

Ammonusuc Community Health Services  
Littleton Regional Hospital  
North Country Home Health & Hospice



Community Needs Assessment  
August 2009



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# Methodology

## Health & Demographic Status Data

### ■ Littleton Service Area

- Bethlehem
- Carroll
- Dalton
- Easton
- Franconia
- Landaff
- Lincoln
- Lisbon
- Littleton
- Lyman
- Sugar Hill
- Whitefield
- Woodstock

### ■ Haverhill Service Area\*

- Bath
- Benton
- Haverhill (inc. Woodsville)
- Monroe

### ■ Caledonia & Essex Counties

- Concord
- Danville
- Gilman
- Lunenburg
- Lyndonville
- St. Johnsbury

### ■ Maternity Service Area

- Littleton Service Area
- Weeks, Cottage, UCVH Service Area

\*Only significant differences from NH reported.  
Behavioral Risk Data not available for HSA



# Methodology (Continued)

- **Conversations With 175 Community Members**
  - 13 Personal Interviews
    - 5 Legislators
    - 8 Key Leaders
  - 59 People in 6 Focus Groups
    - Business Leaders
    - Civic & Health Organizations
    - Physicians
    - School Representatives
    - Seniors
    - WREN Members
  - 103 Web Survey Respondents

# Most Important Issues





## Top 5 Issues That Should be Addressed in Our Community

- Alcohol/drug use problems 58%
- Elderly health, housing, other services 47%
- Mental health problems 40%
- Dental care 31%
- Heart disease and stroke 29%
- Primary care for adults 27%
- Home healthcare 27%
- Domestic violence 24%
- Diabetes 23%
- Access to prescription/over the counter drugs 21%



# Top 5 Most Important “Risky Behaviors”

- Being overweight or obese 82%
- Substance Abuse
  - Alcohol abuse 79%
  - Tobacco use 66%
  - Drug abuse 42%
- Lack of exercise 61%
- Poor eating habits 55%
- Dropping out of school 21%

# Demographics

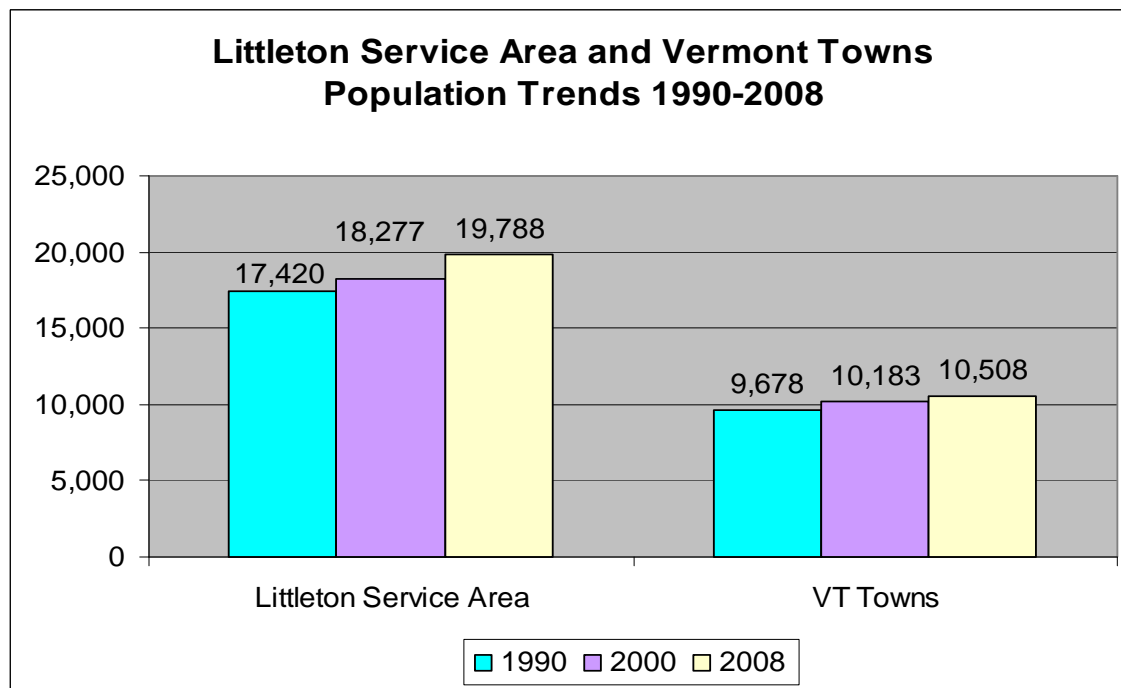


- Total Population and Trends
- Population by Age
- Education
- Poverty
- Disabled Population



# Total Population and Trends

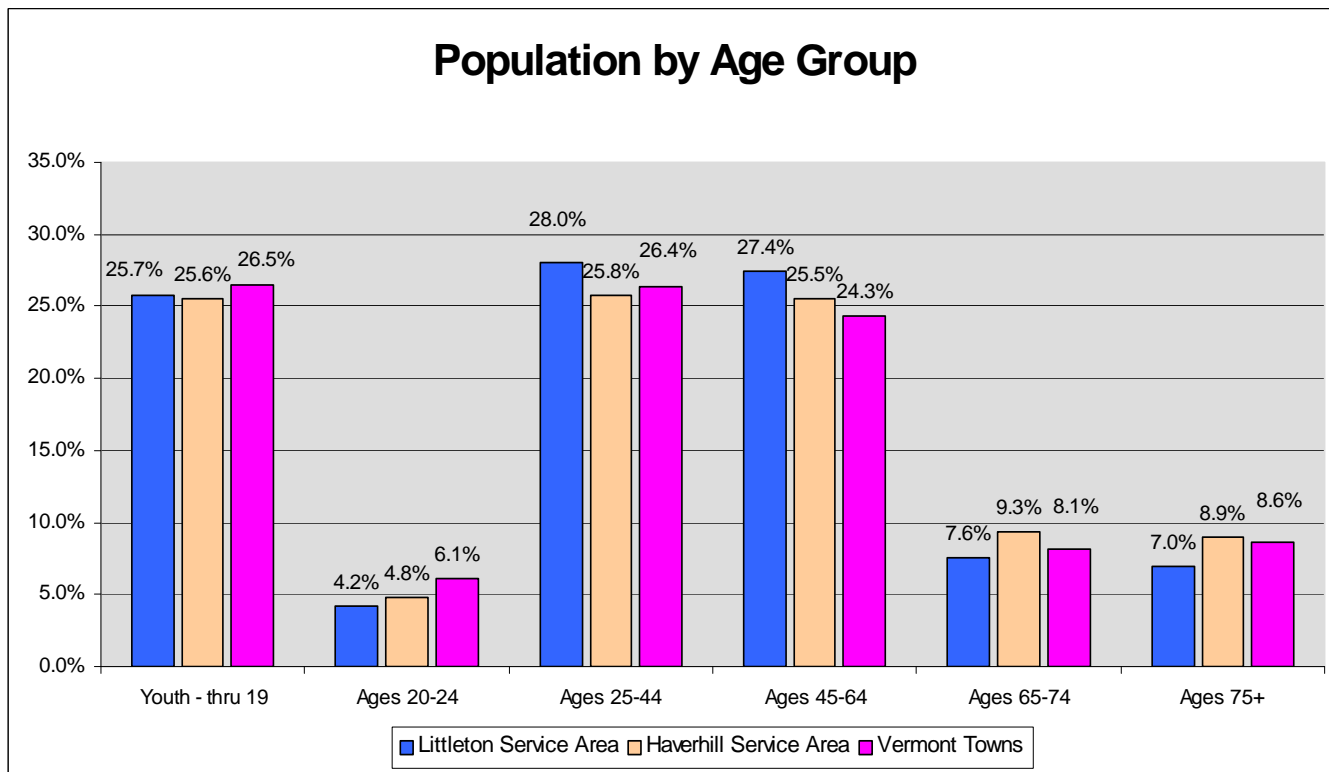
From 2000 to 2008 the Littleton Service Area grew 8.3%, while the Vermont towns only grew 3.2%. In 2008, there were about 30,000 people in the Service Area - almost 20,000 people in the Littleton area and over 10,000 in the Vermont towns. An additional 6,800 people live in the Haverhill Service Area.



Source: NH Office of Energy and the Vermont State Data Center, UVM Center for Rural Studies, latest data available August 2009

# Population by Age

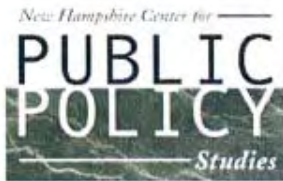
Each Service Area has a comparatively higher proportion of residents 65+ years:  
14.6% of Littleton and 18.2% of Haverhill areas' population vs. NH at 12.9%  
and 16.7% of Vermont towns' population vs. Vermont at 12.7%



Source: America Factfinder, 2000 Census

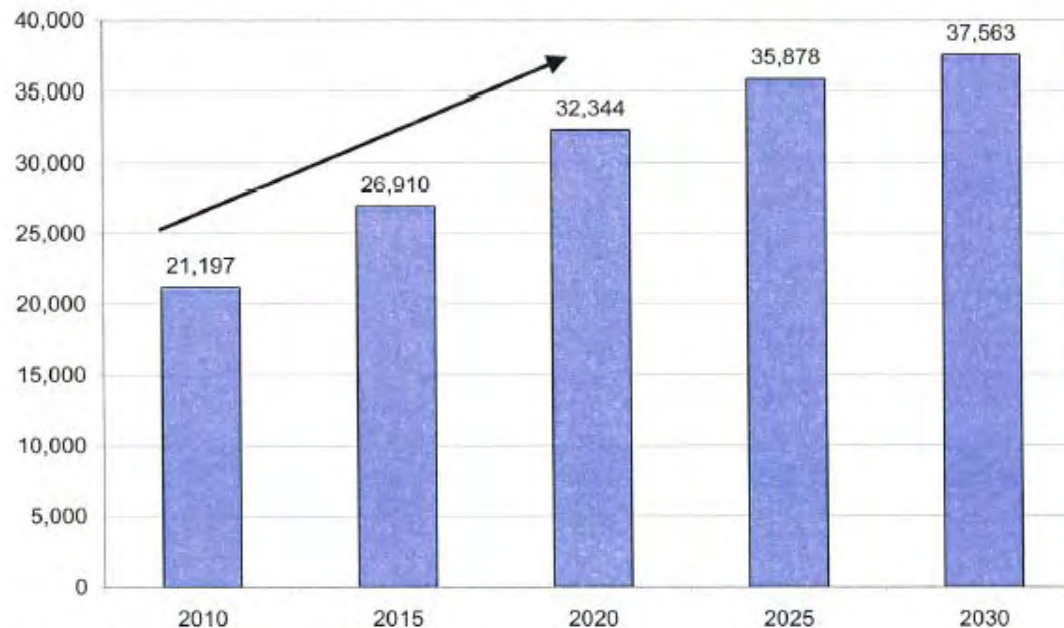


# In 10 Years, the Population 60 Years and Older is Estimated to Grow 52%



## **Estimated 52% Increase in those over 60 between 2010 and 2020**

Growth in Population Older than 60 in Grafton County (Projections)



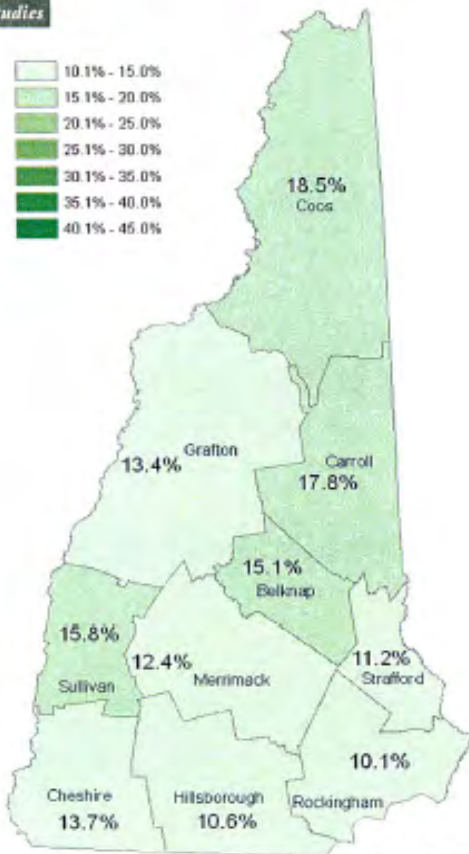
Source: Office of Energy and Planning Projections

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# By 2030, a Third of the Grafton County Population Will be Medicare Age



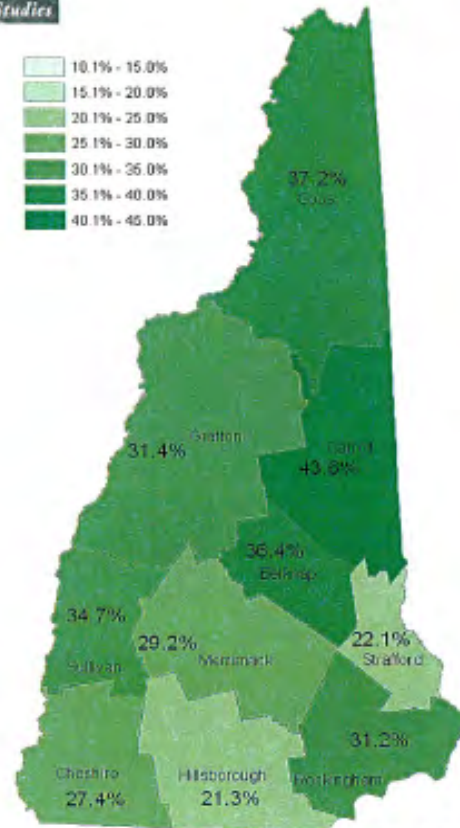
Percent of Population Age 65 and Old  
By County, 2000



