



NEW HAMPSHIRE
DHHS
DEPARTMENT OF
HEALTH & HUMAN SERVICES

Division of Public Health Services

February 28, 2023

Patricia McCorgray Tilley, MS Ed

Director, Division of Public Health Services

Vision

ALL people in New Hampshire have optimal health and well-being.

Mission

We protect, promote and improve the health and well-being of ALL people in New Hampshire through leadership, expertise, and partnership.

Core Values

Leadership:

We inspire, develop and empower each other to serve as leaders and foster relationships by treating ALL people with respect and kindness.

Equity:

We are committed to ensuring that ALL people in New Hampshire have the opportunity for optimal health and well-being regardless of social and economic factors.

Excellence:

We rely on the best available science and evidence-based practice to set and achieve ambitious goals and to drive innovation.

Collaboration:

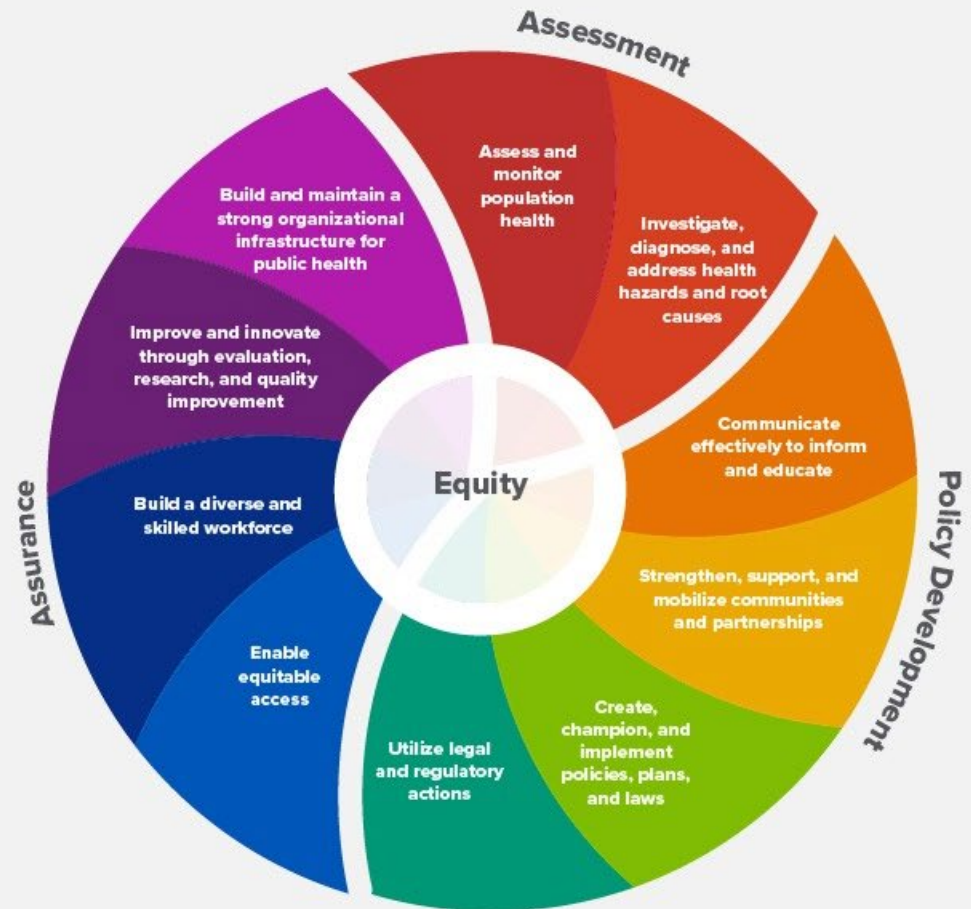
We strengthen our collective capacity by respecting, valuing and learning from our diverse employees, partners, and the public.

Accountability:

We exercise integrity, transparency and efficiency in our work and measure our performance to improve outcomes.

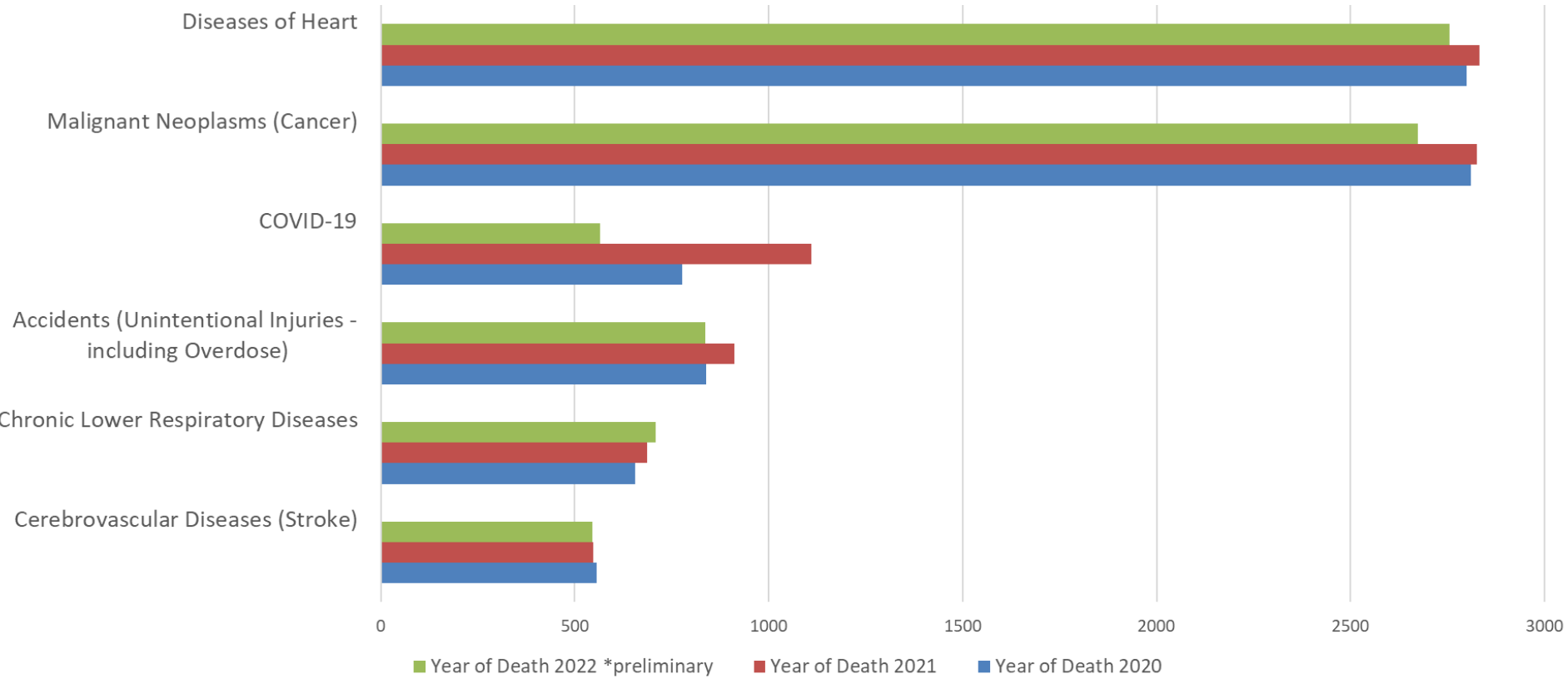
THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

