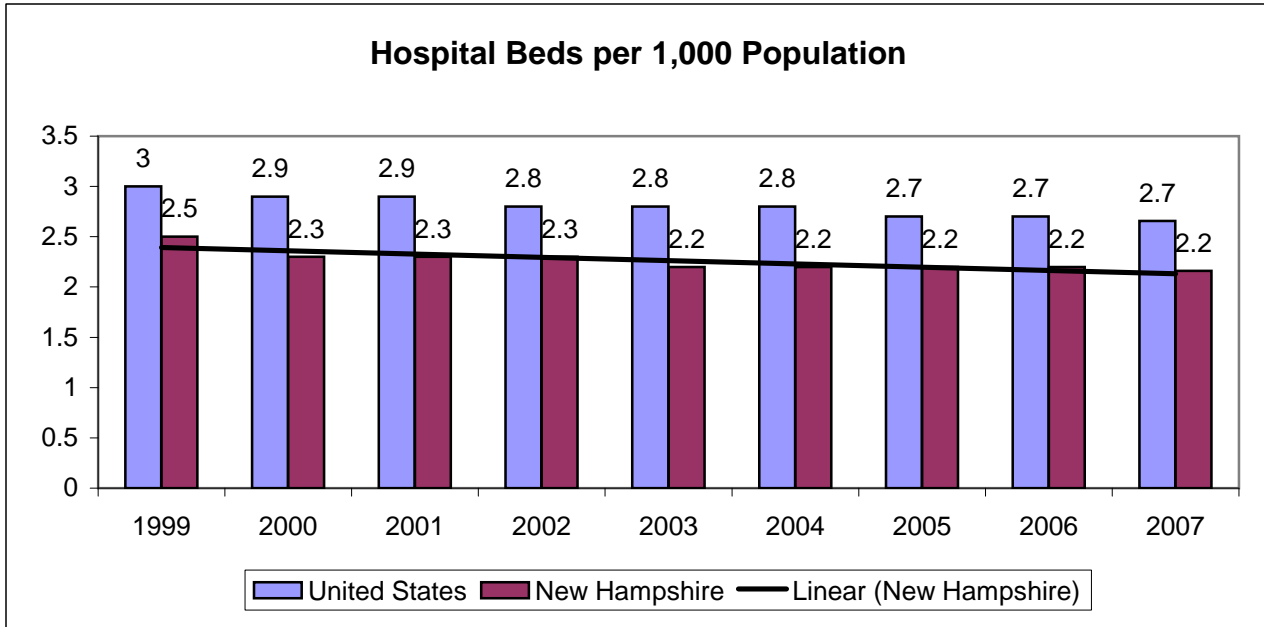
Sources: Calculations based on the Bureau of Labor Statistics, State Occupational Employment and Wage Estimates, May 2007

[www.statehealthfacts.org](http://www.statehealthfacts.org)

Graph Source - OSDS Occupational Supply Demand System, accessed October 2008  
[http://www.occsupplydemand.org/OSD\\_SupplyState.aspx?CLUSCODE=129A-08&ST=NH&PathNo=1](http://www.occsupplydemand.org/OSD_SupplyState.aspx?CLUSCODE=129A-08&ST=NH&PathNo=1)

**Infrastructure Benchmarks**

Providers & Service Use, Infrastructure  
 Hospital Trends  
 Hospital Beds per 1,000 People, 1999-2007



Hospital Beds per 1,000 people		2007
<b>New Hampshire value</b>		2.2
<b>U.S. average value</b>		2.7
<b>Best-ranked state</b>	<b>Utah</b>	1.7
<b>Worst-ranked state</b>	<b>North Dakota</b>	5.5

**Real life example:**

**In New Hampshire there are 2.2 hospital beds for every thousand persons in 2007.**

Notes: Data include staffed beds for community hospitals, which represent 85% of all hospitals. Federal hospitals, long term care hospitals, psychiatric hospitals, institutions for the mentally retarded, and alcoholism and other chemical dependency hospitals are not included.

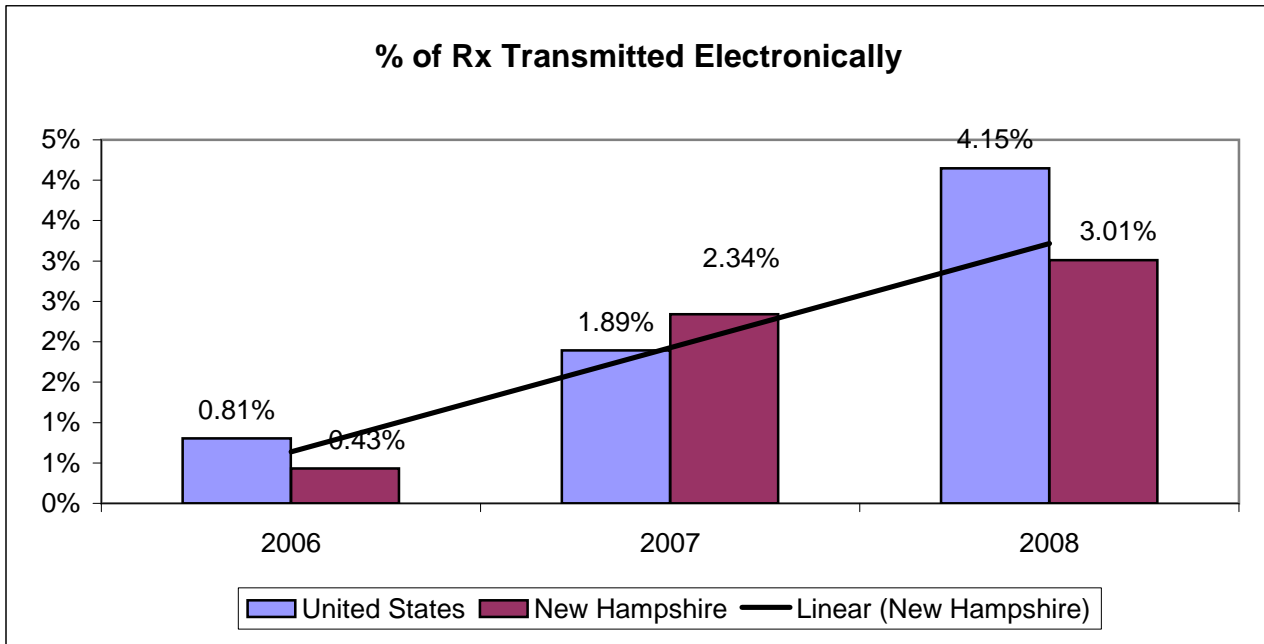
Sources: AHA Annual Survey Copyright by Health Forum LLC, an affiliate of the American Hospital Association, special data request.  
 Available at <http://www.ahaonlinestore.com/ProductDisplay.asp?ProductID=637>.  
 Population data from Annual Population Estimates by State, U.S. Census Bureau; available at <http://www.census.gov/popest/states/NST-ann-est.html>.

