



## **NHAHA Quarterly Meeting**

March 13, 2025

9:00am – 11:30am

### **Meeting Summary**

#### **Welcome, Introductions, and Housekeeping**

***Presenter: Jennifer Rabalais, Co-Director, UNH Center on Aging and Community Living Coordinator, NHAHA***

Jennifer welcomed everyone to the NHAHA March Quarterly Meeting. Joining the meeting was Kathryn Selinga, Communication Coordinator, Center on Aging and Community Living at the Institute on Disability at UNH. Kathryn will lead NHAHA's communication efforts moving forward.

#### **Healthy Aging Data Report (slides 3-55)**

***Presenter: Beth Dugan, PhD, Associate Professor of Gerontology, University of Massachusetts Boston***

Created by the Department of Gerontology at the University of Massachusetts, Boston, the [Healthy Aging Data Report](#) (HADR) compiles local and statewide data to provide the “big picture” about the health of older adults, creating a powerful tool for social change. An update to the [New Hampshire 2019 report](#) will be released on May 1, 2025. A one-pager will be released alongside the report.

The report includes 152 indicators reported across 244 NH community profiles. Community profiles include detailed population characteristics as well as information about community engagement, access to care, wellness and prevention, nutrition/diet, mental health, chronic disease, living with disability, and safety. The data is compiled from various sources including the American Community Survey, Centers for Medicare and Medicaid Services and the Behavioral Risk Factor Surveillance System.

Features of the report include community-level data and state-level comparisons, interactive data maps, rate of change data (e.g., Rate of % 65+ with HIV/AIDS from 2014-2021), and identification of disparities in healthy aging.

Previous reports have been used as a tool to advocate for, develop and implement age-friendly policies and programs including the creation of the NH Senior Ambassadors Program, funding for community-level walk audits, and development of the Massachusetts Affordable Homes Act.

## Q&A

Q: How are people who reside in facilities included in the report?

A: Medicare defines their data by who resides in the community, which includes those within facilities.

Q: To what degree is the HADR research federally funded?

A: The work is not federally funded.

Q: Do you include the veteran population in the HADR?

A: The percentage of people in each community who are veterans of military service are included. No analysis has yet to be included that focused specifically on veterans though.

Q: Is transportation access data included?

A: Transportation data varies by state. However, crash rates at the county level is included.

Q: The maps show areas where no data was collected. Why were you not able to get data from these areas?

A: These are the unincorporated areas of NH and uninhabited.

Q: Does the report include changes overtime in NH from 2019-2025?

A: Yes, the highlights document includes changes overtime by community and state.

Q: Is data on solo agers included?

A: Yes, an indicator of solo aging has been included using the percentage of older adults who live alone.

Q: Is the report updated every 5 years?

A: The schedule is dependent on funding and time needed between reports to capture meaningful data changes over time.

Q: Do you include assessments of community services for older adults (e.g., mental health, transportation, etc.)

A: Yes, data on community resources that impact healthy aging is included.

Teri Palmer, Statewide Mobility Manager, confirmed that a statewide community transportation needs assessment is being carried out to bring light to existing gaps that effect older adults. She also suggested visiting the [Keep NH Moving website](#) for information on transportation options and resources.

Attendees were given the opportunity to provide thoughts on how the report should be disseminated and how it can best be used to support health aging related work and development of age-friendly communities (see Appendix A).

## NHAHA Updates (slides 57 - 69)

**Presenters: Jennifer Rabalais, Co-Director, UNH Center on Aging and Community Living & Coordinator, NHAHA**

**Alison Rataj, Researcher Scientist, UNH Center on Aging and Community Living & Facilitator, NHAHA Measurement Committee**

NHAHA consists of five strategic priority areas - Advocacy, Caregiving, Housing & Zoning, Transportation, and Workforce as well as three crosscutting committees -

Communications, Measurement, and Diversity, Equity, and Inclusion (DEI). Visit [NHAHA.info](https://nhaaha.info) for additional information and updates.