To protect and promote the health of all people in all communities



- ▶ **Protect the health of all people and communities.**
 - ▶ Public health emergency preparedness and response
 - ▶ Surveillance and investigation of infectious diseases and environmental threats
 - ▶ Inspections for food establishments, radiological equipment/materials, lead hazards
- ▶ **Target evidence-based strategies that we know will improve health.**
 - ▶ Development, implementation, and evaluation of effective programs and policies
 - ▶ Chronic disease self-management
 - ▶ Tobacco Quitline
- ▶ **Ensure equitable access to effective, preventative focused healthcare.**
 - ▶ Local public health capacity and infrastructure
 - ▶ Primary Care in underserved areas and services for pregnant women and children
 - ▶ Vaccines for children
- ▶ **Collect and analyze data about health status and community needs/assets.**
 - ▶ NH DHHS Data Portal
 - ▶ Disease prevalence
 - ▶ Disparities in health outcomes
 - ▶ Investigation of kidney cancer in Merrimack
- ▶ **Improve health outcomes.**
 - ▶ Family support and prevention of adverse childhood experiences
 - ▶ Promotion of Quality Improvement and innovation

New Hampshire Residents: Cause of Death 2020-2022*



DPHS Director's
Office

Bureau of
Healthcare
Access, Equity, and
Policy

Bureau of Infectious
Disease Control

Bureau of Emergency
Preparedness, Response
and Recovery

Bureau of Public
Health Statistics and
Informatics

Bureau of Public
Health Protection

Bureau of
Laboratory Services

*Bureau of Family
Health and
Nutrition**

*Bureau of
Prevention and
Wellness**

*Formerly Bureau of Population Health and Community Services

KEY ACCOMPLISHMENTS



• Continued COVID-19 Response

- Laboratory, Data Analysis, Congregate Setting Outbreak Control, Vaccine, Antigen Test Distribution
- Telehealth for Therapeutics
- Community Investments
- *New Hampshire COVID-19 mortality rate is among the lowest in the country*



• Modernized Data Systems

- Electronic Lab and Case Reporting
- Immunization Information System
- NH DHHS Data Portal including Opioid Dashboard



• Supported Children and Families

- Reduction in adolescent vaping
- Ensured all WIC families had access to infant formula during nationwide infant formula shortage
- Connected mothers with depression in rural areas with telehealth mental health services
- Families in Home Visiting Programs did not have to use Emergency Departments for child injuries and did not have active cases with DCYF

Preparedness
for the Next
Public Health
Emergency

Environmental
Health Threats

Informatics
and Real Time
Data Analysis

Community
Public Health
Infrastructure

Mental Health
and
Substance
Misuse

Workforce

Health
Disparities

Adverse Trending of
Health Conditions and
Long Term Impacts of the Pandemic

Key Budget Takeaways

\$124,000,000 Total Budget

- Only 15% General Funds

Breadth of Portfolio

- 50+ Federal Grants and Cooperative Agreements
- 80+ Accounting Units

Dynamic and Data Driven

- Maintains core functions and addresses emergent issues
- Mix of temporary and permanent staff

Administration/Office of the Director

Leads and supports eight bureaus and more than 300 staff. Includes rent and indirect costs for the entire Division.

Patricia Tilley, Director, DPHS

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9000-5110	Office of Director	4	939	1-4
9000-8579	Unemployment Compensation	0	941	n/a Under \$1M

Bureau of Public Health Statistics and Informatics (BPHSI)

Collects, analyzes, and distributes New Hampshire health statistics. Oversees and maintains Public Health systems that move data.

Chiahui Chawla, Bureau Chief, BPHSI

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9005-5262	Informatics & Health Statistic	10	941	n/a Under \$1M
9005-8667	Behvl Risk Fact Srvl Surv (BRFSS)	1	943	n/a Under \$1M
9005-6671	Cancer Registry	1	943	n/a Under \$1M
9005-1628	Strengthen PH Infrastructure	0	944	New Pending
9005-1629	YRBS	0	945	n/a Under \$1M

Data Modernization and Public Health Infrastructure



Build the right foundation.



Accelerate data into action.



Develop state-of-the-art workforce.



Support and extend external partnerships.



Manage change and governance.

The COVID-19 Pandemic created the greatest need and the best opportunity to modernize public health data and informatics.

Our systems need to produce more complete, accurate, timely, accessible, and transparent information.

From April to June 2022,

Opioid overdoses accounted for **39%** of all unintentional injury deaths, including **71%** of unintentional deaths among 18-34 year olds. That category also includes traffic deaths, deaths from outdoor activities, and all other drug overdoses.