**Infrastructure Benchmarks**

Providers & Service Use, Infrastructure

% of Rx Transmitted Electronically (2008) from SafeRx state ranking

Percent of prescriptions routed electronically



Electronic Prescriptions % of Total	2008
<i>New Hampshire value</i>	3.0
<i>U.S. average value</i>	4.2
<i>Best-ranked state Massachusetts</i>	20.5
<i>Worst-ranked state North Dakota</i>	0.4

***Real life example:***

**In New Hampshire 3 percent of prescriptions were transferred electronically in 2008.**

Source: Safe-Rx™ State Rankings (2006-2008)

Safe-Rx rankings are based on an analysis of data from new e-prescriptions and responses to prescription renewal requests electronically transmitted over the Surescripts® network.

States are ranked according to the number of prescriptions routed electronically in 2008 as a percentage of the total number of prescriptions eligible for electronic routing.

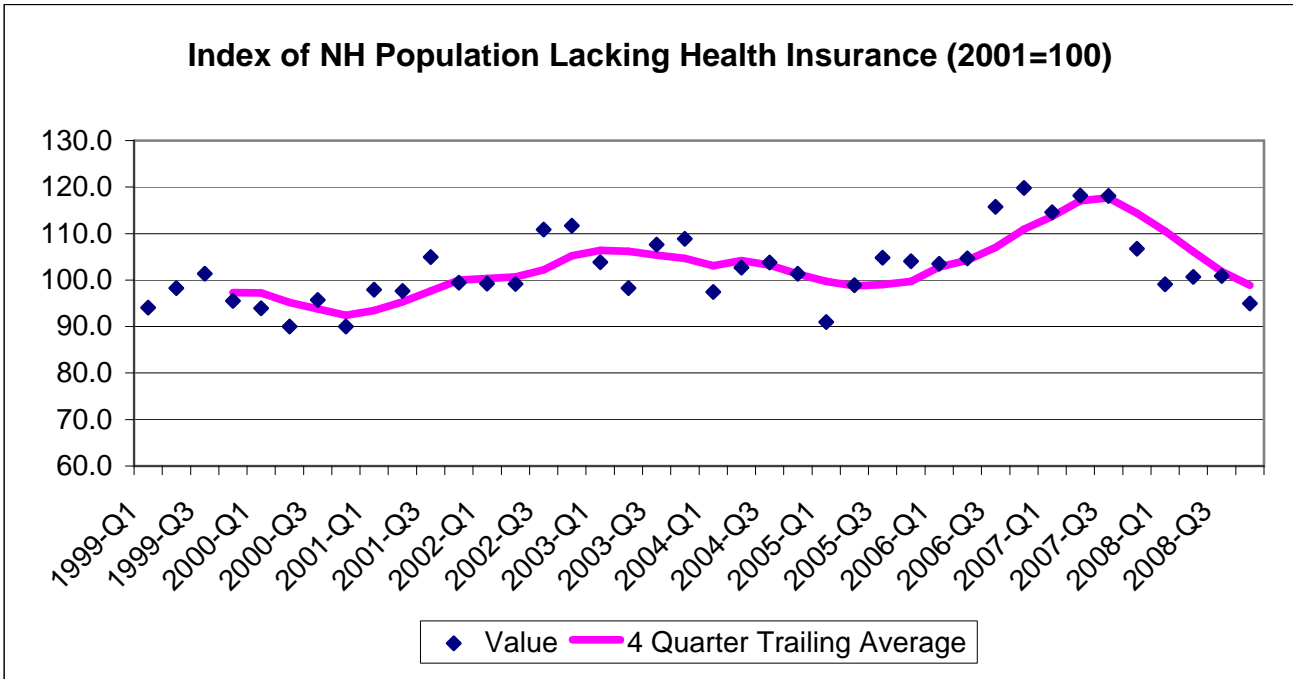
<http://surescripts.com/downloads/Safe-Rx%20State%20Rankings%202006%20-%202008.pdf>

**Access Benchmarks**

Access

Percentage of the Population Lacking Health Insurance

Uninsured People Under 65, %, states (2007), U.S. (2007)



Uninsured Adults %		2007
<b>New Hampshire value</b>		11.7
<b>U.S. average value</b>		17.1
<b>Best-ranked state</b>	<b>Massachusetts</b>	6.0
<b>Worst-ranked state</b>	<b>Texas</b>	27.6

**Real life example:**

In New Hampshire approximately 11.7 percent of people under age 65 lacked health insurance in 2007.

Sources: Urban Institute and Kaiser Commission on Medicaid and the Uninsured estimates based on the Census Bureau's Current Population Survey (CPS: Annual Social and Economic Supplements).