Source: NH Office of Energy and Planning



Percent of Population Age 65 and Older  
By County, 2030



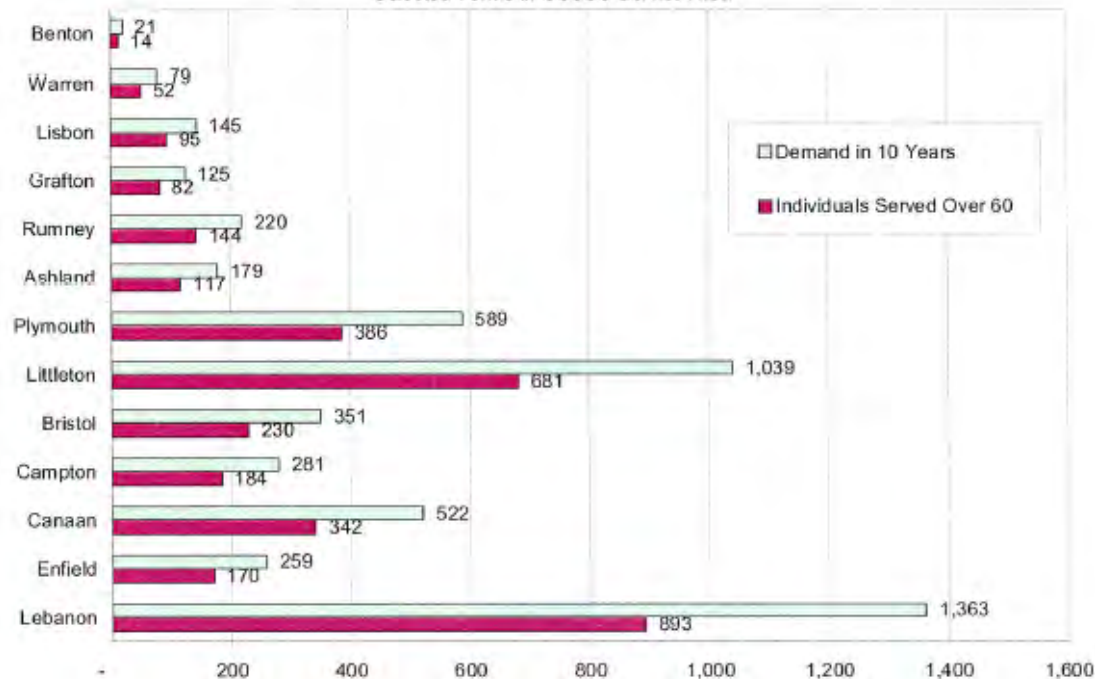
Source: NH Office of Energy and Planning

# An Aging Population Will Mean Greater Demand for Health Services



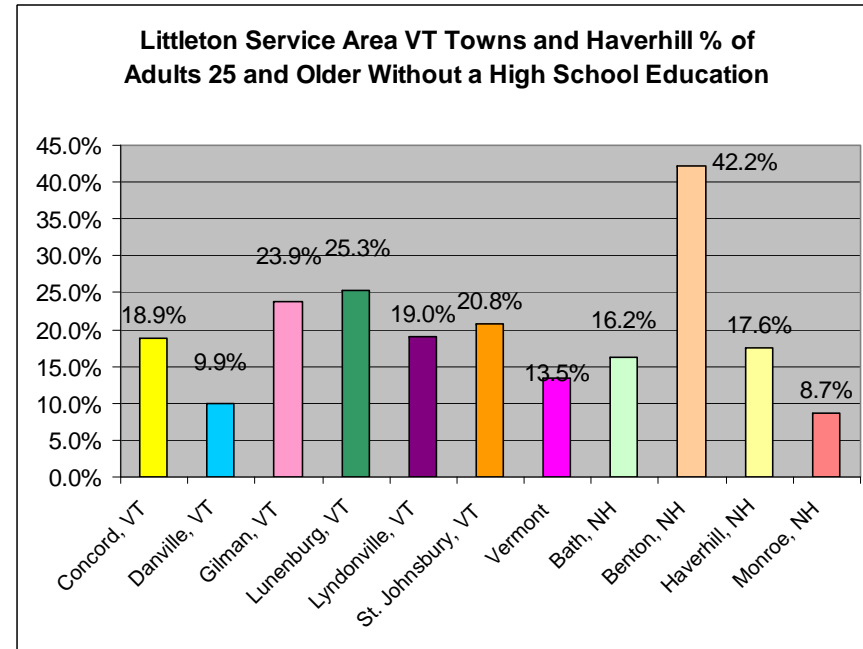
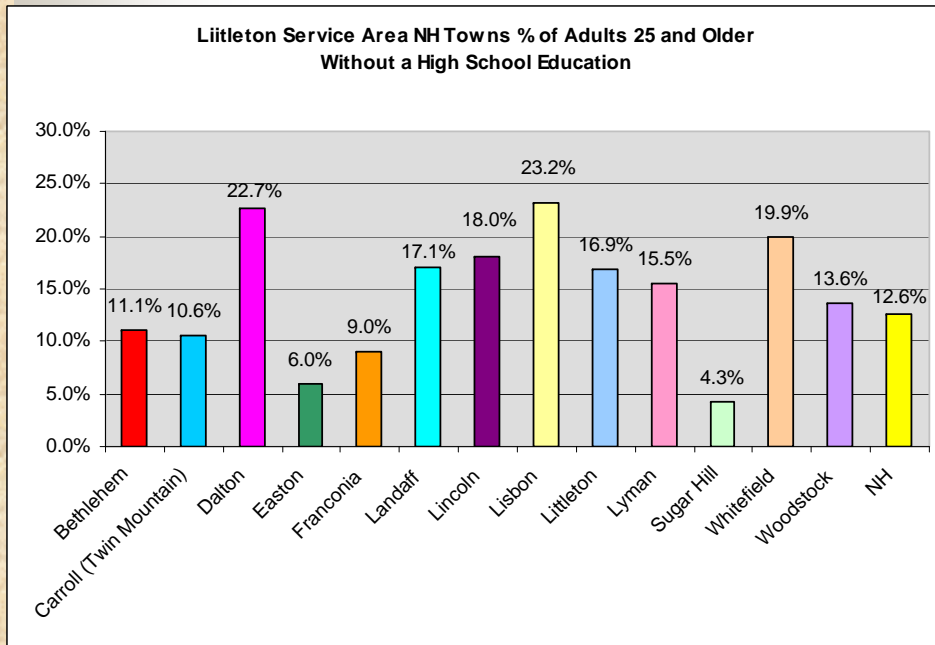
## ***Aging Alone Suggests Increase Demand by 50 Percent***

Change in Demand for Services Due to Aging (Straight Trend Only)  
Selected Towns in GCSCC Service Area



# Lack of Education

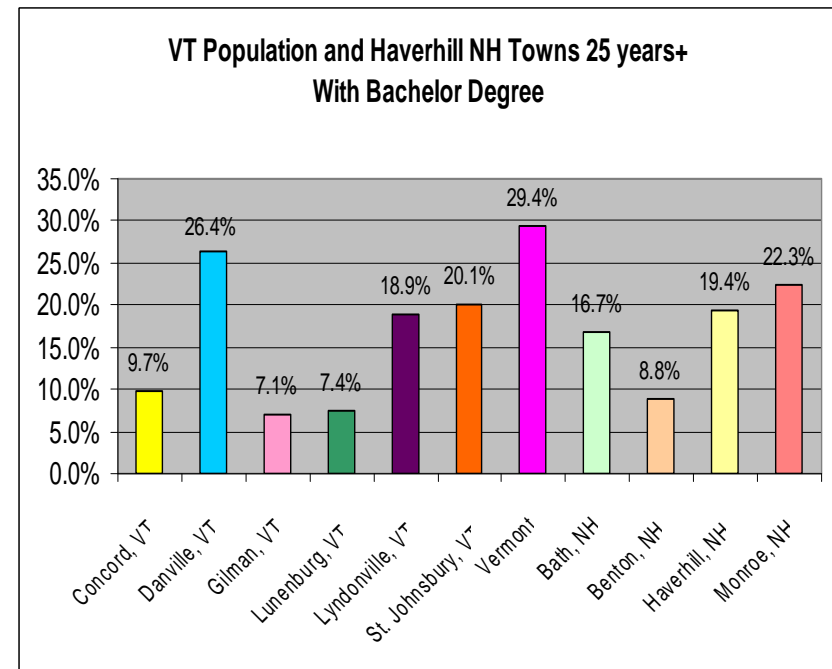
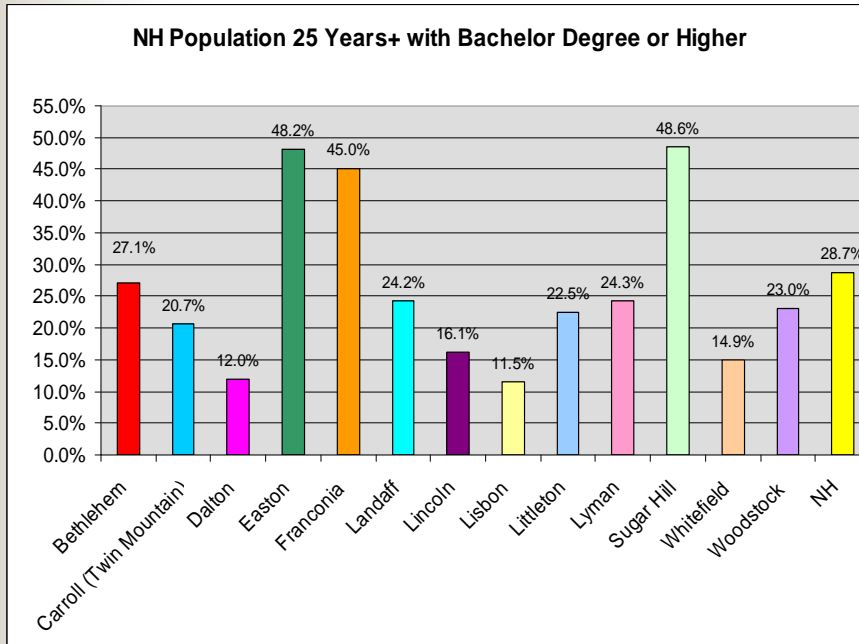
Towns with a higher percent of uneducated adults 25 years and older without a high school degree include 8 of 13 Littleton Service Area towns, 5 of 6 Vermont towns, and 3 of 4 Haverhill Service Area towns, compared to their respective states.



Source: US Census, 2000

# Higher Education

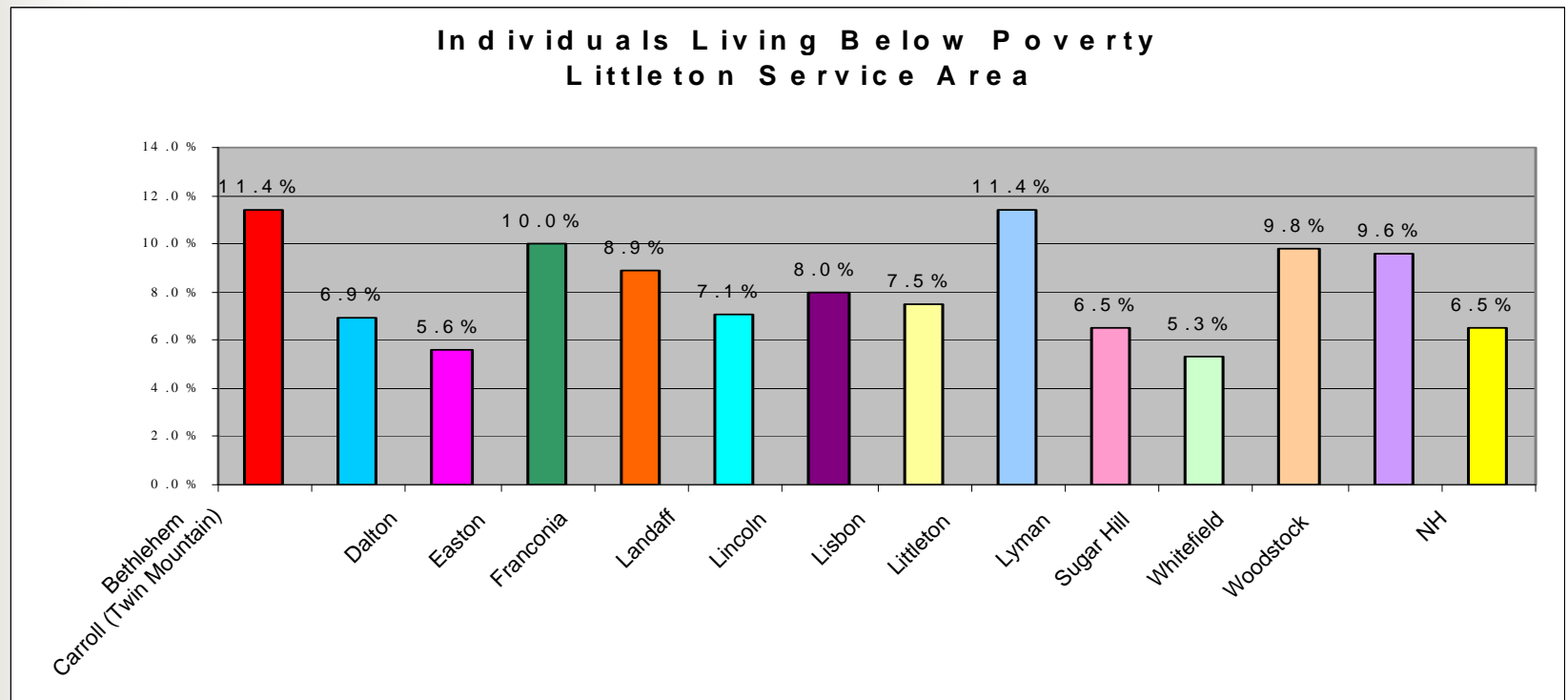
Towns with a higher percent of educated adults 25 years and older with a Bachelors degree or higher include only 3 of 13 Littleton Service Area towns, and no Vermont towns or Haverhill Service Area towns, compared to their respective states.