1888
Children at Risk Due to Household Use



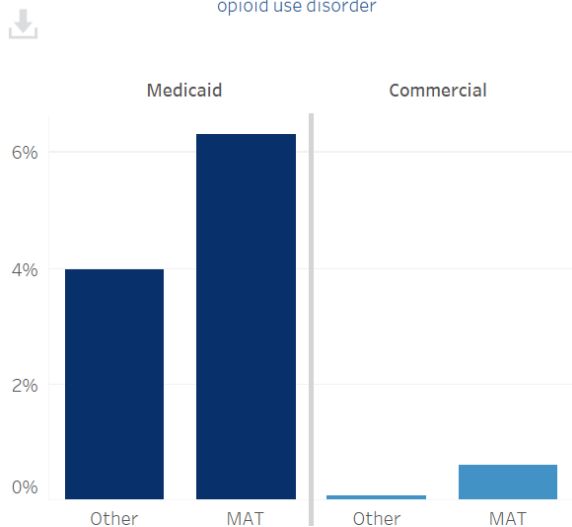
768
Emergency Department Visits



84
Unintentional Opioid Deaths

Medicaid and Commercial Services

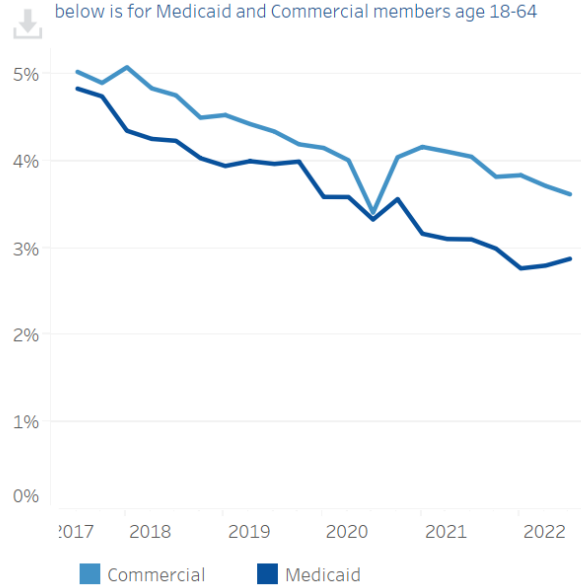
Medication assisted treatment (MAT) is the most common treatment for those aged 18 to 64 diagnosed with opioid use disorder



Data as of: 02/13/2023

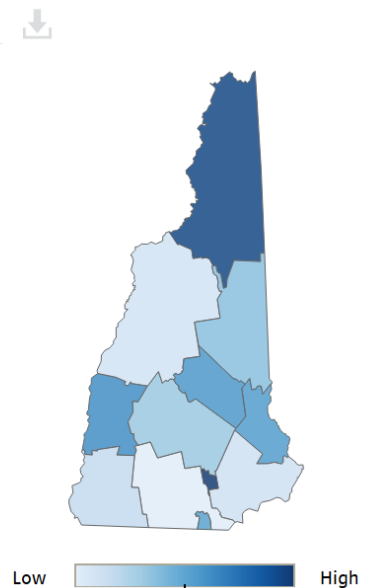
Opioid Pain Management Prescription Rate

New Hampshire is taking steps to assure that the pain relieving benefits of opioid prescriptions are balanced with the risk. Data below is for Medicaid and Commercial members age 18-64



Death Rate

Unintentional Opioid Overdose Deaths (Age-Adjusted)



Bureau of Healthcare Access, Equity, and Policy

Oversees Rural Health and Primary Care policy, the Therapeutic Cannabis Program, and the Prescription Drug Monitoring Program.

Bureau Chief, Vacant

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9010-2218	Hospital Flex Program	2	947	n/a Under \$1M
9010-2219	Small Hospital Improvement	0	948	n/a Under \$1M
9010-5362	PH Systems, Policy & Perform	3	948	n/a Under \$1M
9010-7965	Rural Hlth & Primary Care	3	949	5
9010-8011	Preventive Health Block Grant	9	950	8

Bureau of Healthcare Access, Equity, and Policy – cont.

Oversees Rural Health and Primary Care policy, the Therapeutic Cannabis Program, and the Prescription Drug Monitoring Program.

Bureau Chief, Vacant

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9010-3899	Therapeutic Cannabis Prog	2	952	10
9010-6672	Prescription Drug Monitoring	3	953	12

Health Professions Data Center

Behavioral Health Professionals	Psychiatrists	Psych NPs	Psychologists	Alcohol and Drug Counselors
60+ Years Old	42.7%	28.6%	39.2%	**Unavailable
New Hampshire Ties	25.0%	70.6%	69.2%	96.0%
Less than 5 Years Practicing in NH	31.0%	23.5%	18.8%	41.5%
*Anticipated Reduction in Capacity (by FTE) in 5 Years	23.9%	22.4%	27.5%	14.2%

Bureau of Public Health Protection (BPHP)

Assures public safety from environmental public health risks.

Michele Roberge, Bureau Chief, BPHP

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9015-5390	Food Protection	14	954	14
9015-5391	Radiological Health Fees	12	956	18
9015-5399	Low-Level Radioactive Wste Mgt	0	957	n/a Under \$1M
9015-5698	Lead Poisoning Prevention Fund	0	958	n/a Under \$1M
9015-7964	Lead Prevention	12	958	20

Bureau of Public Health Protection (BPHP) - cont.

Assures public safety from environmental public health risks.

Michele Roberge, Bureau Chief, BPHP

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9015-7426	EPH Tracking	3	960	25

Fewer kids were screened for lead poisoning during the pandemic

In 2021, 2,247 fewer NH children had blood lead level tests than in 2020 due to the COVID-19 pandemic and a nationwide recall of point-of-care (in-office) blood lead testing supplies. This represents a 25% drop in the number of children tested for blood lead levels since 2019.

Figure 1: Annual number of children 72 months or younger tested for blood lead levels, 2017-2021.