[www.statehealthfacts.org](http://www.statehealthfacts.org)

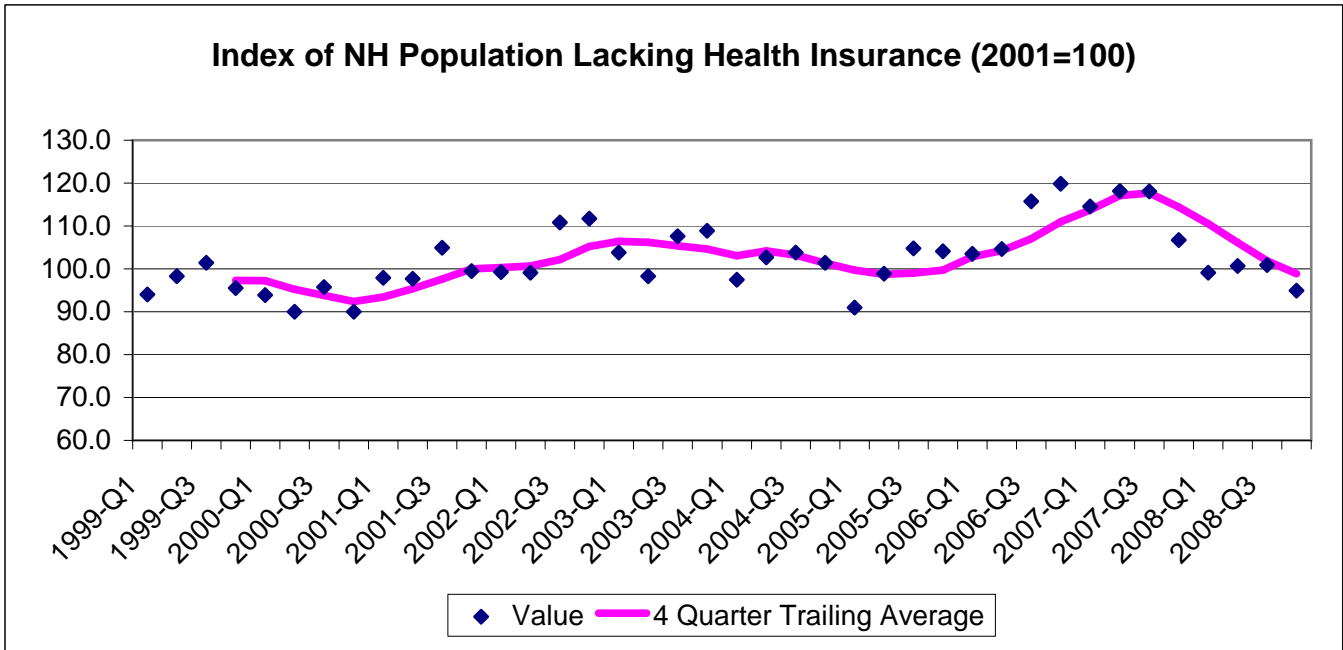
Graph is from New Hampshire Center for Public Policy Studies' analysis of self-pay admissions at New Hampshire hospitals, and shows a more current estimate of change in the number of New Hampshire people that lack health insurance.

**Access Benchmarks**

Access

Percentage of the Population Lacking Health Insurance

Health Insurance Coverage of Children 0-18, states (2007), U.S. (2007)



Uninsured Children (0-18) %		2007
<b>New Hampshire value</b>		6.5
<b>U.S. average value</b>		11.0
<b>Best-ranked state</b>	<b>Massachusetts</b>	3.0
<b>Worst-ranked state</b>	<b>Texas</b>	21.4

**Real life example:**

**In New Hampshire approximately 6.5 percent of children (age 0-18) lacked health insurance in 2007.**

Sources: Urban Institute and Kaiser Commission on Medicaid and the Uninsured estimates based on the Census Bureau's Current Population Survey (CPS: Annual Social and Economic Supplements).

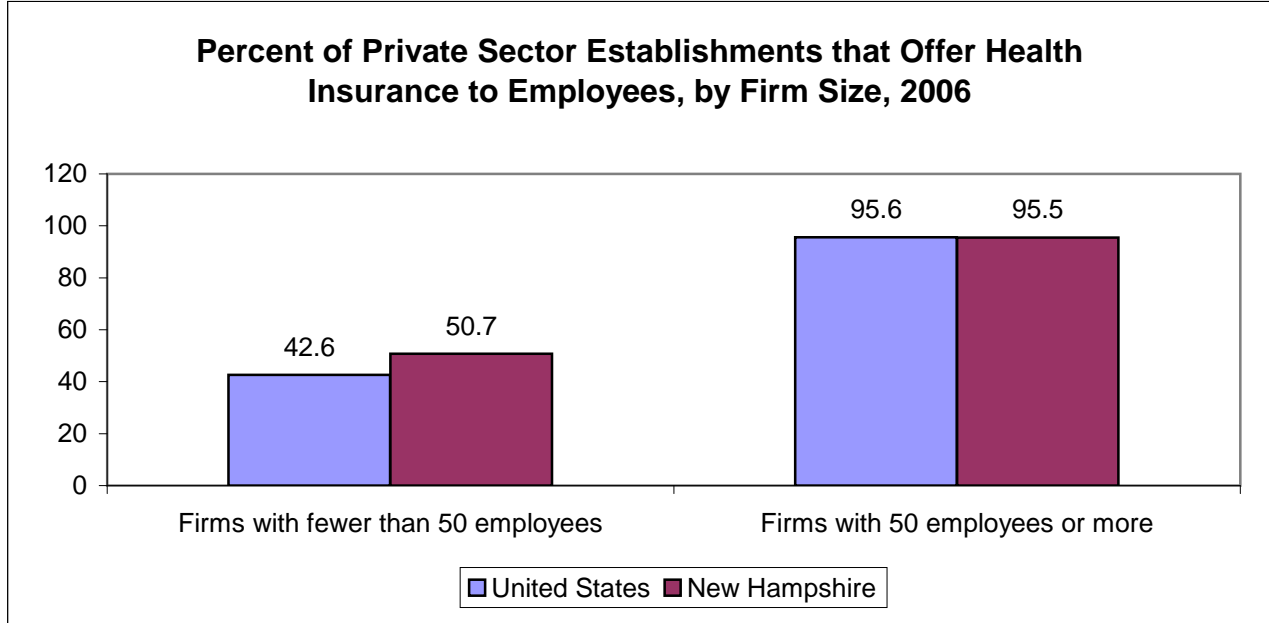
[www.statehealthfacts.org](http://www.statehealthfacts.org)

**Graph is from New Hampshire Center for Public Policy Studies' analysis of self-pay admissions at New Hampshire hospitals, and shows a more current estimate of change in the number of New Hampshire people that lack health insurance.**

**Access Benchmarks**

Access

Percent of Private Sector Establishments That Offer Health Insurance to Employees



% of Business w/ Health Insurance		2006
<b><i>New Hampshire value</i></b>		61.9
<b><i>U.S. average value</i></b>		55.8
<b><i>Best-ranked state</i></b>	<b><i>Hawaii</i></b>	89.6
<b><i>Worst-ranked state</i></b>	<b><i>Montana</i></b>	40.1

***Real life example:***

**In New Hampshire about 62 percent of private sector employers offered health insurance in 2006.**

Agency for Healthcare Research and Quality, Center for Cost and Financing Studies.