# Poverty

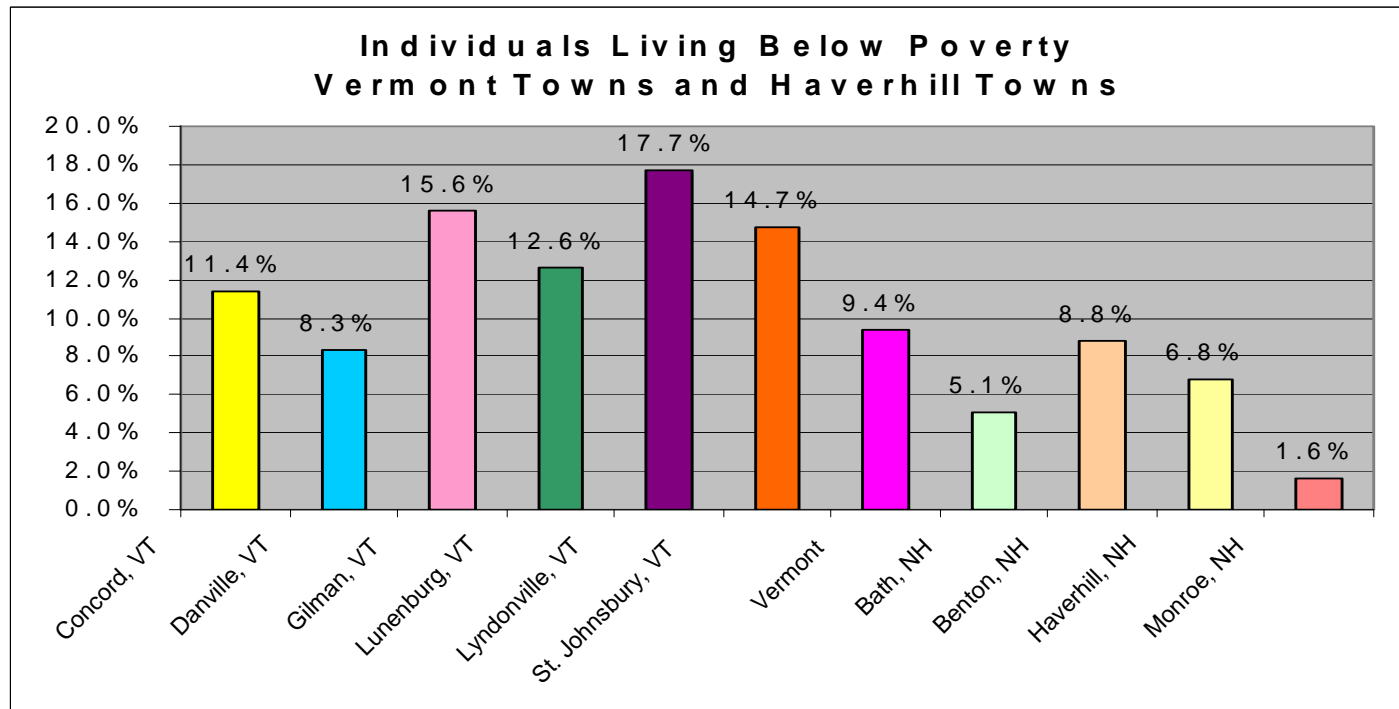
Towns that have a higher percent of individuals living in poverty than their respective state include 11 of 13 Littleton Service Area towns, 5 of 6 Vermont towns and 2 of 4 Haverhill Service Area towns



Source: US Census, 2000

# Poverty

Towns that have a higher percent of individuals living in poverty than their respective state include 11 of 13 Littleton Service Area towns, 5 of 6 Vermont towns and 2 of 4 Haverhill Service Area towns



Source: US Census, 2000

# Disabled Population

In 2000, there were 4,885 disabled people 5 years and older in the Littleton Service Area; 2,790 in Vermont towns, and 1,332 in the Haverhill Service Area

	VT Towns		Littleton Service Area		Haverhill	
Age	# Disabled in Age Group	% Disabled in Age Group	# Disabled in Age Group	% Disabled in Age Group	# Disabled in Age Group	% Disabled in Age Group
5-20	282	9%	380	9.8%	158	11.3%
21-64	1,469	19.6%	1,961	18.3%	690	20.3%
65+	1,039	46%	2,544	41.2%	484	46.4%

Source: US Census, 2000. **Definition:** A long-lasting physical, mental, or emotional condition that makes it difficult for a person to do activities such as walking, climbing stairs, dressing, bathing, learning, or remembering and can also impede a person from being able to go outside the home alone or to work at a job or business.

# Access to Primary Care



- Barriers
- Uninsured
- Ambulatory Care Sensitive Conditions
- Emergency Department Utilization



## Top 5 Barriers To Accessing Health Services in Our Community

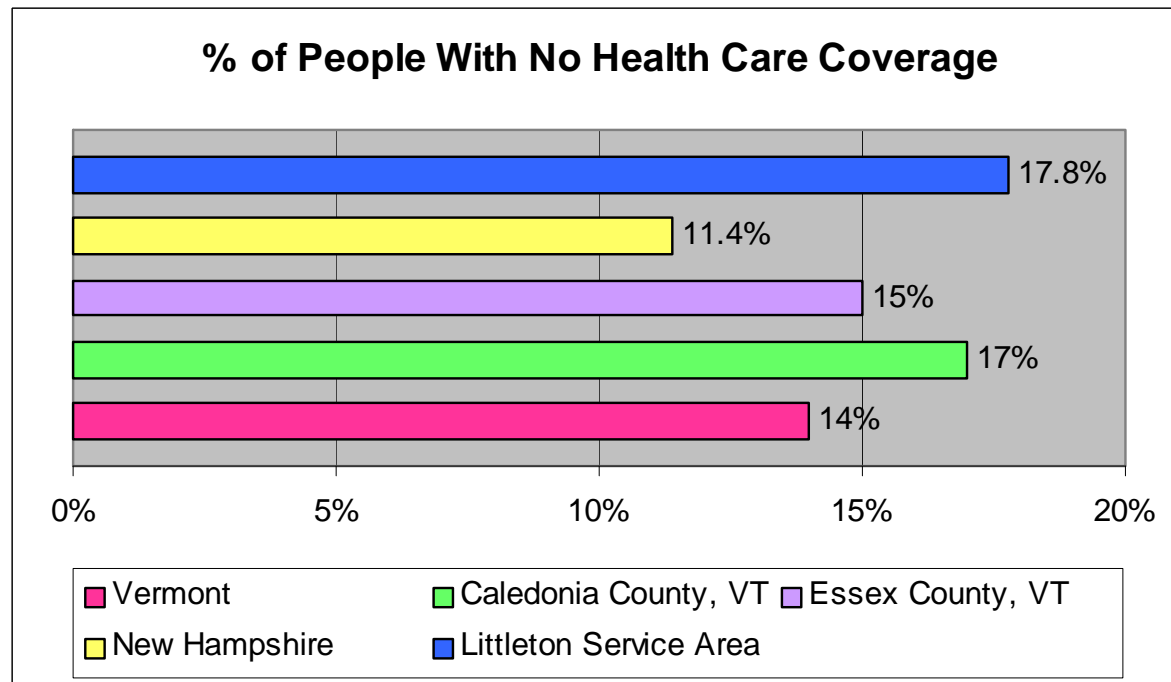
- Do not have health insurance 76%
- Cannot afford to pay at time of service 58%
- Do not have dental insurance 52%
- Cannot afford deductible/co-pay 44%
- Do not have a regular doctor 36%
- Lack of transportation 29%
- Could not take time off from work 26%
- Not knowing how or when to seek care 26%
- Too long to wait for an appointment 23%
- Payment of balance due required 21%

# Higher Percent of Uninsured

Much Higher Rates of Uninsured Than NH (11.4%) or VT (14%)

Littleton Service Area 17.8% Uninsured

Caledonia County 17.0% Uninsured

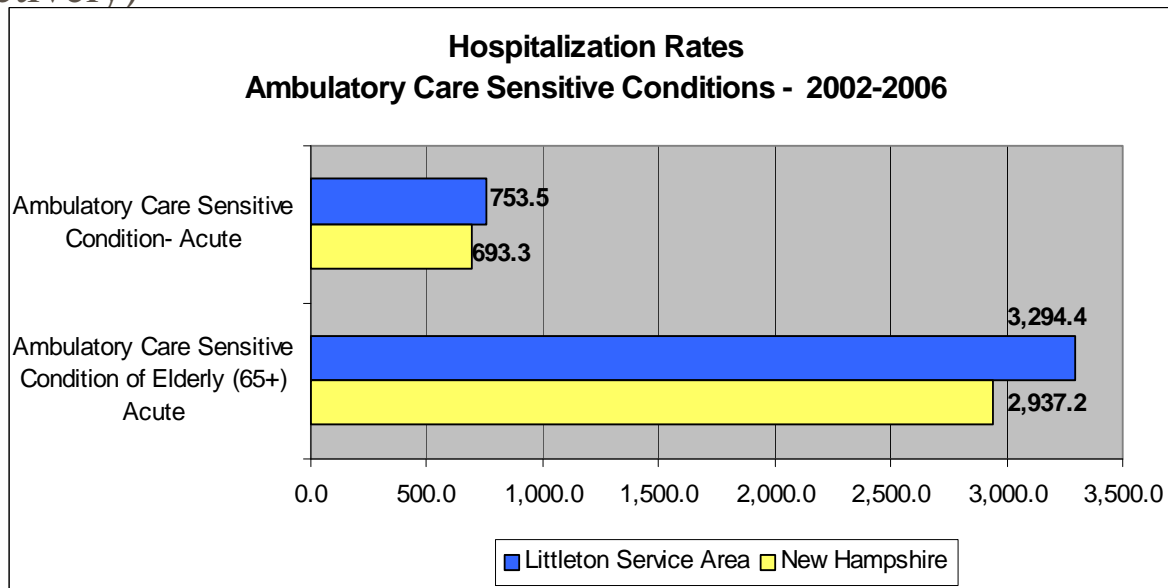


Source: NH Adult Behavioral Risk Factor Surveillance System, 2005-2006, NH Department of Health and Human Services, Division of Public Health Services, Bureau of Disease Control and Health Statistics, the Health Statistics and Data Management Section and Vermont Source: Health Status of Vermonters, Appendix, 2008, Vermont Department of Health

