



THE FACTS NEW HAMPSHIRE

Speak for Health

AN INITIATIVE OF THE
AMERICAN PUBLIC HEALTH ASSOCIATION

PUBLIC HEALTH FUNDING Strong investments in public health allow a state to carry out programs that improve health. New Hampshire receives \$181 per person total from the Centers for Disease Control and Prevention (CDC) and the Health Resources Services Administration (HRSA) in public health funding. The Prevention and Public Health Fund awarded the state \$5.11 million in grants for community and clinical prevention efforts and improvements to public health infrastructure in fiscal year 2023.

ACCESS TO CARE 4.9 percent of people in New Hampshire do not have health insurance coverage, well below the national uninsured rate of 8.0 percent. The number of practicing primary care providers is also an important measure of health care availability. New Hampshire has 292.1 active primary care providers per 100,000 people. Nationally, there are 232.0 practicing primary care providers per 100,000 people.

Notable Health Measures

- **High school graduation** 88.4 percent of students in New Hampshire graduate from high school, ranking 19th highest in the nation. This is notable 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** The state reports 4.9 micrograms of fine particles per cubic meter, ranking the state the 2nd 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.
- **Cardiovascular disease** Cardiovascular diseases increased 28% from 7.1% to 9.1% of adults between 2017 and 2022.

The Challenges Ahead

- **Drug deaths** New Hampshire ranks 28th lowest in the nation for annual drug deaths, with 31.6 drug deaths per 100,000 population in 2020.
- **Excessive drinking** 19.0 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** 30.2 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: America's Health Rankings analysis of Trust for America's Health, U.S. HHS, U.S. Census Bureau, Annual Estimates of the Resident Population, United Health Foundation, AmericasHealthRankings.org, Accessed 2024; Centers for Disease Control and Prevention. National Tobacco Control Program (NTCP) State Fact Sheets, (2023). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. <https://www.cdc.gov/tobacco/stateandcommunity/state-fact-sheets/index.htm>. Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. Fiscal Year 2023 Grant Funding Profiles Totals, (2023). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. <https://fundingprofiles.cdc.gov/>



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