2006 Medical Expenditure Panel Survey - Insurance Component.

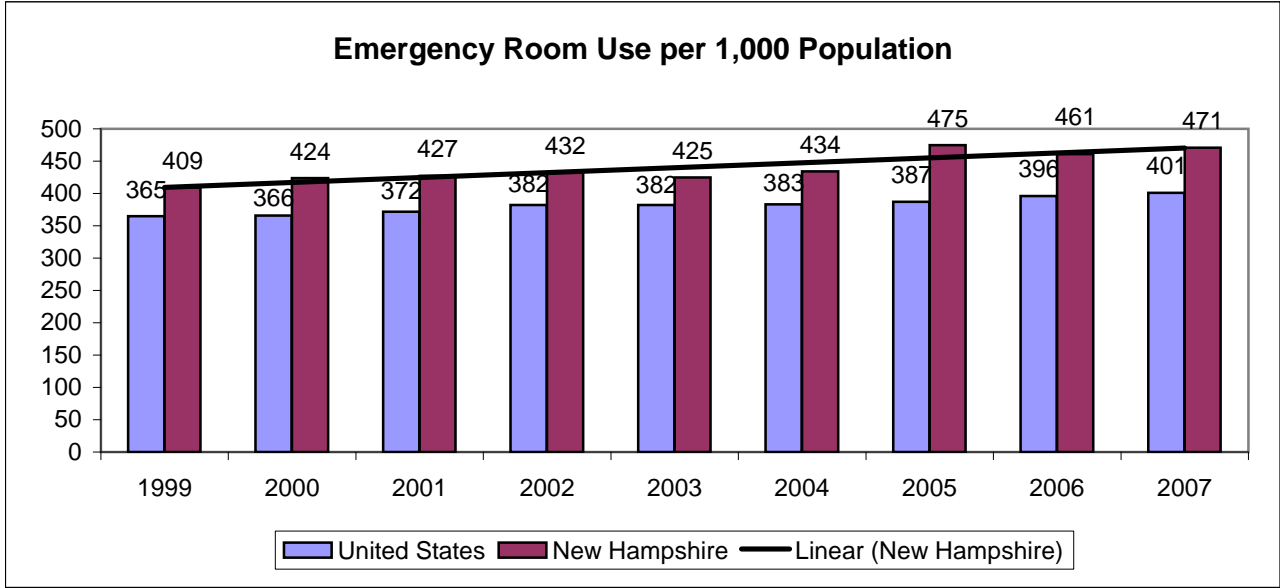
Table II.A.2: [http://www.meps.ahrq.gov/MEPSDATA/ic/2006/Tables\\_II/TIIA2.pdf](http://www.meps.ahrq.gov/MEPSDATA/ic/2006/Tables_II/TIIA2.pdf).

[www.statehealthfacts.org](http://www.statehealthfacts.org)

**Access Benchmarks**

Hospital Trends

Hospital Emergency Room Visits per 1,000 Population , 2007



ER Use per 1,000 people		2007
<b><i>New Hampshire value</i></b>		471
<b><i>U.S. average value</i></b>		401
<b><i>Best-ranked state</i></b>	<b><i>Hawaii</i></b>	264
<b><i>Worst-ranked state</i></b>	<b><i>West Virginia</i></b>	647

***Real life example:***

**In New Hampshire there were 471 emergency room visits for every thousand persons in 2007.**

Notes: Data are for community hospitals, which represent 85% of all hospitals. Federal hospitals, long term care hospitals, psychiatric hospitals, institutions for the mentally retarded, and alcoholism and other chemical dependency hospitals are not included.

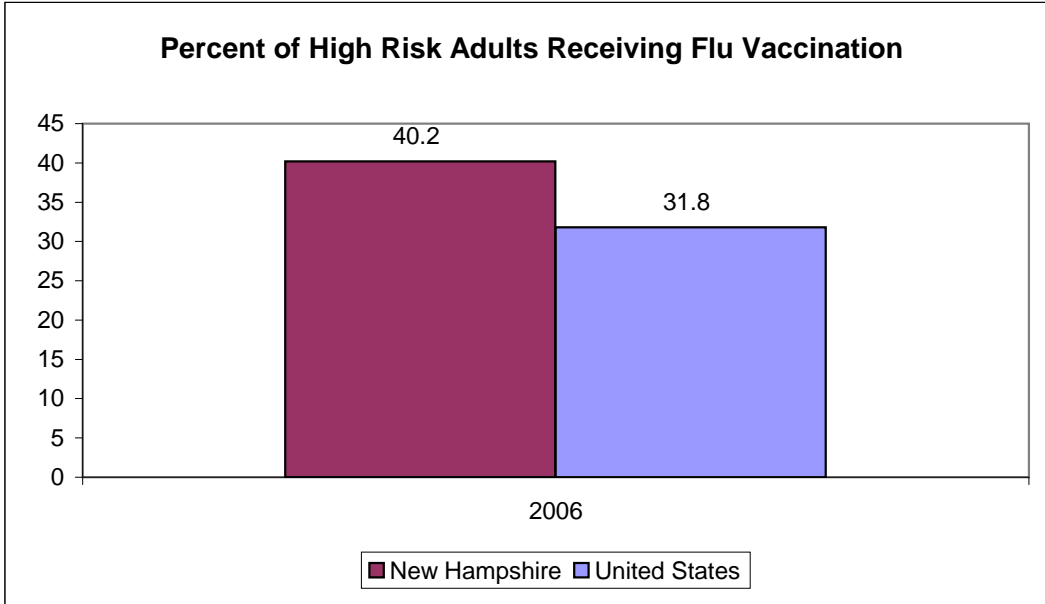
Sources: Calculation based on American Hospital Association Annual Surveys.  
 Copyright by Health Forum LLC, an affiliate of the American Hospital Association  
 Annual Population Estimates by State, U.S. Census Bureau

[www.statehealthfacts.org](http://www.statehealthfacts.org)

**Quality Benchmarks**

Quality of Care

Adults ages 18–64 at high risk (e.g., COPD) who received an influenza vaccination 2006 in the past 12 months.



