

# ALL IN TOGETHER

Shared Goals for Strong Communities

## 2019 Assessment Summary

United Way of Greater Nashua

Liz Fitzgerald

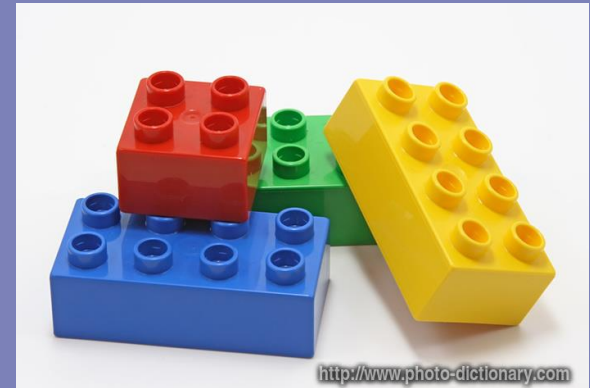
1 June 17, 2019

**LIVE UNITED**

**United  
Way**



# United Way of Greater Nashua

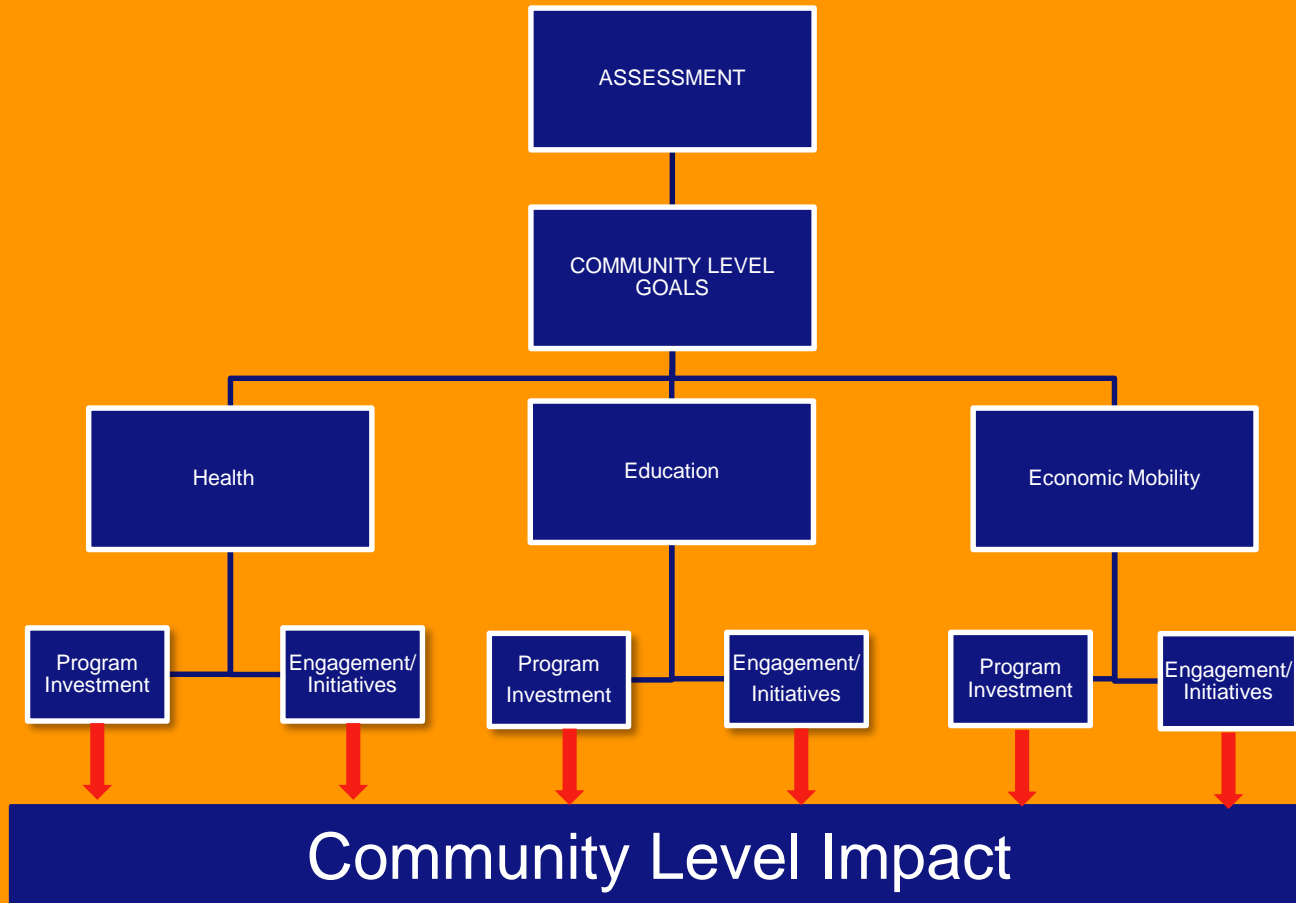


