












North Country Public Health Region Profile

KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Health Behaviors			
Current smoking, percent of adults (2008–2009) ¹	20.9	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	24.1	28.0	
Obese, percent of adults (2008–2009) ^{1*}	29.4	25.8	
Overweight, percent of adults (2008–2009) ¹	39.4	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) ¹	54.6	53.5	
Heavy drinking, percent of adults (2008–2009) ¹	6.0	6.0	
Binge drinking, percent of adults (2008–2009) ¹	17.1	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	26.9	18.4	
Always use seatbelt, percent of adults (2006, 2008) ¹	54.2	65.6	
No health insurance, percent of adults (2008–2009) ¹	19.4	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) ¹	11.8	10.9	
Have primary care provider, percent of adults (2008–2009) ¹	79.1	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) ¹	66.4	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007) [*]	949.5	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	810.6	605.4	
Community and Environment			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	1.22	0.78	
Health Outcomes			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	75.9	56.7	
Low birthweight per 1,000 births (2007)	5.2	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007) [*]	79.4	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) ¹	6.2	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) ²	475.1	499.8	

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Cancer deaths, age-adjusted per 100,000 population (2003–2007) ²	180.0	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) ¹	79.1	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) ¹	51.4	58.2	
Access to Care			
Pap test in past three years, percent of women age 18 and older (2006, 2008) ^{1*}	85.6	87.1	
Ever told had diabetes, percent of adults (2008–2009) ¹	8.0	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	32.9	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) ¹	78.2	81.9	
Current asthma, percent (2007, 2009) ¹	10.9	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003-2007)	152.7	110.2	

North Country Public Health Region: Bath, Benton, Berlin, Bethlehem, Carroll, Clarksville, Colebrook, Columbia, Dalton, Dixville, Dummer, Easton, Errol, Franconia, Gorham, Haverhill, Jefferson, Lancaster, Landaff, Lisbon, Littleton, Lyman, Milan, Millsfield, Monroe, Northumberland, Odell, Pittsburg, Randolph, Shelburne, Stark, Stewartstown, Stratford, Sugar Hill, Wentworth's Location, Whitefield

Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

Data References:

- Behavioral Risk Factor Surveillance System, www.cdc.gov/brfss or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, www.dhhs.nh.gov/dphs/hsdm
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.