# Lack of Access to Primary Care

## Is a Major Concern in the Area

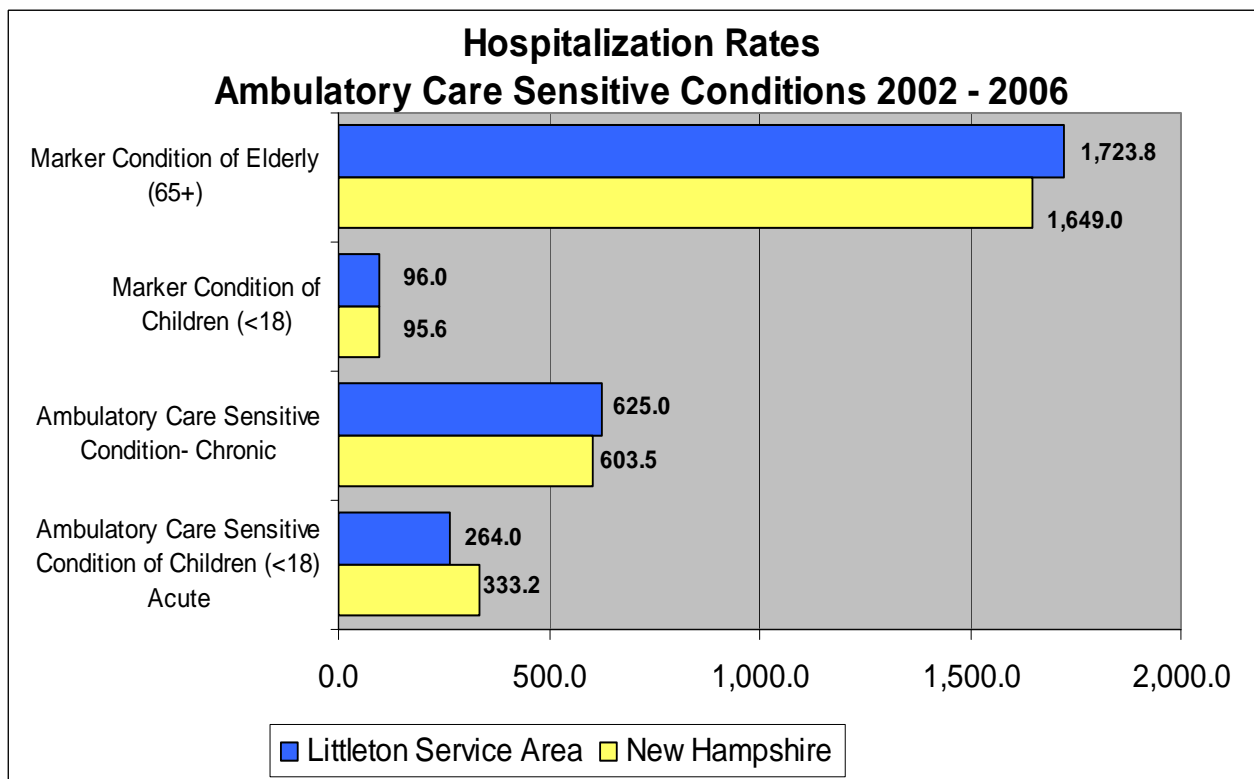
- Littleton Service Area has statistically significantly higher rates of hospitalization for some conditions that are less likely to require hospitalization if timely and appropriate primary care is received.
- Over 1 of 5 residents of Essex County (21%) does not have a usual PCP, statistically significantly worse than Caledonia County or Vermont (15% and 13%, respectively)



Source: NH DHHS Hospital Discharge Data Collection System. Inpatient Discharges per 100,000, 2002 – 2006 and Health Status of Vermonters, Appendix, 2008, Vermont Department of Health

# Access to Primary Care is Adequate For Some??

Littleton Service Area hospitalization rates are not statistically different from NH for some conditions that are less likely to require hospitalization, if timely and appropriate primary care is received



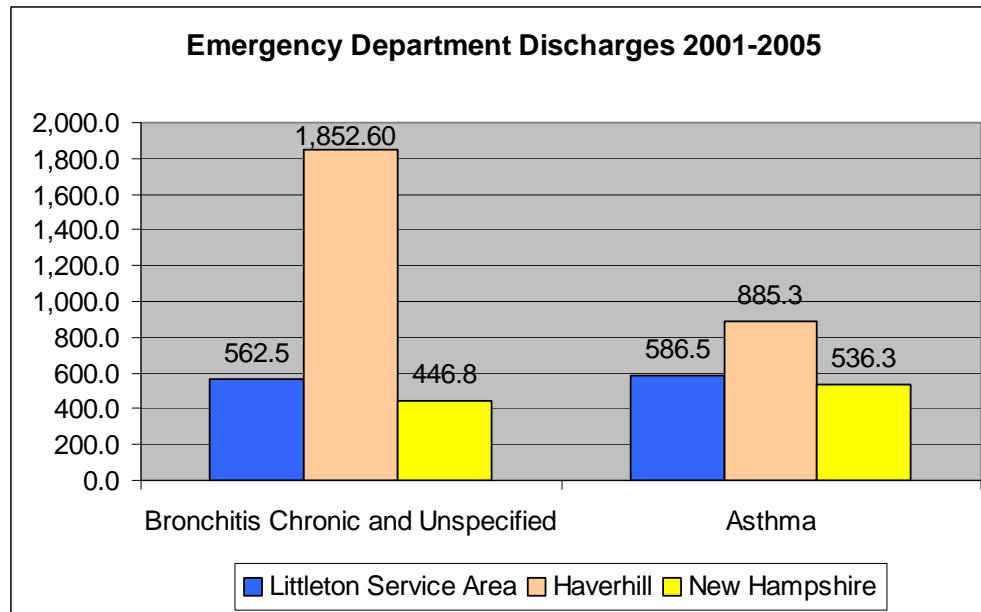
Source: NH DHHS Hospital Discharge Data Collection System. Inpatient Discharges per 100,000, 2002 - 2006



# High ED Use For Injuries and Respiratory Conditions

A high volume of recreational injuries and lack of primary care access contribute to statistically significantly higher ED discharge rates than NH for:

**Littleton and Haverhill:** **Total Visits** (46,555.5 and 76,579.1 vs. 40,572.2)  
**Unintentional Injury** (14,016.7 and 17,622.5 vs. 11,419.9)  
**Chronic Bronchitis**  
**Haverhill Only:** **Asthma**



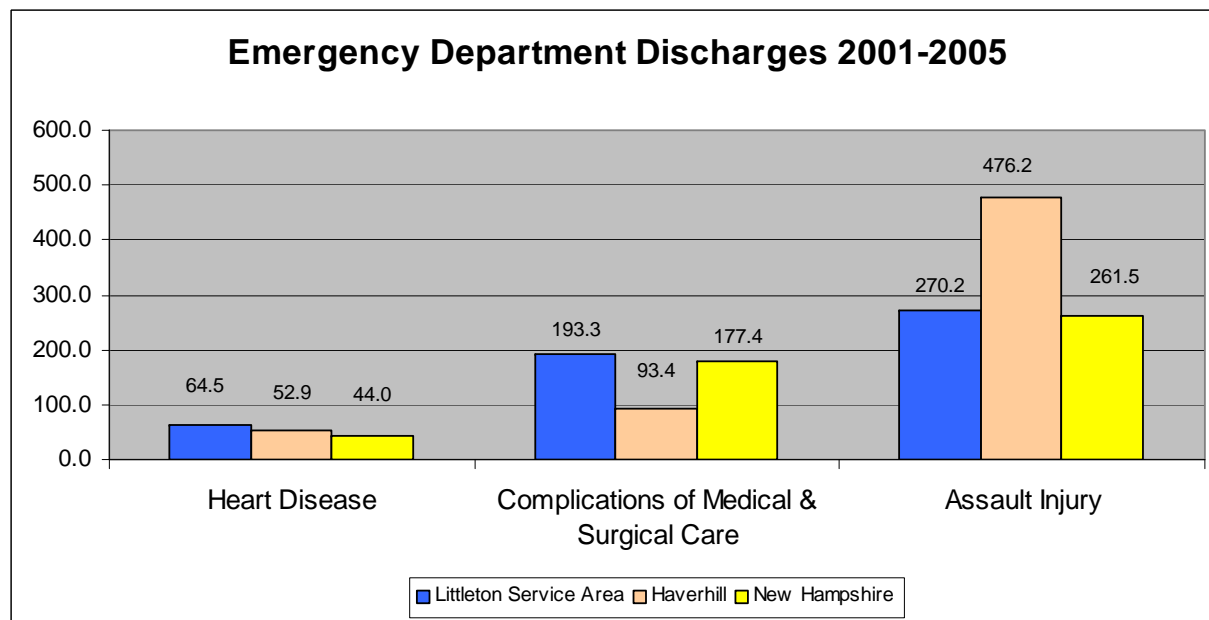
Source: NH Department of Health and Human Services Hospital Discharge Data Collection System, 2001 – 2005, Discharges per 100,000 population

# Higher and Lower Rates of ED Use

Compared to NH, some areas have significantly different ED discharge rates:

Littleton Service Area: higher ED discharge rate for heart disease

Haverhill Service Area: lower ED discharge rate for complications of medical and surgical care, but higher for assault injury



Source: NH Department of Health and Human Services Hospital Discharge Data Collection System, 2001 – 2005, Discharges per 100,000 population

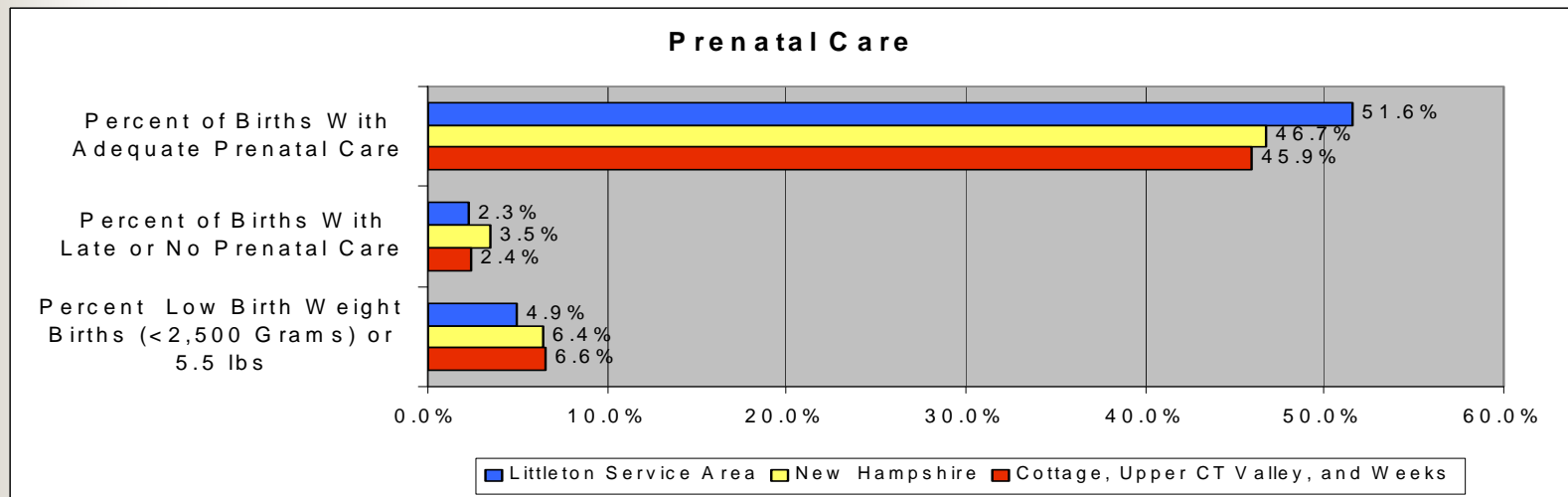
# Maternal & Child Health



- Access to Prenatal Care
- High Risk Indicators
- Birth Rates
- Maternal Alcohol Use

# Prenatal Care Access Appears Adequate

- Compared to NH and other local hospitals' service areas, the Littleton Service Area has a:
  - Statistically significantly higher percent of births with adequate prenatal care
  - A not statistically different, but low percent of births with late or no prenatal care, and percent of low birth weights



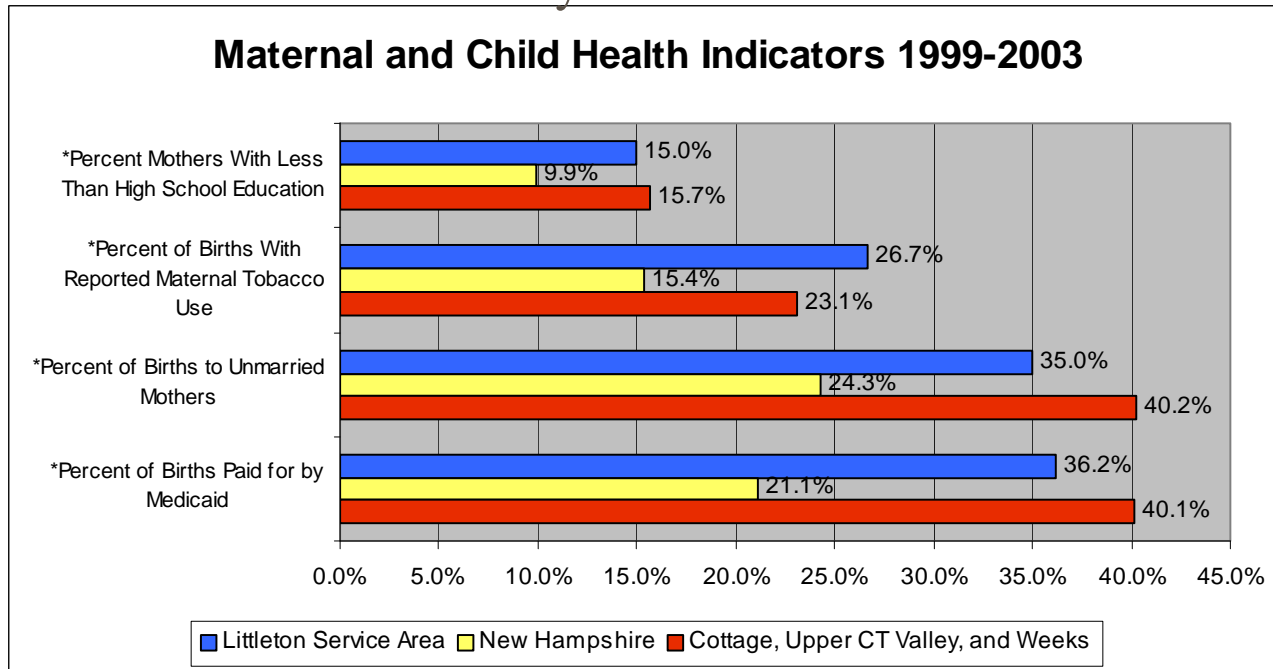
Source: NH Department of Health and Human Services, Division of Vital Records Administration birth certificate data, 1999 – 2003