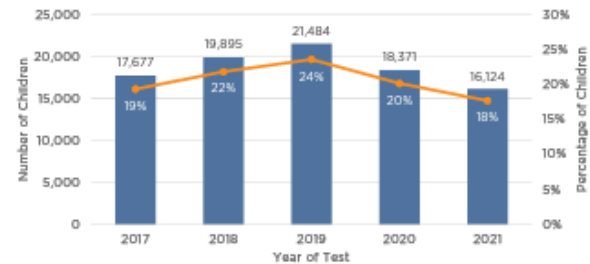


Figure 2: Percentage of 1- and 2-year-old children tested for blood lead levels, 2017-2021.

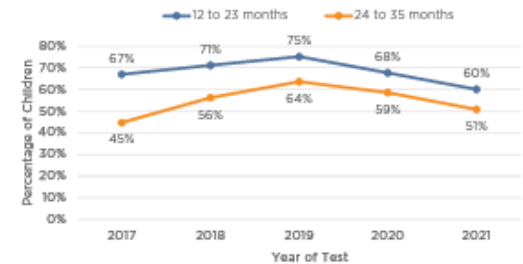
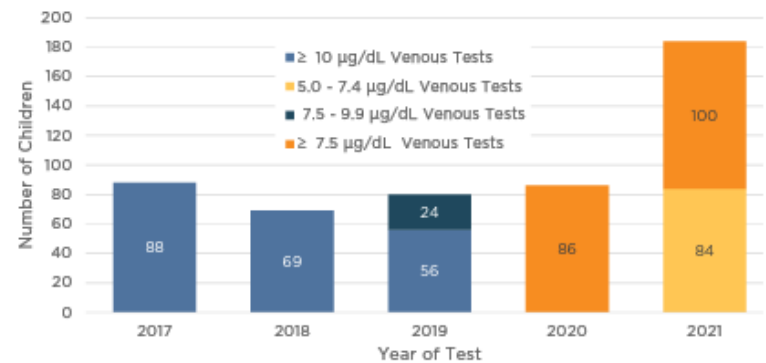


Figure 3: Number of children 72 months or younger, above the NH public health action level requiring medical nurse case management, 2017-2021.

On July 1, 2021, the NH public health action level requiring nurse case management and a lead exposure investigation was lowered from 7.5 µg/dL or higher, to 5 µg/dL or higher, for children 72 months or younger.



- Food Protection **licenses and inspects over 5,000 NH food establishments** including retail stores, restaurants, food trucks, dairy farms and plants, shellfish harvesters, and food/beverage manufacturers.
- To accommodate business needs during peak licensing times and to ensure the interstate shipment of products given existing staff resources, FPS generates an average of **15 hours of comp time per week for staff to conduct inspection and licensing activities.**



Bureau of Family Health & Nutrition (BFHN)

1 of 5

Provides comprehensive community and clinical services from birth to assess, protect, and promote healthy families.

Lissa Sirois, Bureau Chief, BFHN

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9020-0836	Pregnancy Risk Monitoring Sys	1	962	n/a Under \$1M
9020-1844	Teen Pregnancy Prevention	0	963	n/a
9020-2207	WIC Food Rebates	0	964	27
9020-4526	MCH Data Linkage	1	964	n/a Under \$1M
9020-5190	Maternal – Child Health	10	965	30

Bureau of Family Health & Nutrition (BFHN) – cont.

2 of 5

Provides comprehensive community and clinical services from birth to assess, protect, and promote healthy families.

Lissa Sirois, Bureau Chief, BFHN

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9020-5240	Newborn Screening Revol Fund	1	966	37
9020-5260	WIC Supplemental Nutrition Prg	9	968	39
9020-5530	Family Planning	2	969	41
9020-7047	Community Collaboration	0	970	34
9020-5896	Home Visiting Formula Gnt	3	970	43

Bureau of Family Health & Nutrition (BFHN) – cont.

3 of 5

Provides comprehensive community and clinical services from birth to assess, protect, and promote healthy families.

Lissa Sirois, Bureau Chief, BFHN

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9020-5906	SUID Case Registry	0	971	n/a Under \$1M
9020-6048	WIC Infrastructure	0	972	n/a Under \$1M
9020-1228	Poison Control Center	0	973	n/a Under \$1M
9020-1869	Nat Violent Death Rpt SY-NVDRS	0	974	n/a Under \$1M
9020-3386	Early Hearing Det & Intervtn	1	974	n/a Under \$1M

Bureau of Family Health & Nutrition (BFHN) – cont.

4 of 5

Provides comprehensive community and clinical services from birth to assess, protect, and promote healthy families.

Lissa Sirois, Bureau Chief, BFHN

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9020-3387	Newborn Hearing	0	975	n/a Under \$1M
9020-3388	Rape Prevent & Education (RPE)	0	976	n/a Under \$1M
9020-5040	Opioid Surveillance	1	977	46
9020-7048	Pediatric Mental Health Access	0	978	n/a Under \$1M
9020-3487	Maternal Mortality	0	978	n/a Under \$1M

Bureau of Family Health & Nutrition (BFHN) – cont.

5 of 5

Provides comprehensive community and clinical services from birth to assess, protect, and promote healthy families.

Lissa Sirois, Bureau Chief, BFHN

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9020-7423	Senior Nutrition Programs	0	979	n/a Under \$1M
9020-7727	WIC Technology ARPA	0	980	n/a Under \$1M
9020-7728	WIC Shopping ARPA	0	981	n/a Under \$1M

The NH WIC Nutrition Program served **15% more low-income women and children** over the past two years providing healthy foods, nutrition, breastfeeding education, and support and referrals to healthcare services.

Breastfeeding rates increased from 33% in 2019 to 36% in 2021. This increase is a testament to our local breastfeeding educators and peer counselors in the NH WIC Program.

The NH WIC Program **supported almost 2,000 families** during the national formula recall with access to safe infant formula and feeding support.

Help us increase access to fresh vegetables with support for WIC Farmer's Market

RSA: 132:12-a Women, Infants, and Children (WIC) Program.