### Nashua Community Listening Session on Healthy Aging

NHAHA continues to work to understand the diverse needs of older adults in NH. In collaboration with [Victory Women of Vision](#), NHAHA previously held listening sessions in Manchester, resulting in actions to address the needs of older adults in the community with support from NHAHA's partners. NHAHA most recently partnered with the City of Nashua Division of Public Health & Community Services and hosted a listening session in Nashua. They will soon be meeting again with participants of the listening session to further discuss their needs in support of developing the next steps for this work.

### Leadership Exchange on Ageism

NHAHA is supporting the replication of Maine's Leadership Exchange on Ageism (LEA) program within NH. The LEA is a participatory peering-learning-centered leadership development program with goals to better understand ageism, change ways of feeling, thinking, and talking about aging, and take action to combat ageism. They will be partnering with the Maine Council on Aging to carry this out. The next steps include convening an advisory group, establishing the LEA framework, training facilitators, and developing the first cohort.

### 2024 Participant Survey Results

NHAHA's Annual Participant Survey allows NHAHA's participants to provide feedback on their experience with NHAHA. Alison provided an overview of the survey results:

- 40 people completed the survey.
- 37% of NHAHA participants were between the ages of 65-74, 7% identified as LatinX, and respondents represented every county in NH.
- The Majority of respondents represented an organized as paid staff, but 34% of respondents participate out of personal interest, which continues to increase each year.
- Participants see NHAHA's greatest accomplishments include convening a diverse group of stakeholders to expand and connect the aging network, advocacy, work carried out under Workforce Strategic Priority Areas Transportation and Direct Care Workforce, and a commitment to DEI.

Contact Alison to learn more about NHAHA's measurement work at [Alison.Rataj@unh.edu](mailto:Alison.Rataj@unh.edu).

**NH Commission on Aging Update & AgeWellNH (slides 70-76)**  
***Presenters: Molly Singer, Principal, Dexterity Management LLC***

***Rebecca Sky, Executive Director, NH State Commission on Aging***

NH Commission on Aging Update

The NH Commission on Aging (COA) was developed in 2019 and advises the governor and legislature on policy and planning related to aging. They are currently tracking over 60 bills and have given testimony for more than 20 bills. The COA is currently conducting two ARPA funded projects:

1. Community Transportation Needs Assessment – a project that had its origins in the NHAHA Transportation Workgroup and aims to better understand unmet transportation needs and identify opportunities to enhance funding to support non-driver mobility.
2. AgeWellNH – the state’s Multi-Sector Plan on Aging, the COA was able to secure funding to conduct community engagement in support of the next phase of the AgeWellNH Initiative.

Learn more about COA activities and upcoming meetings on the [NH COA website](#).

AgeWellNH: Community Engagement

Previously presented at the December 2023 NHAHA Quarterly Meeting, AgeWellNH is a cross-sector blueprint to set direction for policy, action, and investment to address the unique needs of a state’s older adult population. In contract with the COA, Molly Singer and Dexterity Management is currently conducting community engagement for AgeWellNH in support of building the framework for the plan. Engagement includes surveys, focus groups, and listening sessions with key audiences of community members, nursing homes and home care organizations, planners, social workers, libraries, state agencies, and others. Molly discussed the proposed framework for the plan and asked for feedback

Framework

- I. Strengthen Systems of Care for Healthy Aging
- II. Longevity Ready Infrastructure
  - A. Housing For All
  - B. Transportation & Mobility Options
  - C. Community Design and Public Space
- III. Economic, Civic, & Social Vibrancy

Feedback

- Mental health needs to be addressed – there is a need for additional resources, greater awareness of existing services, and improved access. The [NH specific Rapid Response Access Point](#) is not well known as a resource.
- There is a need for greater coordination for information dissemination (e.g., healthcare providers sharing information with patients of available services).