Influenza Vaccination	2006
<i>New Hampshire value</i>	40.2
<i>U.S. average value</i>	31.8
<i>Best-ranked state</i> <i>South Dakota</i>	42.5
<i>Worst-ranked state</i> <i>Florida</i>	21.8

***Real life example:***

**In New Hampshire 40 percent of high-risk adults have received a flu vaccination.**

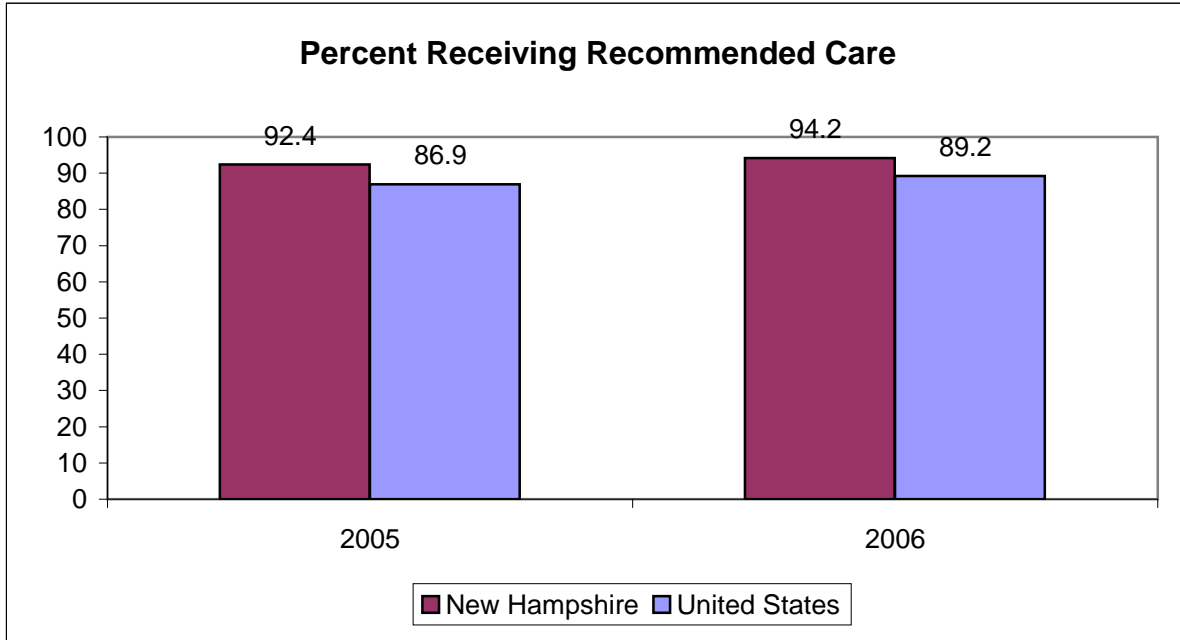
US Department of Health and Human Services, Agency for Healthcare Research and Quality  
National Healthcare Quality & Disparities Reports, 2008

Source: Centers for Medicare & Medicaid Services, Medicare Quality Improvement Organization Program

**Quality Benchmarks**

Quality of Care

Hospital patients with heart failure who received recommended hospital care



Pct Receiving Recommended Care		2006
<i>New Hampshire value</i>		94.2
<i>U.S. average value</i>		89.2
<i>Best-ranked state</i>	<i>New Jersey</i>	94.5
<i>Worst-ranked state</i>	<i>Wyoming</i>	74.3

**Real life example:**

**In New Hampshire 95 percent of heart failure patients received recommended care.**

Hospital patients with heart failure who received recommended hospital care (evaluation of left ventricular ejection fraction and ACE inhibitor or ARB prescription at discharge, if indicated, for left ventricular systolic dysfunction), by State, 2005 and 2006

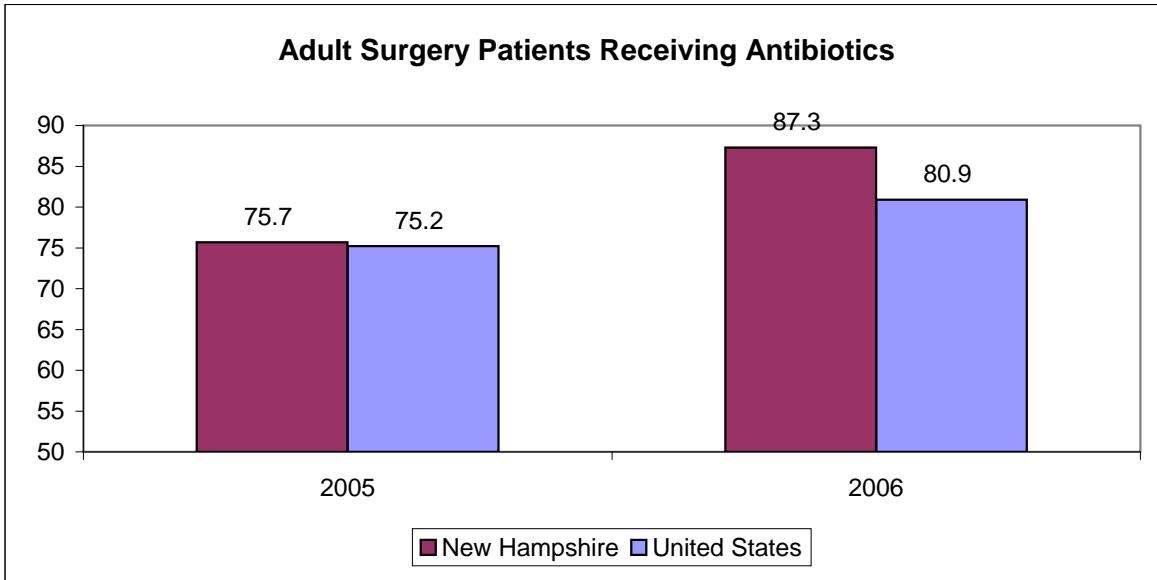
National Healthcare Quality & Disparities Reports, 2008