HEALTHY FOOD HEALTHY KID HAPPY FAMILY



If you're pregnant or caring for a child under 5, you can get personalized support:

- Moms
- Dads
- Foster parents
- Guardians
- Pregnant women
- Grandparents
- Step-parents



 NH WIC Nutrition Program

 1-800-942-4321

 WIC Shopper App

 Scan here for our WIC Pre-Application



This institution is an equal opportunity provider.



Home Visiting Makes A Difference

Support Where Families Want It, When They Want It

Healthy Families America – NH is flexible, confidential, convenient and FREE. Families pick where and when they want to meet and what to work on. Families receive individualized family support and coaching that helps them meet their parenting goals based on personal motivation.

Always Voluntary, Never Mandatory

All families in Healthy Families America – NH choose to participate. As a provider, you can make a direct referral by calling a program in your area. It is very helpful if you make the initial referral to get the process started. Families can also call a program directly.

- Healthy Families America (HFA) NH provided 89% of participants with maternal depression screening within three months of the birth of a child in FY 2022.
- 81% of home visited **mothers received a post-partum medical visit** within 8 weeks of delivery.
- 98% of home visited **children were never seen for an injury-related visit at the emergency department** after enrolling in home visiting.
- 89% of children enrolled in HFA with positive screens for developmental delays received follow-up services in a timely manner.

Federal Funding for MIECHV will now require a state match in the next biennium.

Bureau of Infectious Disease Control (BIDC)

Identifies, investigates, monitors, and prevents infectious disease.

Dr. Ryan Tannian, Bureau Chief, BIDC

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9025-2222	Ryan White Part B	2	982	49
9025-2223	Ryan White Part A	0	983	n/a
9025-2229	Pharmaceutical Rebates	5	983	51
9025-5170	Disease Control	7	984	53
9025-5174	Mosquito Control Fund	0	986	n/a Under \$1M

Bureau of Infectious Disease Control (BIDC) - cont.

Identifies, investigates, monitors, and prevents infectious disease.

Dr. Ryan Tannian, Bureau Chief, BIDC

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9025-5177	Vaccines - Insurers	0	986	54
9025-5178	Immunization Program	15	987	56
9025-5179	Hosp Acquired Infections	2	988	n/a Under \$1M
9025-7536	STD/HIV Prevention	8	989	58

Chlamydia

- Chlamydia increased slightly from 2020 to 2021 but remains lower than pre-pandemic counts.
- Persons under age 30, females, and Black or African American persons are most affected.
- Hillsborough, Strafford, and Cheshire counties have highest rates in NH.

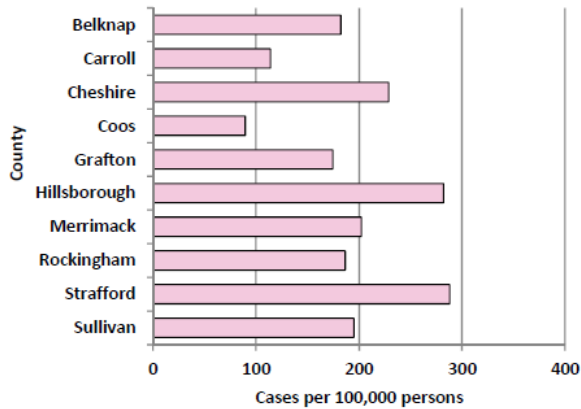
Gonorrhea

- In 2021, NH experienced the highest number of cases in one year.
- Hillsborough County, specifically City of Manchester, has highest burden of disease.

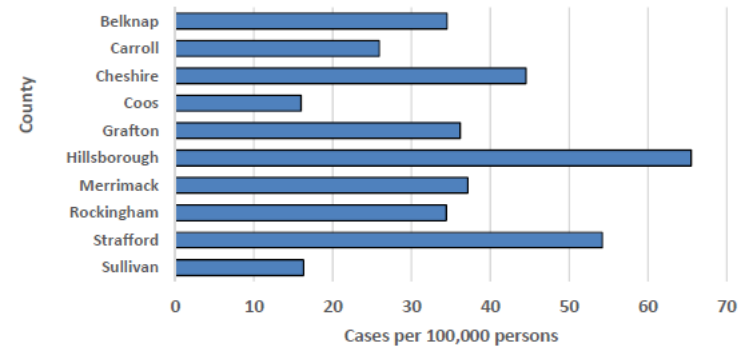
Syphilis

- In 2021, NH experienced the highest number of cases in one year.
- NH reported 1 case of congenital syphilis in 2018 and 2 cases in 2019. Any case of congenital syphilis indicates missed opportunities for prevention, testing, and treatment. Zero cases of congenital syphilis were reported in NH in 2020 and 2021.

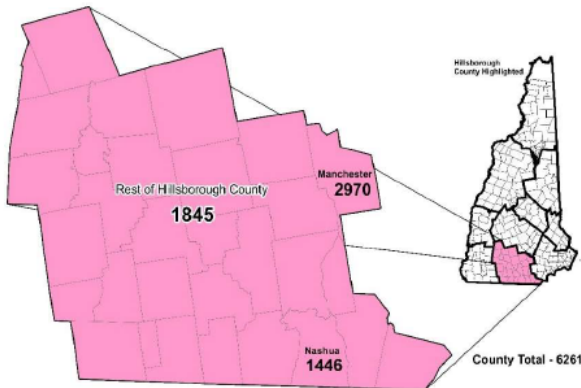
Chlamydia Rate¹ by County⁷, 2021



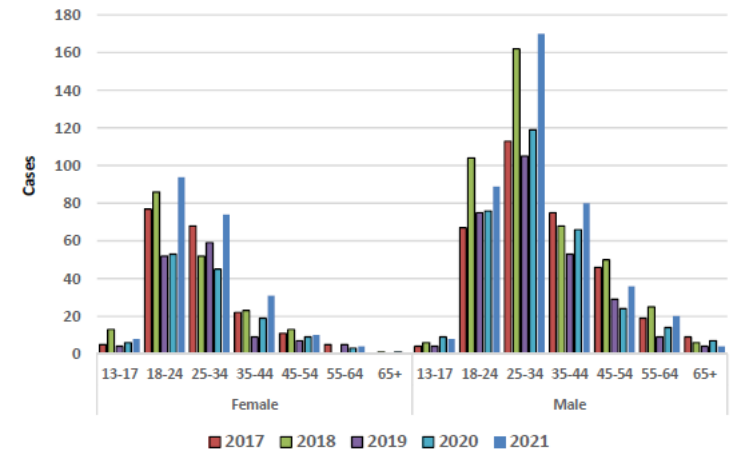
Gonorrhea Rate¹ by County⁷, 2021



Chlamydia - Hillsborough County, 2017-2021



Gonorrhea Incidence by Year, Sex at Birth, and Age Group, 2017-2021



Bureau of Laboratory Services/Public Health Laboratories (PHL)

