

Public health funding: Strong investments in public health allow a state to carry out programs that improve health. New Hampshire receives \$27.53 per person in funding from CDC (14th in the nation) and \$29.50 per person from HRSA (24th in the nation). The Prevention and Public Health Fund has awarded over \$23.3 million in grants to New Hampshire since 2010 for community and clinical prevention efforts and improvements to public health infrastructure.

Access to care: 6.3 percent of people in New Hampshire do not have health insurance coverage, well below the national uninsured rate of 9.4 percent. The number of practicing primary care physicians is also an important measure of health care availability. New Hampshire has 157.4 active primary care physicians per 100,000 people. Nationally, there are 145.3 practicing primary care physicians per 100,000 people.

Notable health measures

- **High school graduation:** 88.1 percent of students in New Hampshire graduate from high school, ranking 7th highest in the nation. This is a notable measure as there is a strong connection between education and health. People with higher levels of education are more likely to adopt healthy behaviors.
- **Air pollution:** 6.6 micrograms of fine particles per cubic meter, ranking the state 8th lowest in air pollution in the nation. Reduced exposure to air pollution is important to public health as poor air quality leads to reduced lung function, increased risk of asthma complications, heart attacks, heart failure and death, and impacts a large number of people, particularly impacting young children and older adults.
- **Violent crime:** In 2016, there were 199 offenses per 100,000 people, ranking 4th lowest in the nation.

The challenges ahead

- **Drug deaths:** In the past three years, drug deaths increased 60 percent from 11.2 to 17.9 deaths per 100,000 population.
- **Excessive drinking:** 18.4 percent of the adult population in New Hampshire reported drinking excessively. Excessive alcohol use can lead to fetal damage, liver diseases, high blood pressure, cardiovascular diseases and other major health problems.
- **Obesity:** 26.3 percent of adults in New Hampshire are obese. And while the state boasts a relatively low adult obesity rate in comparison to other states, the obesity rate has more than doubled in New Hampshire over the past two and a half decades. Obesity contributes to poor general health and is a leading factor in preventable diseases.

Sources: Trust for America's Health, Investing in America's Health; Trust for America's Health, Prevention and Public Health Fund at Work in States; U.S. Census Bureau, 2013, 2014, and 2015 1-Year American Community Surveys; United Health Foundation, America's Health Rankings.