- **Adequate Prenatal Care:** Resident births where prenatal care was initiated in the first trimester and at least 13 visits were reported divided by the number of births where the month of prenatal care initiation and the number of visits were known
- **Late or No Prenatal Care:** Residents births with no prenatal care or where prenatal care was initiated in the third trimester divided by the number of births where the month of prenatal care initiated was known.
- **Low Birth Weight:** Resident births that are less than 2,500 grams or 5.5 pounds in weight

# High Risk Indicators

Compared to NH, area hospitals have statistically significantly higher rates than NH of indicators that may result in poor pregnancy outcomes:

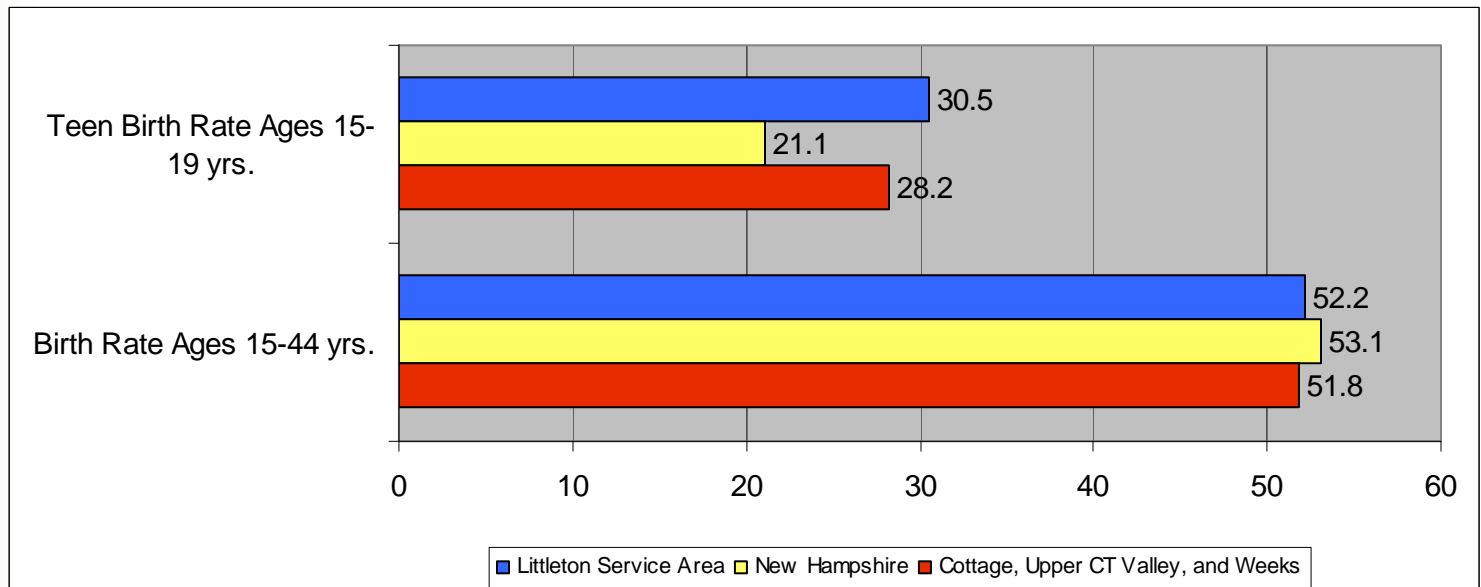
- Less Education
- Smoking During Pregnancy
- Being Unmarried
- Births Paid by Medicaid



Source: NH Department of Health and Human Services, Division of Vital Records Administration birth certificate data, 1999 – 2003

# Teen Birth Rate

in the region is statistically significantly higher than NH, but the overall birth rate is not statistically different

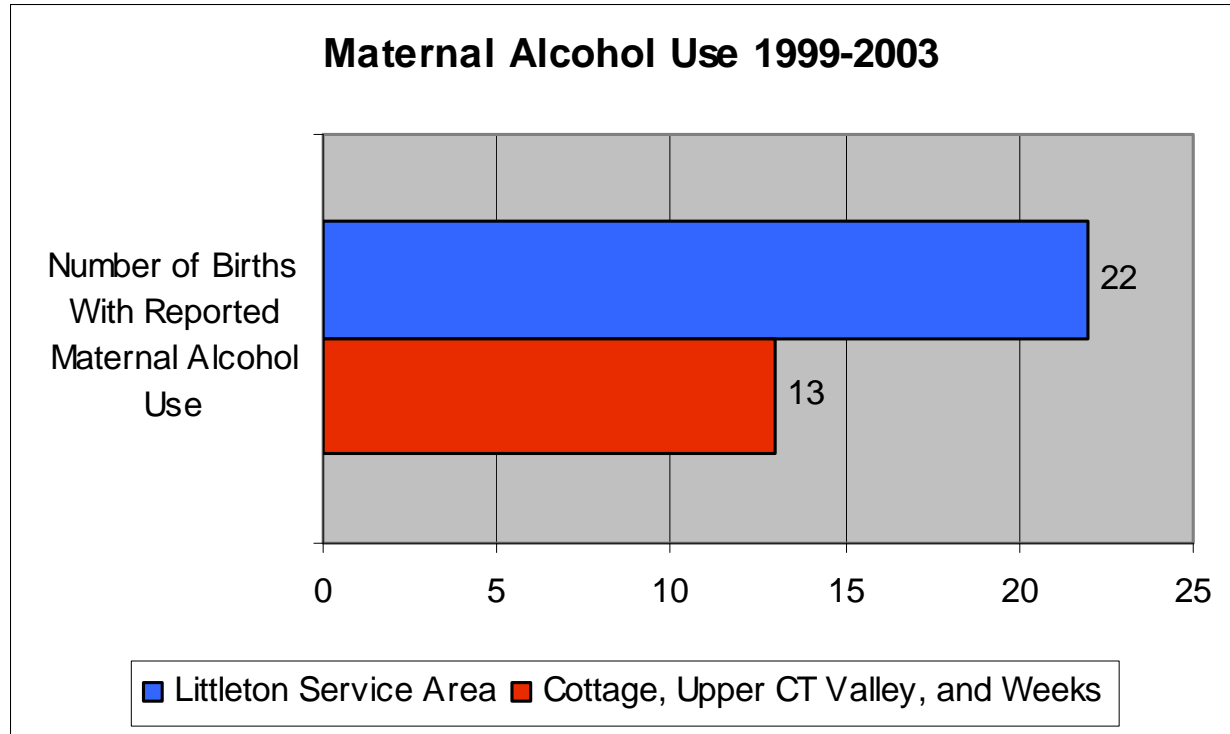


Source: NH Department of Health and Human Services, Division of Vital Records Administration birth certificate data, 1999 – 2003

Birth Rate per 1,000 Teens 15-19 years and Birth Rate per 1,000 Women 15-44 years

# Maternal Alcohol Use

35 mothers in hospital Service Areas studied reported consuming alcohol during their pregnancy, in the 5-year period 1999 - 2003



Source: NH Department of Health and Human Services, Division of Vital Records Administration birth certificate data, 1999 - 2003

# Substance Abuse & Mental Health

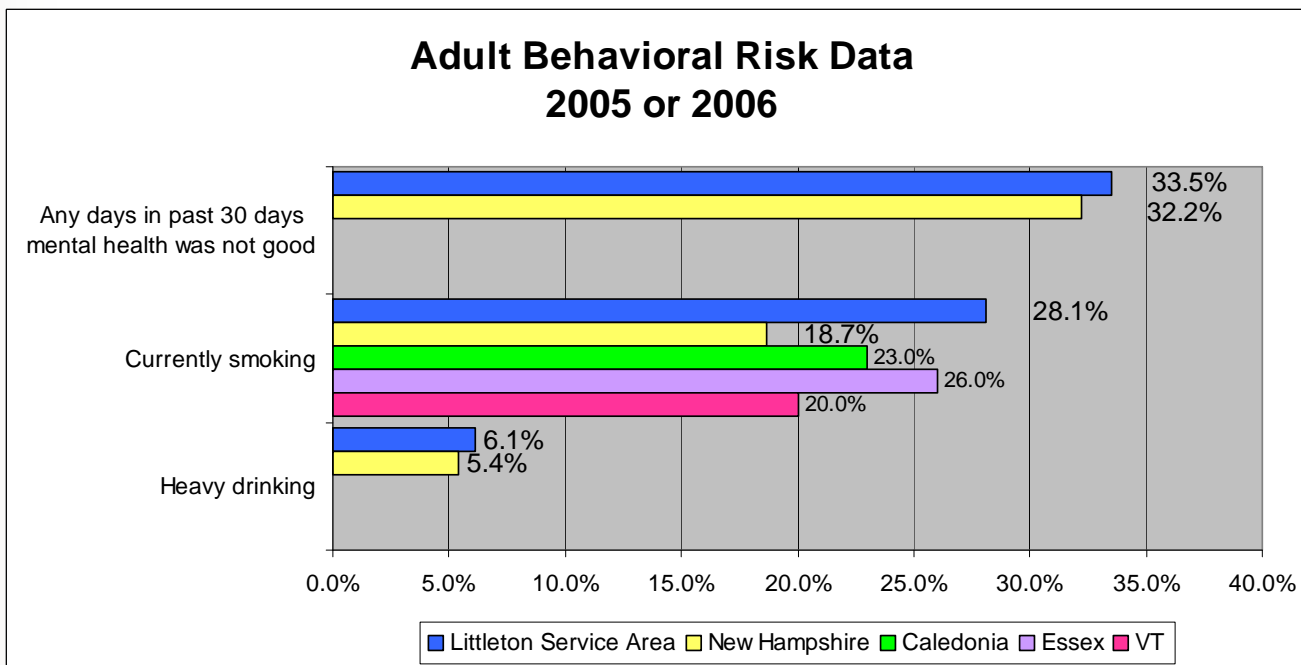


- Behavioral Risk Factor Survey
- Emergency Department Visits
- Inpatient Discharges



# Mental Health and Substance Abuse Are A Concern

1 of 3 Littleton Service Area adults' mental health was not good (past 30 days)  
 1 of 4 or more adults in the Littleton Service Area and Vermont counties smoke  
 1 in 16 Littleton Service Area adults are heavy drinkers

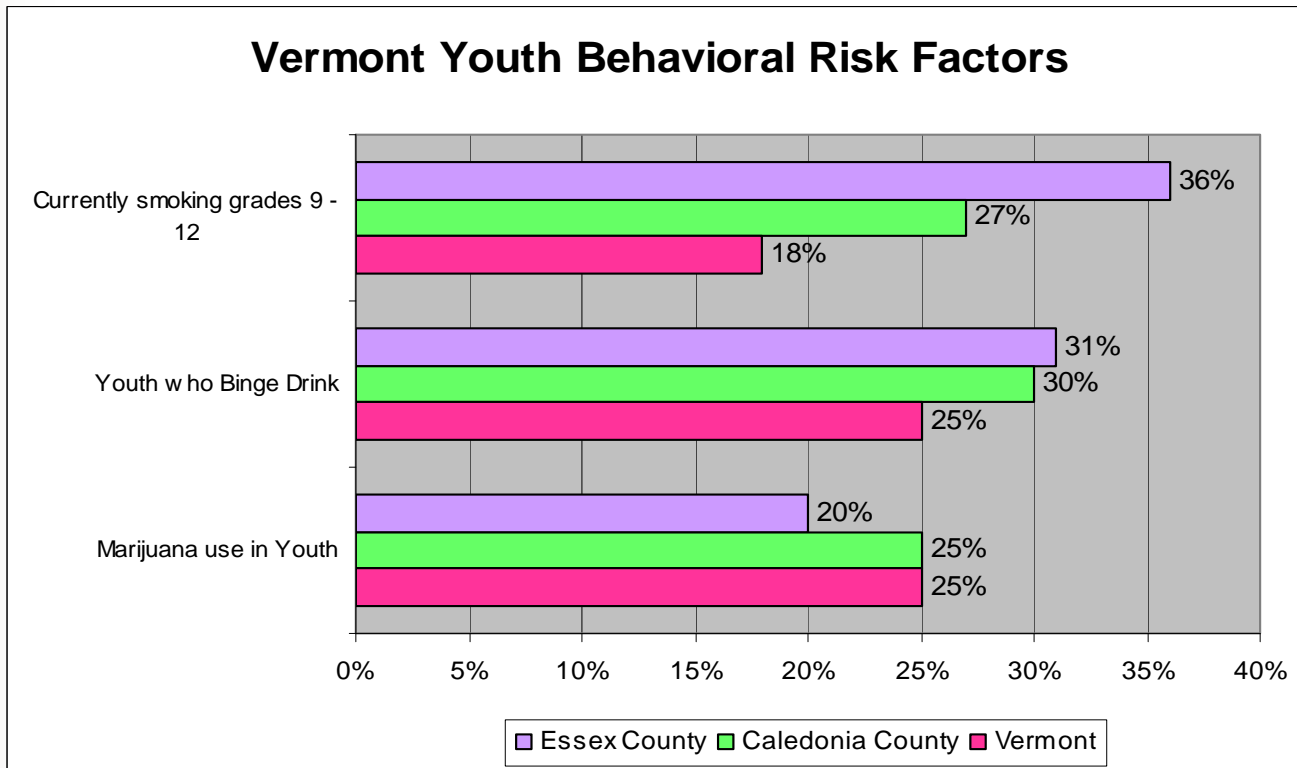


Source: NH Adult Behavioral Risk Factor Surveillance System, 2005-2006, NH Department of Health and Human Services, Division of Public Health Services, Bureau of Disease Control and Health Statistics, the Health Statistics and Data Management Section and Vermont Source: Health Status of Vermonters, Appendix, 2008, Vermont Department of Health