Source: Centers for Medicare & Medicaid Services, Medicare Quality Improvement Organization Program

**Quality Benchmarks**

Quality of Care

Adult surgery patients who received appropriate timing of antibiotics, by State



Pct Receiving Antibiotics		2006
<b>New Hampshire value</b>		87.3
<b>U.S. average value</b>		80.9
<b>Best-ranked state</b>	<i>South Dakota</i>	91.6
<b>Worst-ranked state</b>	<i>Nevada</i>	66.1

**Real life example:**

**In New Hampshire 87 percent of surgery patients are given appropriate antibiotics.**

US Department of Health and Human Services, Agency for Healthcare Research and Quality  
 Adult surgery patients who received appropriate timing of antibiotics, by State, 2005 and 2006  
 National Healthcare Quality & Disparities Reports, 2008

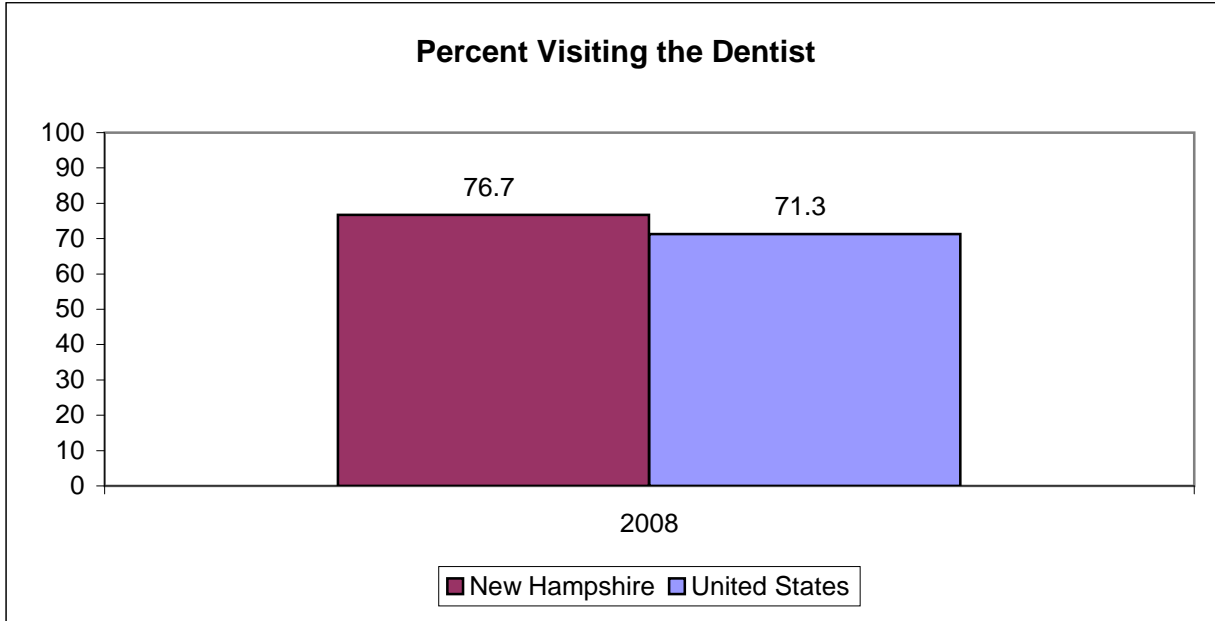
Source: Centers for Medicare & Medicaid Services, Medicare Quality Improvement Organization Program

**Quality Benchmarks**

Oral Health

Percent Who Visited the Dentist/Clinic

Percentage of Adults Who Visited the Dentist or Dental Clinic within the Past Year, 2008



Percent Visiting the Dentist		2008
<i>New Hampshire value</i>		76.7
<i>U.S. average value</i>		71.3
<i>Best-ranked state</i>	<i>Connecticut</i>	80.2
<i>Worst-ranked state</i>	<i>Oklahoma</i>	57.9

***Real life example:***

**In New Hampshire 77 percent of the population visited the dentist at least once in 2008.**

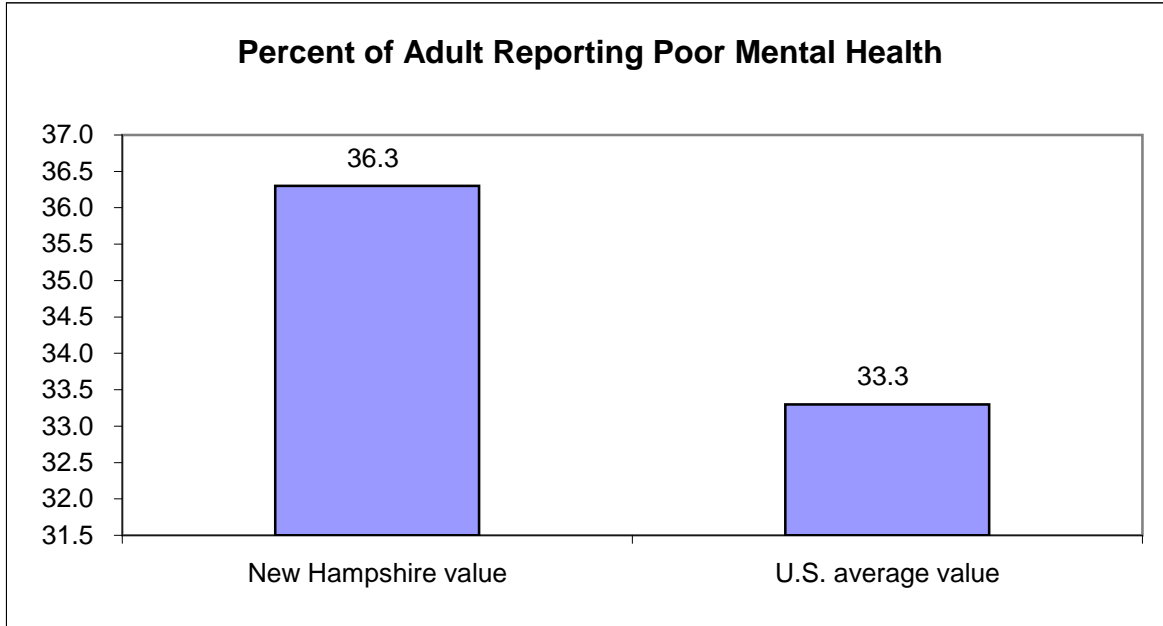
U.S. total does not include territories. Data represent adults who reported having visited the dentist or dental clinic within the past year for any reason. Data based on the Behavioral Risk Factor Surveillance System, an ongoing, state-based, random-digit-dialed telephone survey of noninstitutionalized civilian adults aged 18 years and older. Percentages are weighted to reflect population characteristics.