Conducts clinical and environmental laboratory testing (biomonitoring, drinking water, food, emergency response, disease surveillance, external laboratory training, and quality improvement).

Dr. Fengxiang Gao, Bureau Chief, PHL

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9030-1835	NH ELC	11	990	61
9030-1878	Lab Equipment Fund	0	992	n/a Under \$1M
9030-3063	Association of PH Labs	0	992	n/a Under \$1M
9030-7966	Public Health Laboratories	33	993	63
9030-8276	Food Emergency Response Network	4	994	65

Bureau of Laboratory Services/Public Health Laboratories (PHL) - cont.

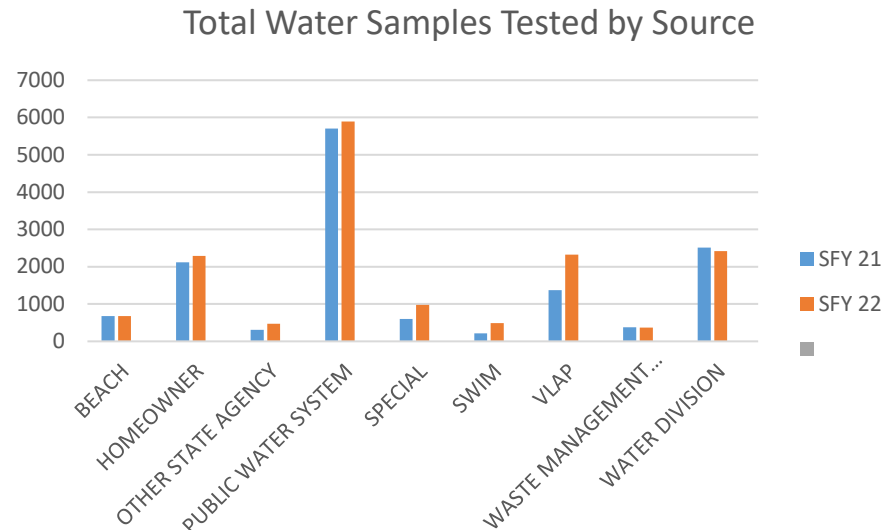
Conducts clinical and environmental laboratory testing (biomonitoring, drinking water, food, emergency response, disease surveillance, external laboratory training, and quality improvement).

Dr. Fengxiang Gao, Bureau Chief, PHL

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9030-8280	Biomonitoring	0	996	69

Water Analysis Laboratory Testing

- 30,777 water samples in total tested in SFY 2021 and 2022
- 3197 of them tested for Shellfish
- 253 water samples tested for Lead.



Biomonitoring

- Identify and test populations at risk for environmental pollutants like toxic metals, PFAS and pesticides.
- 271 participants in 199 homes were tested for 16 elements in the SFY 2021 and 2022.

Food Emergency Response Network

- Over 400 food products tested for toxic metals, and helped identify two contaminated baby food products in SFY2021-2022 that triggered actions to remove them from the food supply, including recalls and import alerts.

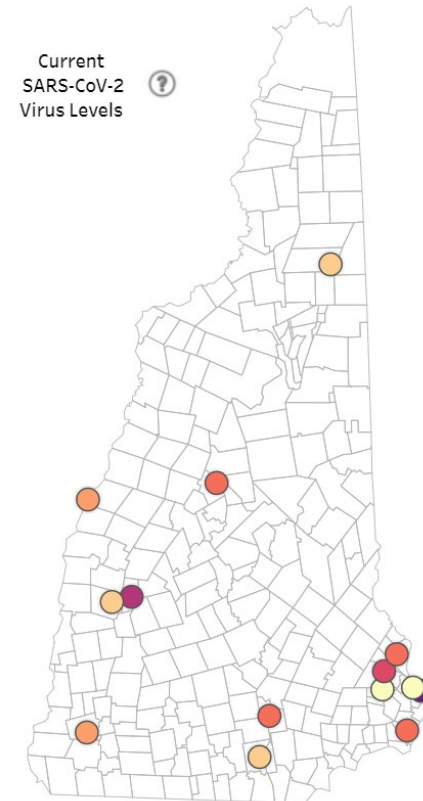
Surveillance of SARS-CoV-2 Variants in NH communities

- Whole Genome Sequencing implemented in Feb 2021
- 2059 samples sequenced between Feb 2021 and Dec 2022

Wastewater testing for SARS-CoV-2

- Program implemented in October 2022
- 14 wastewater treatment facilities across the State of NH participating in the program
- Testing data published on the NH COVID-19 Response Dashboard

Wastewater Dashboard



Data as of :2/7/2023

Bureau of Emergency Preparedness, Response & Recovery (EPRR)

Prepare for and act quickly to respond to emergencies and disasters.