## **New Futures NHAHA Advocacy Update (slides 77-86)**

***Presenter: Judith Jones, Healthy Aging Policy Coordinator, New Futures***

Judith discussed the work that went into establishing advocacy priorities including holding listening sessions, conducting research and working with the Healthy Aging Policy Advisory Committee and partners including COA, AARP, AI, GSIL, etc). Judith reviewed the current priority bills:

### Supporting

[SB 122](#) – relative to expansion of eligibility for NH's Medicare Savings Programs by increasing income limits and removing resource limits.

[SB 244](#) - Relative to expanding access to primary health care services, Medicaid rates.

[HB 704](#) - Relative to funding for Caregiver Respite and “Senior Volunteer Programs.

### Opposing

[HB 60](#) – Relative to no-cause evictions.

[SB 134](#) – relative to relative to work requirements under the state Medicaid program.

Judith also confirmed that advocacy efforts are being carried out regarding the House budget and opposing federal Medicaid cuts.

- Visit the New Futures website to sign up for action alerts, including federal advocacy information: <https://new-futures.org/sign-up>
- Stay up to date on current New Futures Healthy Aging Policy Priority legislation: <https://new-futures.org/current-legislation>
- Contact Judith Jones at [jjones@new-futures.org](mailto:jjones@new-futures.org)

## **NH Alliance for Healthy Aging 2025 Quarterly Meeting Schedule:**

Thursday, June 12, 2025 @ 9:00 AM

Thursday, September 18, 2025 @ 9:00 AM

Thursday, December 11, 2025 @ 9:00 AM

2025 Meetings will be held in-person at Northeast Delta Dental, 2 Delta Drive (Building Two), Concord, NH

## **Appendix A**

### **How can the Healthy Aging Data Report be used?**

1. Break the data into reports for each of the 13 Regional Public Health Networks
2. Give copies to volunteers to deliver or present to each town
3. Post notices on the AHA newsletters in May, June, July
4. Arrange for media attention (e.g., WMUR, NHPR)
5. Used by Public Health Networks to implement more around needs of aging communities
6. Grant proposals
7. Use to frame themes for AgeWellNH
8. Use to shift resources to areas that show a high need
9. To justify increased spending, justify new or expansion of service, or inform policy
10. Provide rationale to keep Gero standalone courses/content and prepare future workforce
11. Inform communities to support collaboration and braided funding
12. Use information to inform and enhance agencies own data collection process
13. Compare agency/program data to statewide/community rates to identify gaps
14. Send copies of reports to people at the meeting who are not representing an agency
15. Advocacy
16. Identify NH veteran population (by community)
  - a. Location
  - b. Needs (health, social)
  - c. Trends
17. H2- help unite community grants to support aging
18. Incorporated into hospital's community health needs assessment

### **Who should we make sure knows about the report?**

1. Recreation departments
2. Community Drs.
3. NH Public Health Networks
4. State/Federal legislators
5. Townhalls/meetings
6. Libraries
7. State Senate/county delegates
8. Business industry
9. Hospitals
10. Rotary clubs
11. Chambers
12. Manchester and White River Jct

13. Veterans Affairs Medical Centers
14. Medical and dental societies and organizations
15. NH Hospital Association
16. NH Behavioral Health
17. State Health Assessment/Improvement Plan (SHA-SHIP) Council (current facilitator Palmira Santos - [psantos@brandeis.edu](mailto:psantos@brandeis.edu))
18. Anyone that connects with a senior
19. Nursing schools/programs
20. Regional Planning Commissions
21. Regional Coordinating Councils for Community Transportation
22. Chamber of Commerce
23. Housing advocacy groups
24. Labor advocacy groups
25. Environmental justice organizations
26. Legal assistance orgs
27. Recovery centers
28. Shelters
29. Public universities
30. Falls Prevention Awareness Network
31. Chronic Disease Self-Management Network
32. Everyone!