The National Oral Health Surveillance System, The Center for Disease Control and Prevention (CDC), based on the Behavioral Risk Factor Surveillance System (BRFSS); data available at <http://apps.nccd.cdc.gov/brfss/list.asp?cat=OH&yr=2008&qkey=6610&state=All>

**Public Health Benchmarks**

Public Health

Percent of Adults Reporting Poor Mental Health, 2007



Percent with Poor Mental Health		2007
<i>New Hampshire value</i>		36.3
<i>U.S. average value</i>		33.3
<i>Best-ranked state</i>	<i>Louisiana</i>	23.4
<i>Worst-ranked state</i>	<i>Nevada</i>	38.5

***Real life example:***

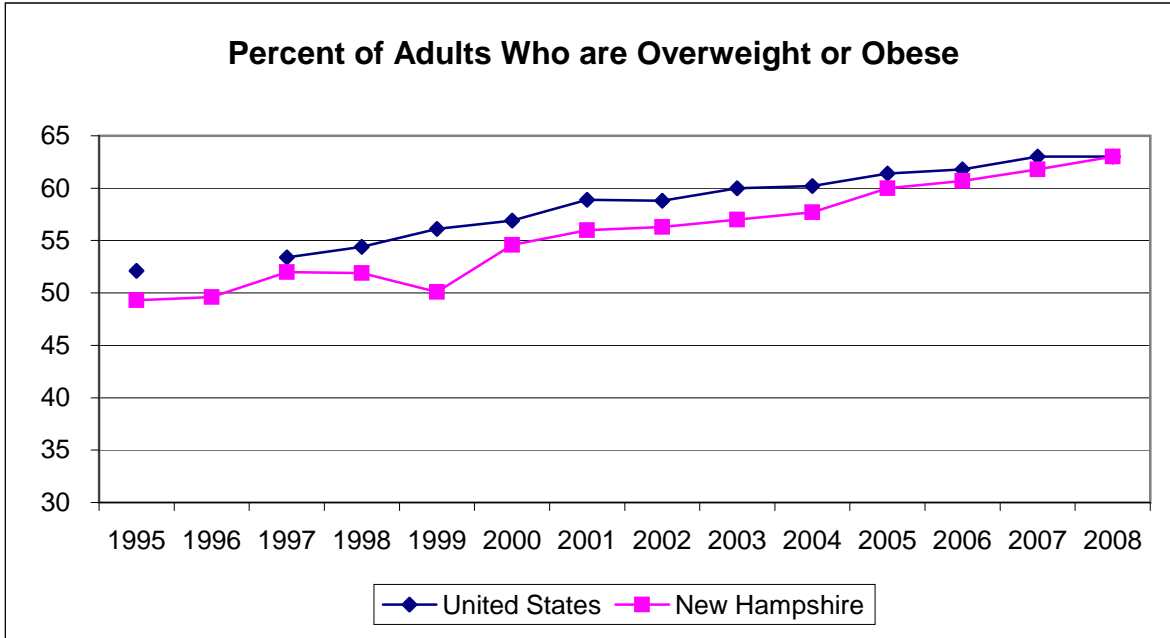
**In New Hampshire about one third of the adult population reported poor mental health in 2007.**

Data Sources: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey Data (BRFSS), <http://www.cdc.gov/brfss/index.htm>.

**Public Health Benchmarks**

Public Health

Percent of Adults Who are Overweight or Obese, 2008



Percent of Adults Overweight/Obese		2008
<i>New Hampshire value</i>		63.0
<i>U.S. average value</i>		63.0
<i>Best-ranked state</i>	<i>Colorado</i>	55.3
<i>Worst-ranked state</i>	<i>West Virginia</i>	68.7

**Real life example:**

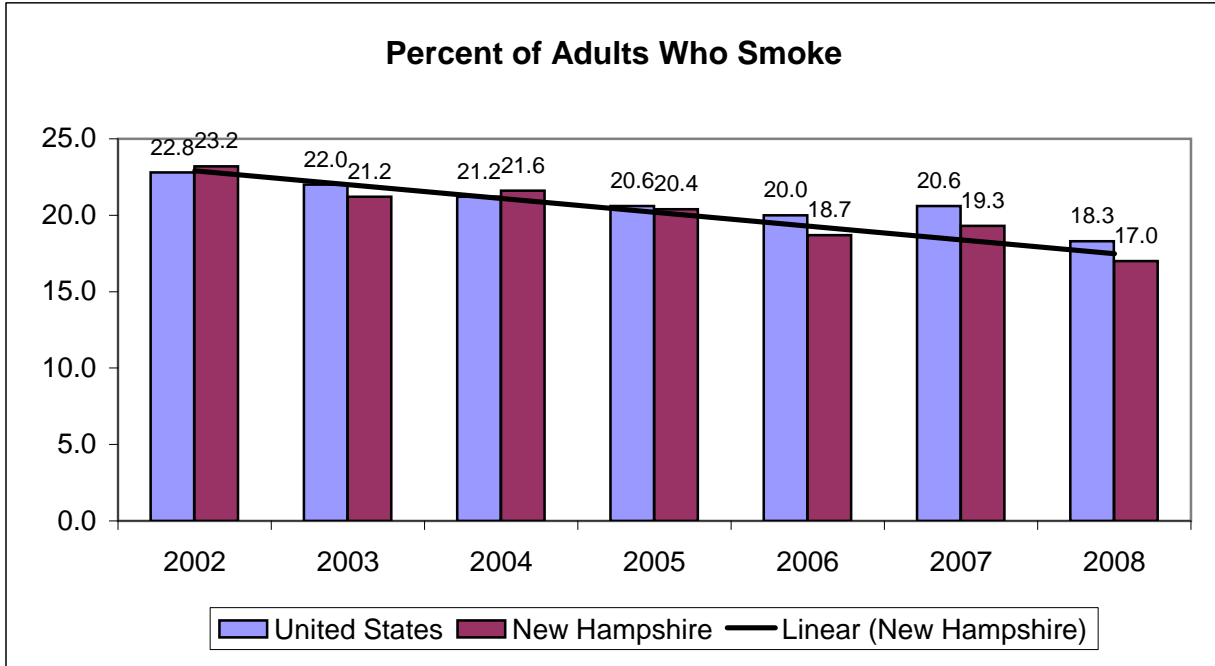
**In New Hampshire 63% of the adult population was overweight or obese in 2008.**