Stephanie Locke, Bureau Chief, EPRR

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9035-1111	Homeland Security	0	998	n/a Under \$1M
9035-1112	Homeland Security - REP	3	998	n/a Under \$1M
9035-1113	Hospital Preparedness	3	1000	72
9035-1114	PH Emergency Preparedness	23	1001	75
9035-1590	Public Health Crisis Response	0	1002	78

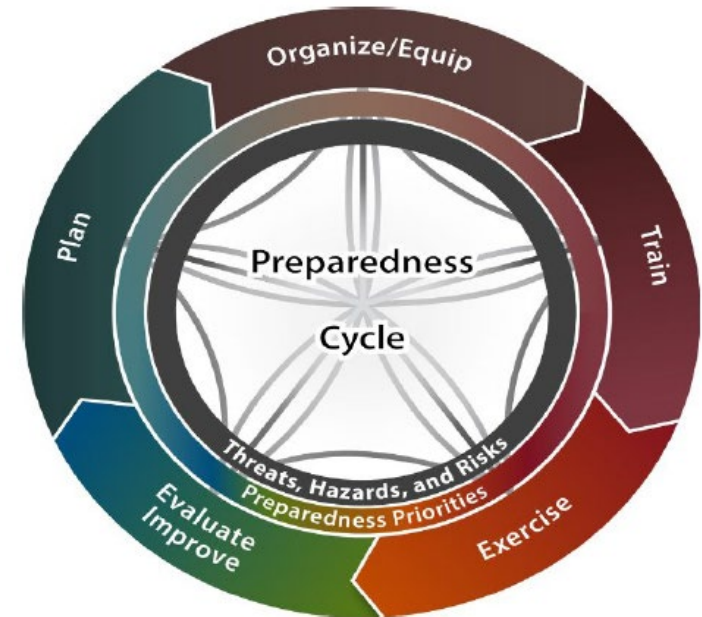
Bureau of Emergency Preparedness, Response & Recovery (EPRR) – cont.

Prepare for and act quickly to respond to emergencies and disasters.

Stephanie Locke, Bureau Chief, EPRR

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9035-1591	Radiological Emergency Response	3	1003	n/a Under \$1M

- Ensures NH meets the 15 Public Health Emergency Preparedness (PHEP) and 4 Hospital Preparedness Program (HPP) capabilities by:
 - Staffing Emergency Support Function 6 (Mass Care, Housing & Human Services) and ESF 8 (Health & Medical) during State Emergency Operations Center (EOC) activations
 - Maintaining the radiological emergency preparedness program
 - Overseeing volunteer management
 - Managing the Regional Public Health Networks
 - Coordinating the Healthcare Coalition program
 - Conducting exercise cycles
 - Executing plan development (mass fatality, sheltering, etc.)
- Responsible for emergency-related information sharing via:
 - NH Responds
 - Health Alert Network (HAN)
- Coordinates medical surge planning



Bureau of Prevention & Wellness (BPW)

Prevents chronic disease and maximizes wellness and quality of life.

To Be Filled July 2023, Bureau Chief, BPW

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9045-3222	CDC Oral Health Grant	1	1005	n/a Under \$1M
9045-3223	Oral Hlth Capacity Rural NH	1	1006	n/a Under \$1M
9045-3224	Tobacco Prevention & Cessation	5	1007	81
9045-3225	Comprehensive Cancer	5	1008	83
9045-3226	Wisewoman	0	1009	87

Bureau of Prevention & Wellness (BPW) – cont.

Prevents chronic disease and maximizes wellness and quality of life.

To Be Filled July 2023, Bureau Chief, BPW1

Activity – Accounting Unit	Accounting Unit Title	FTE Authorized Positions SFY 2023	Budget Book Page #	Budget Briefing Book Page #
9045-3227	Arthritis	1	1010	n/a Under \$1M
9045-3228	Combined Chronic Disease	4	1011	89
9045-3229	Chronic Disease – Asthma	3	1012	n/a Under \$1M

Change Is Tough: Investing in Programs That Work

REDEFINE YOUR HEALTH

The **YMCA's Diabetes Prevention Program** focuses on small, measurable, reasonable goals to give participants confidence they can make the necessary changes to **reduce their risk** for type 2 diabetes and live healthier lives. In a classroom setting, a **trained lifestyle coach** will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions.

The **year-long program** consists of 16 weekly sessions and 3 sessions every other week during the first 6 months followed by 6 monthly sessions in the second 6 months.

To qualify for the **YMCA's Diabetes Prevention Program**, participants must be:

- 18 years or older
- Overweight (BMI ≥ 25)*, and
- Diagnosed with prediabetes via one of three blood tests or a previous diagnosis of gestational diabetes

If you don't have a blood test result, you must have a qualifying risk score.

Can you measure a healthy life? Sure, you can—by the cup, the ounce and the block. If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.

Classes offered in person and virtually. Register online today at www.granitemca.org/diabetes.

CHANGE IS TOUGH—WE CAN HELP!

Let's face it, if change were easy, we'd all do it. You've spent years developing habits that you can't expect to change overnight. It's tough. We can help. The **YMCA's Diabetes Prevention Program** gives you the skills you need and the support you deserve to make lasting, healthy lifestyle changes.

SERVING THE FOLLOWING COMMUNITIES

YMCA Allard Center of Goffstown
116 Goffstown Back Rd, Goffstown, NH 03045

YMCA of Downtown Manchester
30 Mechanic Street, Manchester, NH 03101

YMCA of Concord
15 North State Street, Concord, NH 03301

YMCA of the Seacoast
550 Peverly Hill Road, Portsmouth, NH 03801

YMCA of Strafford County
35 Industrial Way, Rochester, NH 03867

Exeter Area YMCA
56 Linden Street, Exeter, NH 03833

YMCA of Greater Nashua
24 Stadium Drive, Nashua, NH 03062

Keene Family YMCA
200 Summit Road, Keene, NH 03431

FOR MORE INFORMATION, contact Cindy Lafond, Association Director of Health Interventions at 603.232.8668 or email health@granitemca.org.



YMCA'S DIABETES PREVENTION PROGRAM

A HEALTH INTERVENTION PROGRAM AT THE GRANITE YMCA



To help reduce your risk for diabetes, your goal is to reduce your body weight by 7% and increase your physical activity by at least 150 minutes per week within the first half of the program.

For example, if you weigh 200 pounds your goal for the first half of the program would be to lose 14 pounds and increase your physical activity to what could be a brisk 30-minute walk, five days per week. Lose weight, boost your energy, reduce your risk for diabetes and improve your health for life!



