Where can I find the 2014 Community Health Assessment?
The full report can be downloaded from the City of Nashua, Division of Public Health and Community Services website at www.nashuanh.gov.

What’s next?
The City of Nashua, Division of Public Health and Community Services is working with partners in the Greater Nashua Region to develop a Community Health Improvement Plan based on the health priorities identified in the CHA. The plan will list action items for improving the health of our communities.

Resources
- NH Department of Health and Human Services
  http://www.dhhs.nh.gov/
- Centers for Disease Control and Prevention
  http://www.cdc.gov/
- Healthy People 2020
  http://www.healthypeople.gov/
- County Health Rankings
  www.countyhealthrankings.org/

Acknowledgements
- Community Health Assessment Advisory Board Members
- New Hampshire Department of Health and Human Services
- Southern NH Health System
- St. Joseph Hospital
- United Way of Greater Nashua

2014 Greater Nashua Community Health Assessment

Working Together to Build a Healthier Greater Nashua
What is a Community Health Assessment?
A process by which community members gain an understanding of health concerns in the community by collecting health information or data.

Why conduct a CHA?
Engage community partners • Identify current and emerging health issues • Provide information to the community • Set the foundation for future programs and grants • Monitor changes and trends
Build partnerships and coalitions

Greater Nashua Region w/o Nashua City of Nashua

<table>
<thead>
<tr>
<th>Health Indicator</th>
<th>Where are we today?</th>
<th>NH State Health Improvement Plan 2015 Goals</th>
<th>Healthy People 2020 Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 6-9 years with untreated tooth decay¹</td>
<td>17% (Nashua)</td>
<td>*</td>
<td>28%</td>
</tr>
<tr>
<td>Children 6-9 years with treated or untreated cavities¹</td>
<td>48% (Nashua)</td>
<td>41%</td>
<td>49%</td>
</tr>
<tr>
<td>Children 6-11 years considered obese¹</td>
<td>17% (Nashua)</td>
<td>17%</td>
<td>16%</td>
</tr>
<tr>
<td>Preterm births before 37 weeks²</td>
<td>9% (Region)</td>
<td>9%</td>
<td>11.4%</td>
</tr>
<tr>
<td>Infants breastfed at discharge²</td>
<td>83% (Region)</td>
<td>*</td>
<td>82%</td>
</tr>
<tr>
<td>Adolescents that rode in a car driven by someone who drank alcohol²</td>
<td>20% (Region)</td>
<td>*</td>
<td>26%</td>
</tr>
<tr>
<td>Cancer mortality rate (per 100,000)³</td>
<td>168 (Region)</td>
<td>*</td>
<td>161</td>
</tr>
<tr>
<td>Percent of adults with hypertension that have controlled blood pressure³</td>
<td>36% (Nashua)</td>
<td>26%</td>
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Highlights:
- Top Health Issues identified: Mental Health and Substance Misuse, Access to and Coordination of Care, Opportunities for Healthy Living
- Lack of transportation to health care for regional towns
- More activities needed for seniors and teenagers to increase physical activity
- Caregivers helping elderly loved ones need additional support to reduce caregiver stress

Focus Group Snapshot
Focus groups with residents, healthcare providers and key leaders were conducted in Hudson, Merrimack, Milford, and Nashua. Additional focus groups discussed Youth Behavioral Health, the Aging Population and Oral Health.

We have great collaboration and community partners but we need more connections with the towns in our region.

We are making great strides to reduce childhood obesity but we have a lot of kids getting cavities.

Cancer is the number one cause of death in the region. We still have work to do to reduce the number of deaths.

Which towns are included in the Greater Nashua Region?

Greater Population
Town

Population
City

Greater Nashua Region w/o Nashua City of Nashua

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<td>Percent of residents that are Caucasian¹ 94.99%</td>
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<td>Percent of residents below the poverty level¹ 1.2-10.9%</td>
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<td>Percent of residents 18-24 years with a bachelor's degree or higher¹ 7.7-16.4%</td>
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<td>Percent of residents that speak a language other than English¹ 2.9-8.6%</td>
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¹ 2010 U.S. Census
² 2008-2012 American Community Survey

A Collaborative Effort
Over twenty organizations were involved in providing guidance for the assessment and data was collected on over 15 health topics.

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