Overweight or obese defined a body mass index (BMI) greater than or equal to 25.0 kg/meters squared. Percentages are weighted to reflect population characteristics.

Sources: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey Data.

**Public Health Benchmarks**

Public Health  
Percent of Adults Who Smoke, 2008



Adult Smoking Rate		2008
<i>New Hampshire value</i>		17.0
<i>U.S. average value</i>		18.3
<i>Best-ranked state</i>	<i>Utah</i>	9.3
<i>Worst-ranked state</i>	<i>West Virginia</i>	26.5

**Real life example:**

**In New Hampshire about one fifth of the adults were regular or casual smokers in 2008.**

Notes: Data represent adults who reported that they currently smoke every day or some days. Data based on the Behavioral Risk Factor Surveillance System, an ongoing, state-based, random-digit-dialed telephone survey of noninstitutionalized civilian adults aged 18 years and older.

Percentages are weighted to reflect population characteristics.

Information about the BRFSS is available at <http://www.cdc.gov/brfss/index.htm>.

Sources: Centers for Disease Control and Prevention,

Behavioral Risk Factor Surveillance System Survey Data (BRFSS),

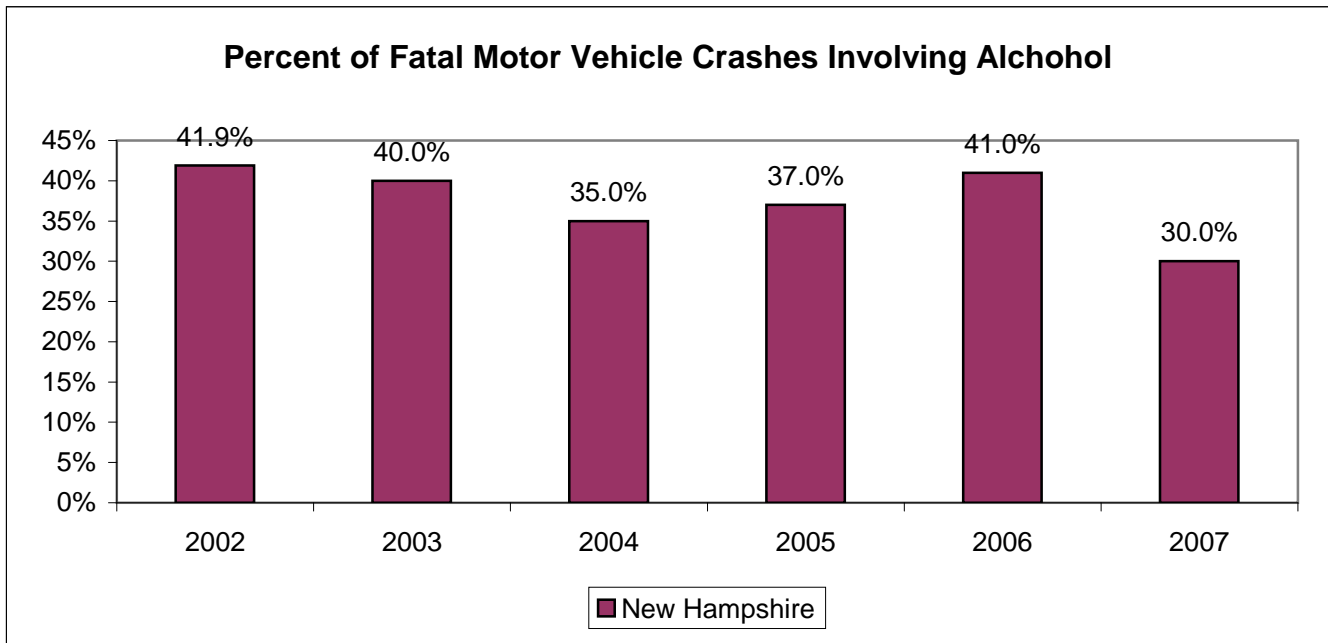
Available at <http://apps.nccd.cdc.gov/brfss/list.asp?cat=TU&yr=2005&qkey=4394&state=All>.

**Public Health Benchmarks**

Public Health

Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)

**Graph: A significant portion of New Hampshire fatal motor vehicle accidents involve alcohol.**



Percent of Adults that are binge drinkers		2007
<i>New Hampshire value</i>		15.5
<i>U.S. average value</i>		15.8
<i>Best-ranked state</i>	<i>Kentucky</i>	8.2
<i>Worst-ranked state</i>	<i>Wisconsin</i>	23.4

**Real life example:**

**In New Hampshire 15.5 percent of adults admitted to binge drinking in 2007.**

National Center for Chronic Disease Prevention & Health Promotion  
Behavioral Risk Factor Surveillance System

Sources: The Centers for Disease Control and Prevention (CDC), National Center for Health Statistics

Source: for Graph  
New Hampshire Department of Motor Vehicles and Vital Signs 2009