Everyone needs a push, a pat on the back, a helping hand sometimes. A little encouragement goes a long way when you're making big changes. As a participant in the **YMCA's Diabetes Prevention Program**, you will be surrounded by a group of supportive people with common goals who care about your well-being.

As a participant, you'll enjoy:

- A safe space where you can feel comfortable sharing and learning in private.
- Making new friends. You will support each other as you trade old habits for healthier new ones.
- Working as a group. You don't have to figure this out alone.



The **YMCA's Diabetes Prevention Program** has flexible start dates so you can begin when it is convenient for you. Classes begin with no fewer than 8 participants and no more than 15. If there is space in a newly formed class, you can join up to the 4th session. View upcoming start dates at bit.ly/3KniDb0.

INTEREST CONTACT FORM

Name: _____
Date of Birth: _____
Email Address: _____
Phone: _____

DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSIS?

Please check each box that is true, and provide a value if possible:

- A1c:** (must be 5.7%–6.4%)
- Fasting plasma glucose:** (must be 110–125 mg/dL)
- 2-hour (75 gm glucose) plasma glucose:** (must be 140–199 mg/dL)
- Prediabetes determined by clinical diagnosis of gestational diabetes (GDM) during previous pregnancy**

If you are not sure if you are at risk, please complete the **prediabetes risk test** at the right. If you score a 5 or higher, then you may be at risk for prediabetes or diabetes, and therefore may qualify for the program.

PREDIABETES RISK TEST

Write your score in the boxes below

How old are you? Younger than 40 (0 points) 40 - 49 (1 point)	50 - 59 (2 points) 60 or older (3 points)	
Are you a man or a woman? Man (1 point) Woman (0 points)		
If you are a woman, have you ever been diagnosed with gestational diabetes? Yes (1 point) No (0 points)		
Do you have a mother, father, sister, or brother with diabetes? Yes (1 point) No (0 points)		
Have you ever been diagnosed with high blood pressure? Yes (1 point) No (0 points)		
Are you physically active? Yes (0 points) No (1 point)		
What is your weight category? (See chart below)		

IF YOU SCORED A 5 OR HIGHER then you may be at risk for prediabetes or diabetes, and may qualify for the program. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition where blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis.

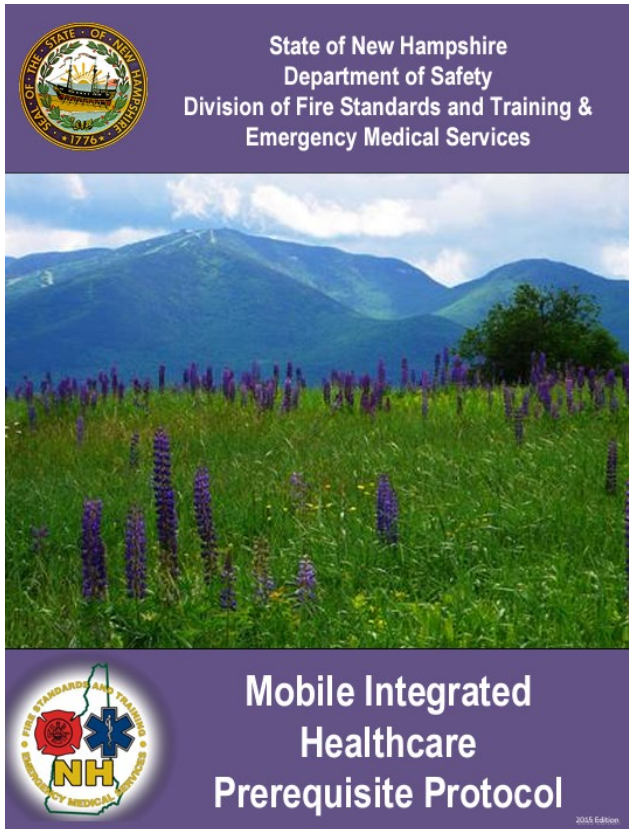
AT RISK WEIGHT CHART

HEIGHT	WEIGHT (lbs.)			
4'10"	119 - 142	143 - 190	191+	
4'11"	124 - 147	148 - 197	198+	
5'0"	128 - 152	153 - 203	204+	
5'1"	132 - 157	158 - 210	211+	
5'2"	136 - 163	164 - 217	218+	
5'3"	141 - 168	169 - 224	225+	
5'4"	145 - 173	174 - 231	232+	
5'5"	150 - 179	180 - 239	240+	
5'6"	155 - 185	186 - 246	247+	
5'7"	159 - 190	191 - 254	255+	
5'8"	164 - 196	197 - 261	262+	
5'9"	169 - 202	203 - 269	270+	
5'10"	174 - 208	209 - 277	278+	
5'11"	179 - 214	215 - 285	286+	
6'0"	184 - 220	221 - 293	294+	
6'1"	189 - 226	227 - 301	302+	
6'2"	194 - 232	233 - 310	311+	
6'3"	200 - 239	240 - 318	319+	
6'4"	205 - 245	246 - 327	328+	
	1 Point	2 Points	3 Points	

You weigh less than the 1 point column (0 points)

Programs are people-centric and are designed to help each individual reach a personal best.

Helping People Prevent and Manage Chronic Conditions: Meeting People Where They Are At



- Mobile Integrated Health improves patient care and can reduce preventable emergency room visits and re-admissions
- EMS helps patients understand directions after discharge from the emergency department
 - EMS provides communication back to primary care
 - EMS connects patients with transportation, food access, prevention and management services, and medication reconciliation

Priority Needs: Supporting Prevention & Making Connections

The responsibility for safe, stable, nurturing relationships and environments for children in the early years is shared across the Department and with families in New Hampshire communities.

DPHS works with community partners to **prevent adverse childhood experiences** and propel families to independence and **reduce costs associated with poor health outcomes.**

Support is needed to **continue important prevention activities such as home visiting and access to nutrient dense food for the growing years.**





NEW HAMPSHIRE
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