**Definition:** Heavy drinking is drinking more than two drinks per day on average for men or more than one drink per day on average for women. (Centers for Disease Control, 2009)

# Youth Smoking is High

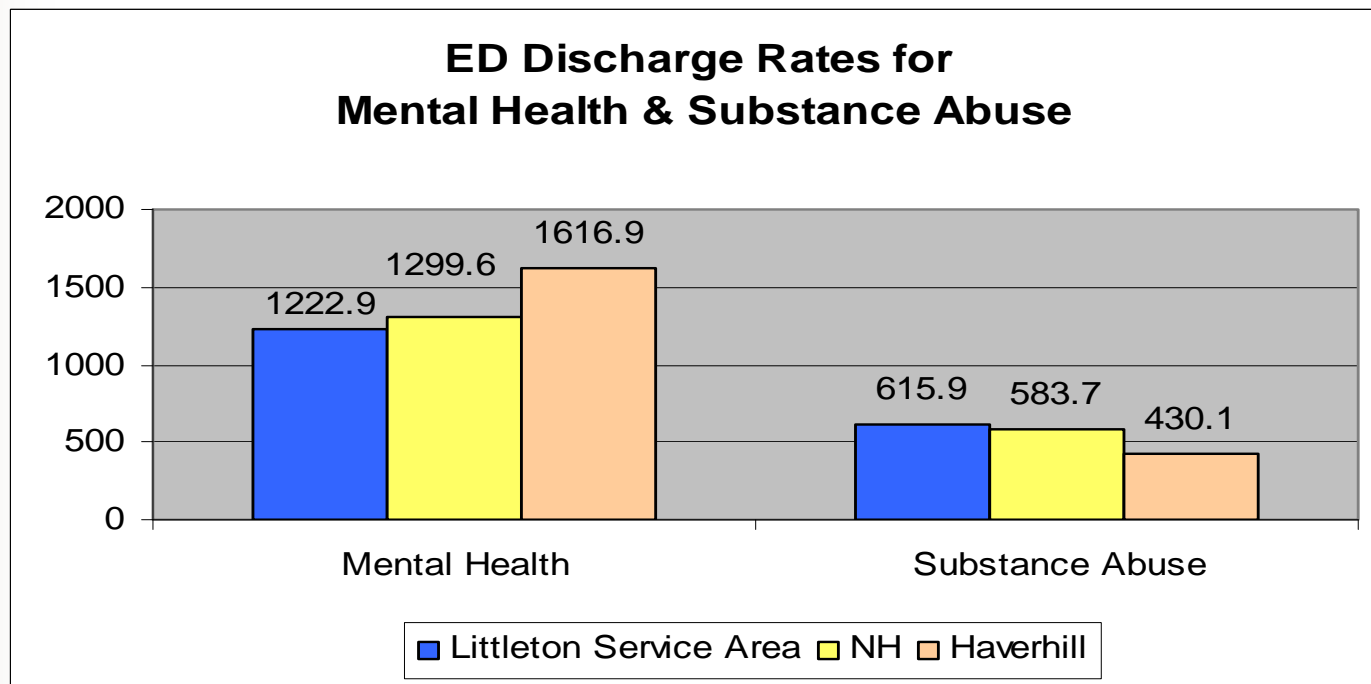
Rates of youth smoking are statistically significantly much worse than VT (18%) in Essex (36%) & Caledonia counties (27%)



Source: Health Status of Vermonters, Appendix, 2008, Vermont Department of Health

# ED Use for Mental Health and Substance Abuse

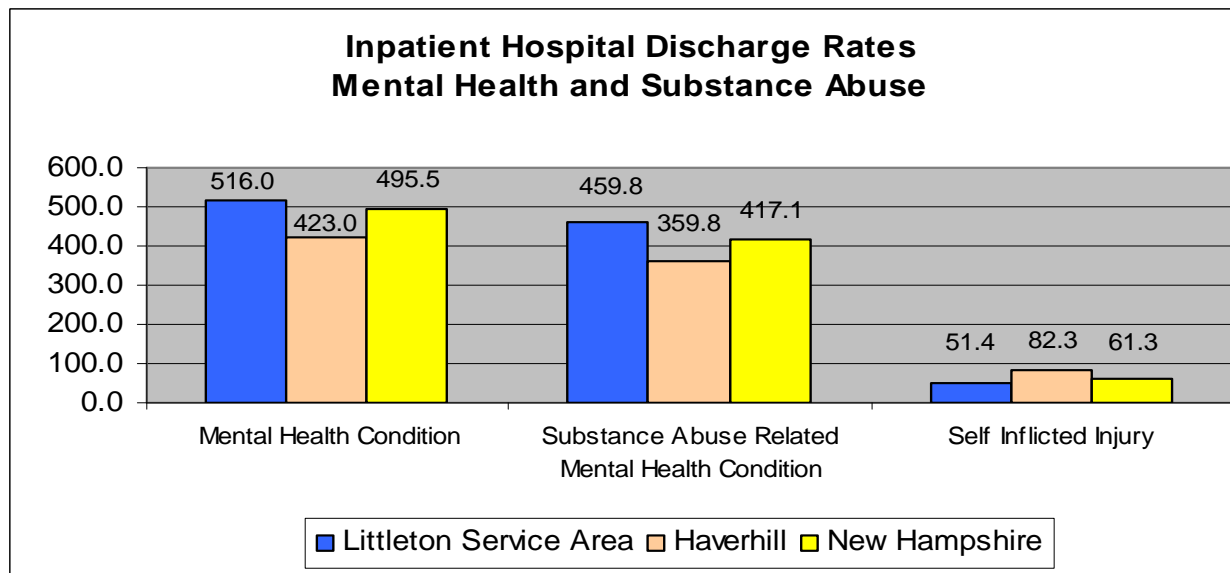
- The Littleton Service Area rate of ED visits for mental health is statistically significantly lower than NH, but not significantly different for substance abuse
- Haverhill area ED discharge rates are statistically significantly higher for mental health than NH, but statistically significantly lower for substance abuse



Source: NH Department of Health and Human Services Hospital Discharge Data Collection System, 2002 – 2006 (Substance Abuse ICD 9CM codes 291, 292, 304, and 305. Mental Health ICD 9CM codes 290-319.)

# Substance Abuse Is a Particular Concern

- The Littleton Service Area has a statistically significantly higher rate of inpatient discharges for substance abuse than NH, but not significantly different for mental health conditions or self inflicted injury
- Haverhill Service Area inpatient discharge rates are not significantly different for any mental health or substance abuse indicators below



Source: NH Department of Health and Human Services Hospital Discharge Data Collection System, 2002 – 2006 (Substance Abuse ICD 9CM codes 291, 292, 304, and 305. Mental Health ICD 9CM codes 290-319.) Rates are per 100,000 population.

# Obesity & Overweight

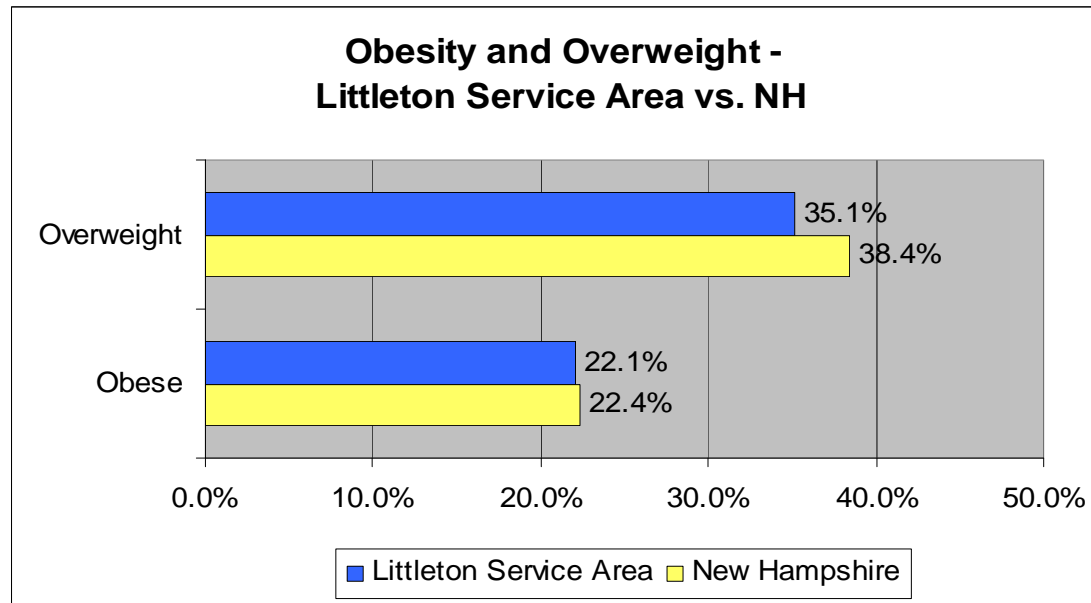


- Prevalence
- Nutrition and Exercise

# Obesity & Overweight Prevalence

## Is a Major Concern in the Littleton Area

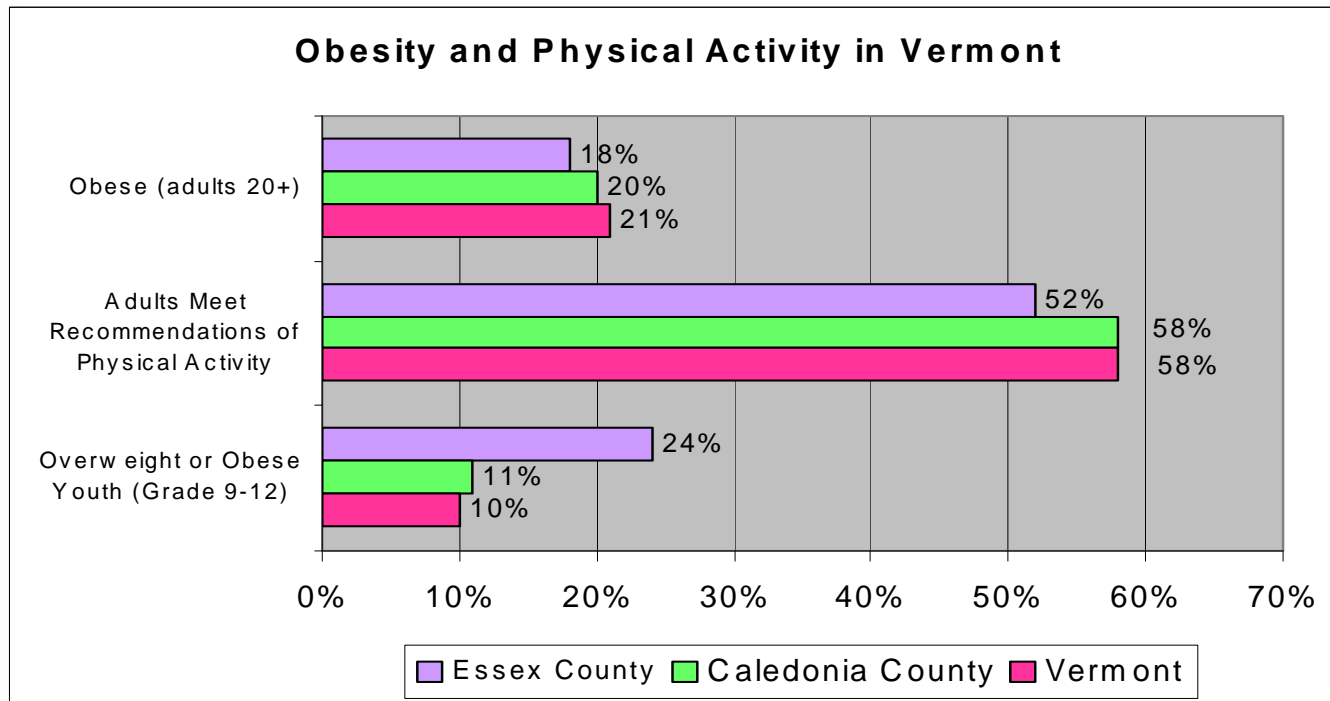
- Over 1 in 3 adults are overweight
- Over 1 in 5 adults are obese
- Almost 3 of 5 adults are either overweight or obese



Source: NH Adult Behavioral Risk Factor Surveillance System, 2005-2006, NH Department of Health and Human Services, Division of Public Health Services, Bureau of Disease Control and Health Statistics, the Health Statistics and Data Management Section

## Similar to NH, Obesity and a Lack of Exercise Negatively Impact Residents' Health in Contiguous Vermont Counties

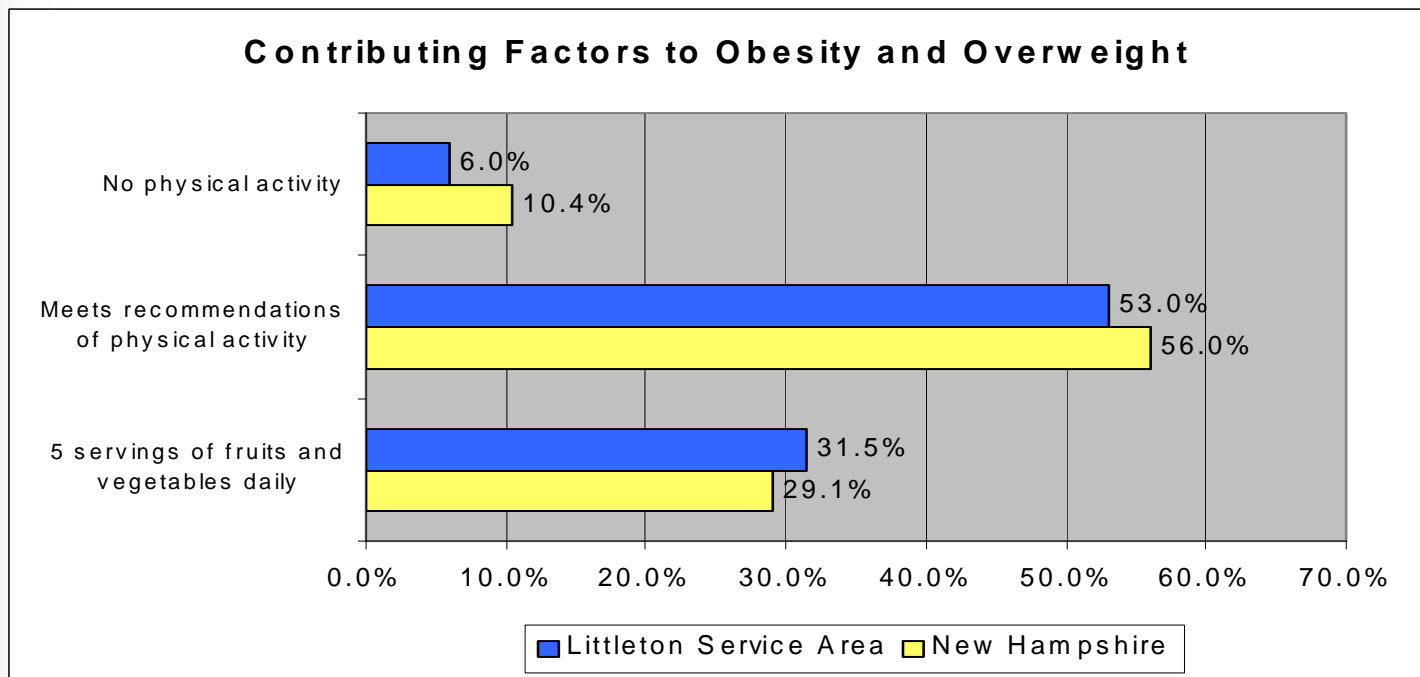
- About one in 5 adults are obese in Vermont counties
- Only a little over a half of adults meet physical activity recommendations
- Essex County is significantly worse than Vermont for the percent of youth in grades 9 – 12 who are overweight or obese



Source: Health Status of Vermonters, Appendix, 2008, Vermont Department of Health

# Adult Lifestyles

## More Exercise and Better Nutrition Are Needed to Reduce Obesity and Overweight



Source: NH Adult Behavioral Risk Factor Surveillance System, 2005-2006, NH Department of Health and Human Services, Division of Public Health Services, Bureau of Disease Control and Health Statistics, the Health Statistics and Data Management Section



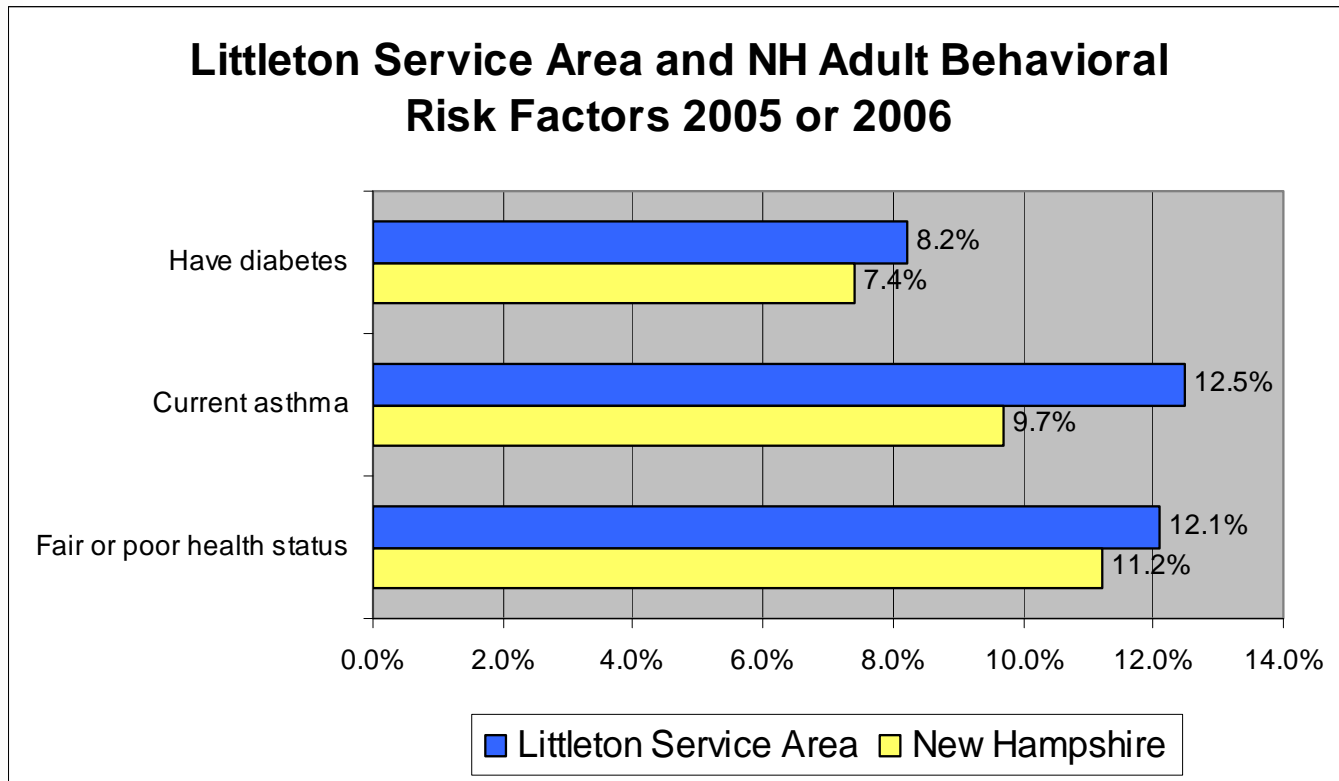
# Disease & Injury

A decorative horizontal banner with a textured, halftone-like appearance. It features a warm color palette of yellows, oranges, and greens. On the left, there are stylized autumn leaves. In the center, a butterfly is visible. On the right, there are more leaves and a small, light-colored rectangular area.

- Chronic Illness
- Cancer Incidence
- Inpatient Discharges
- Death Rates
- Premature Death

# Chronic Illness

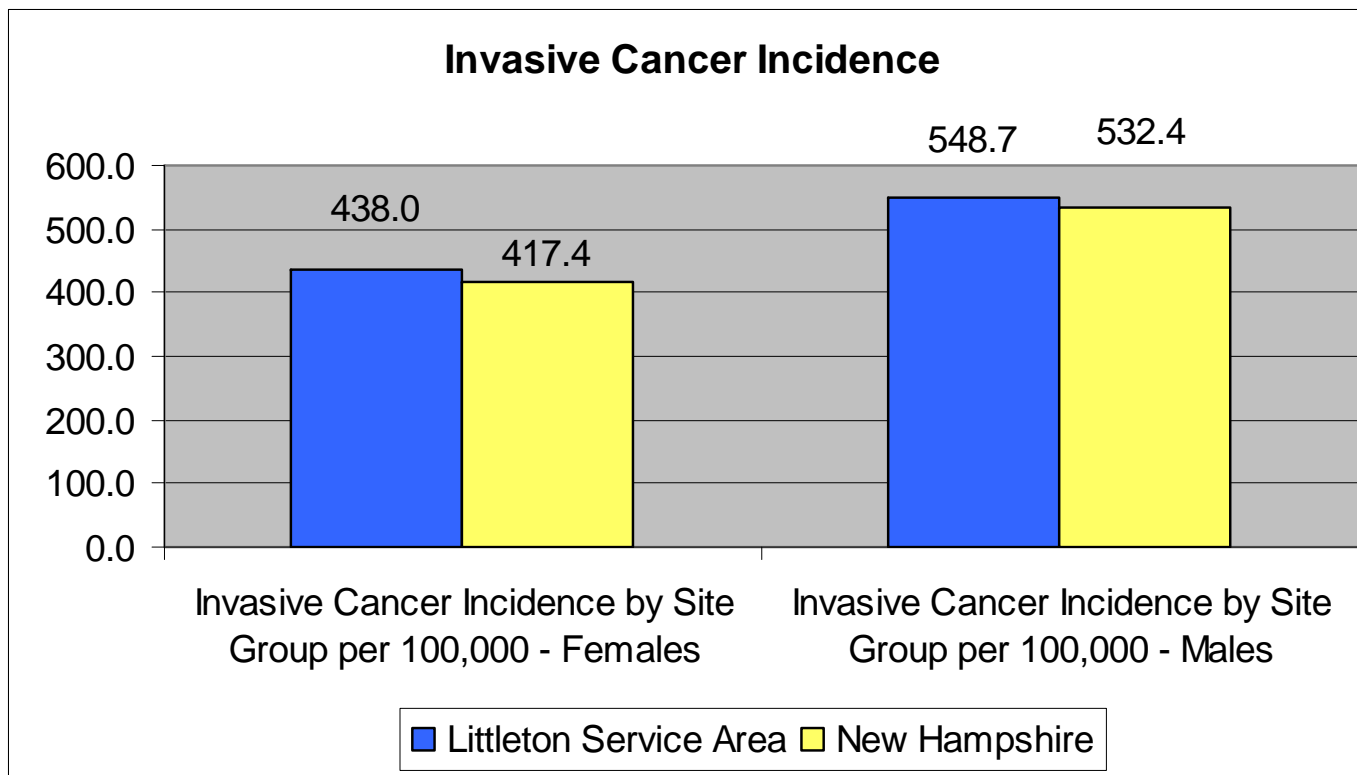
Littleton Service Area adults are somewhat more likely to have diabetes, asthma and A fair/poor health status than NH residents



Source: NH Adult Behavioral Risk Factor Surveillance System, 2005-2006, NH Department of Health and Human Services, Division of Public Health Services, Bureau of Disease Control and Health Statistics, the Health Statistics and Data Management Section

# Cancer Incidence

Littleton Service Area's invasive cancer rate for males and females is not statistically different from NH



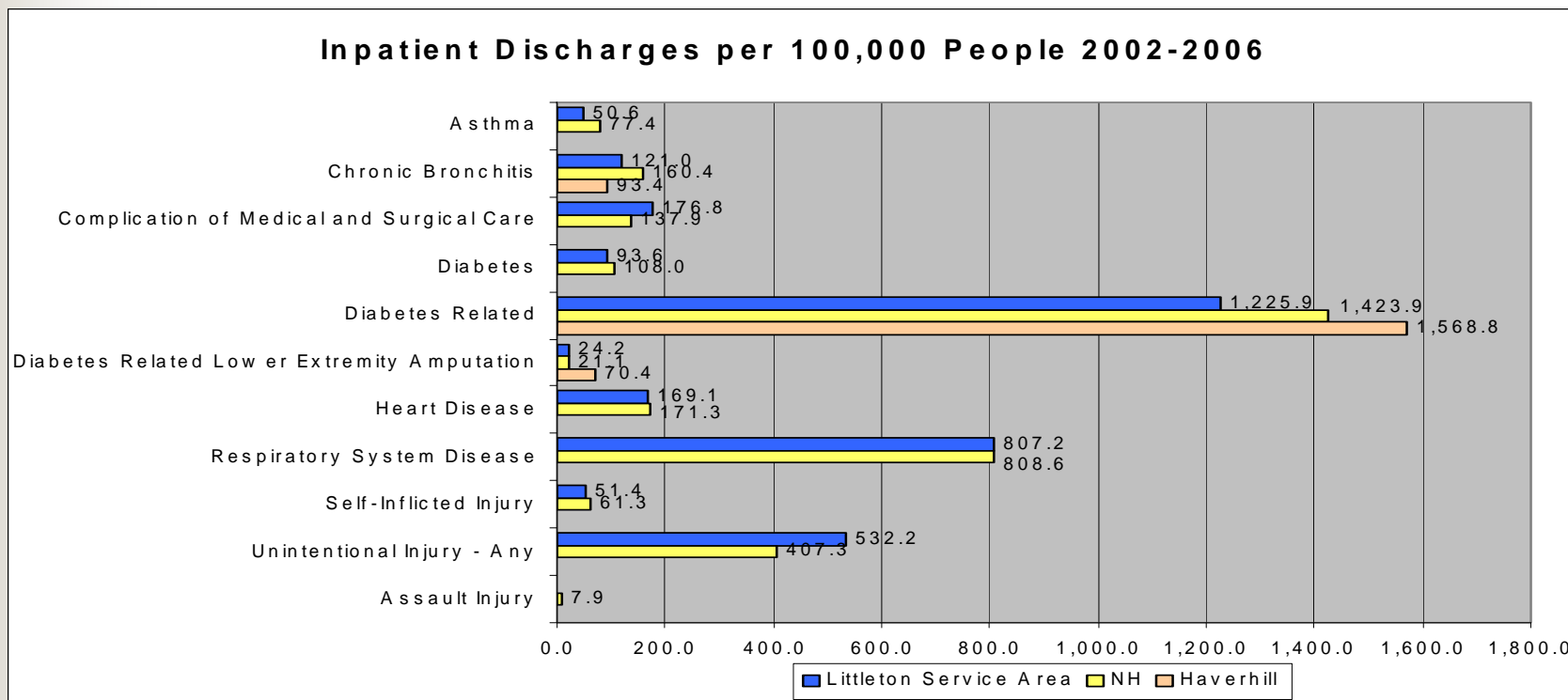
Data Source: NH State Cancer Registry, NH DHHS

Indicator Definition: Sites are grouped by ICD-O codes according to National Cancer Institute standard methods, only cancers that are invasive at diagnosis are included except for bladder cancer where in situ cases are also included

# Inpatient Discharges for Chronic Conditions

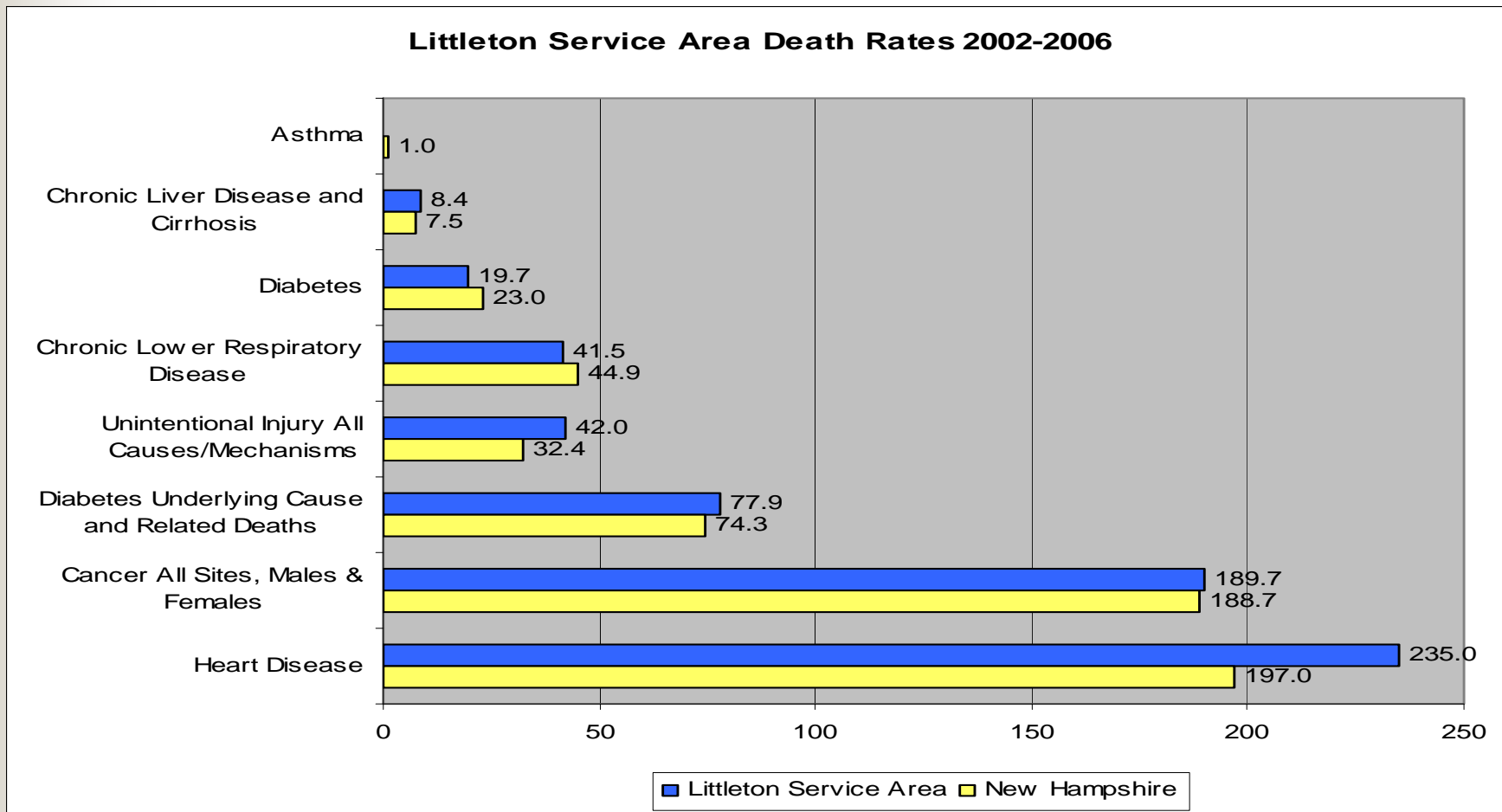
Littleton Service area is significantly lower than NH for asthma, chronic bronchitis, and diabetes related causes, but significantly higher for complications of medical/surgical care

Haverhill Service area is significantly lower for chronic bronchitis, but higher for diabetes related causes and diabetes related lower extremity amputation



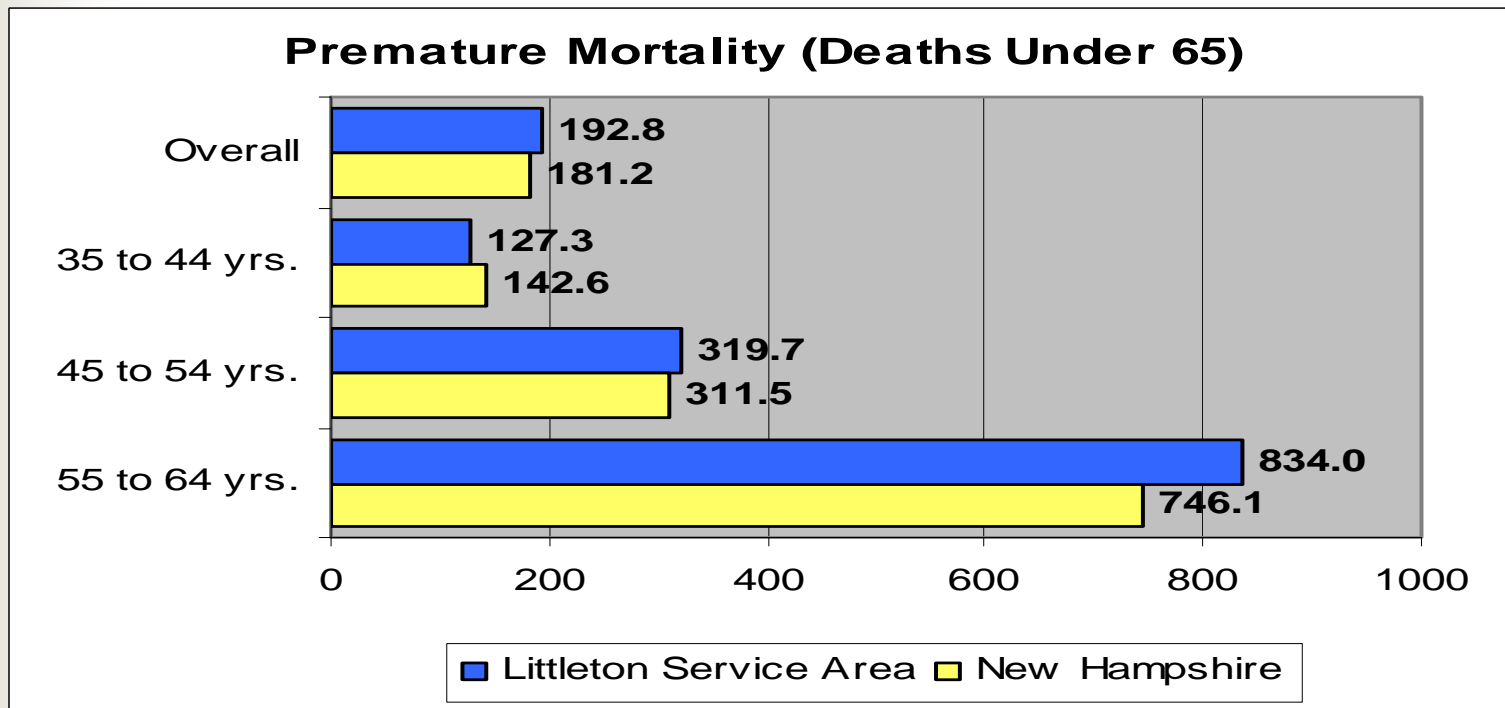
# Death Rates

For **heart disease** are significantly higher than NH in the Littleton Service Area heart disease death rate (235 vs. 197) and for **total deaths** in the Haverhill Service Area (868.7 vs. 749.8)



# Premature Death Rates

Among those less than 65 years are not significantly different than NH in the Littleton Service Area for all age groups

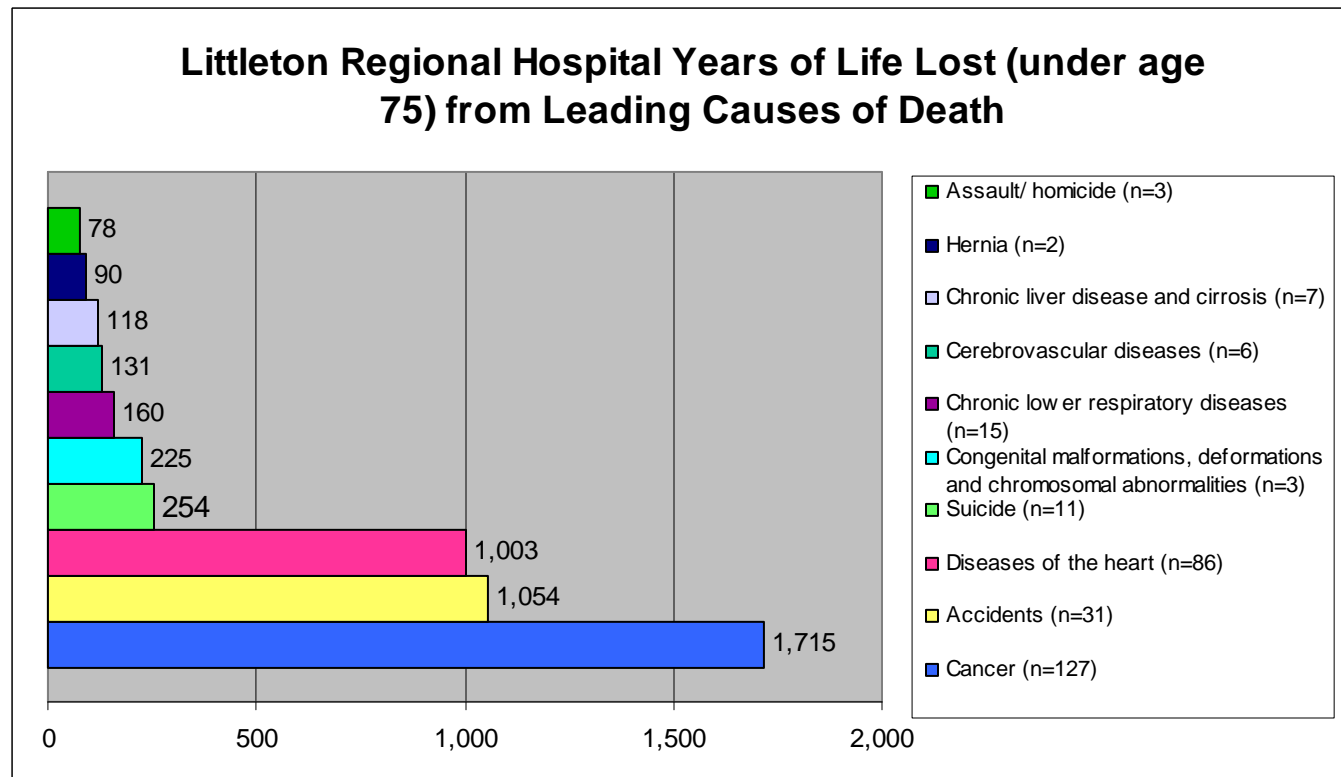


Source: NH Division of Vital Records Administration death certificate data, 2002 - 2006

Definition: Resident deaths, regardless of cause, where the age is less than 65 at the time of death

# Years of Life Lost

In the Littleton Service Area, cancer accounts for the most years of life lost under 75 years, followed by accidents and heart disease



Source: NH Division of Vital Records Administration death certificate data, 2002 - 2006