Tracking Program Outcomes >>>> Tracking Community Level Systems Improvement

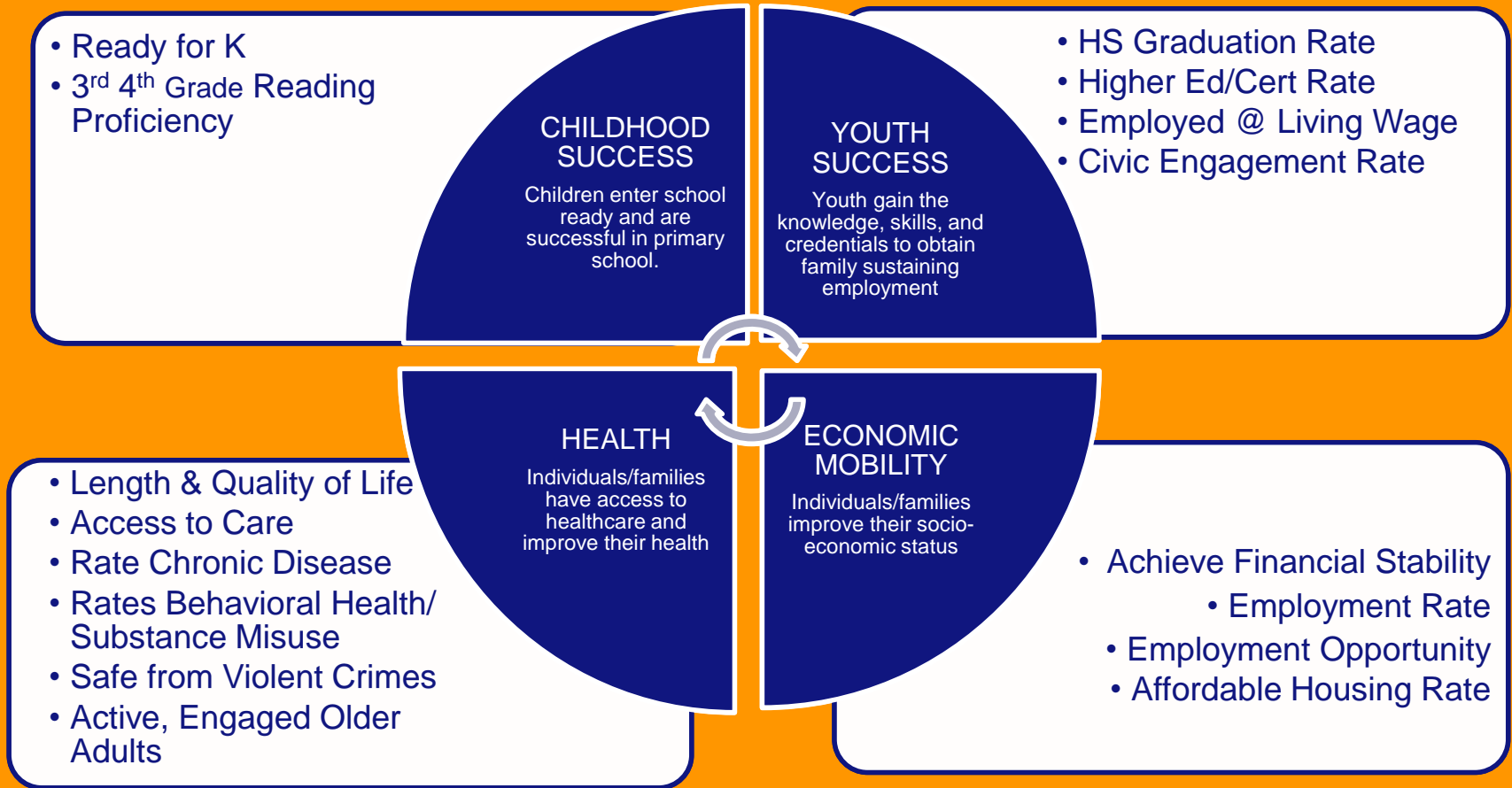
**LIVE UNITED**

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# United Way Strategic Framework



Community Goals

Root Causes---Improved Quality of Life

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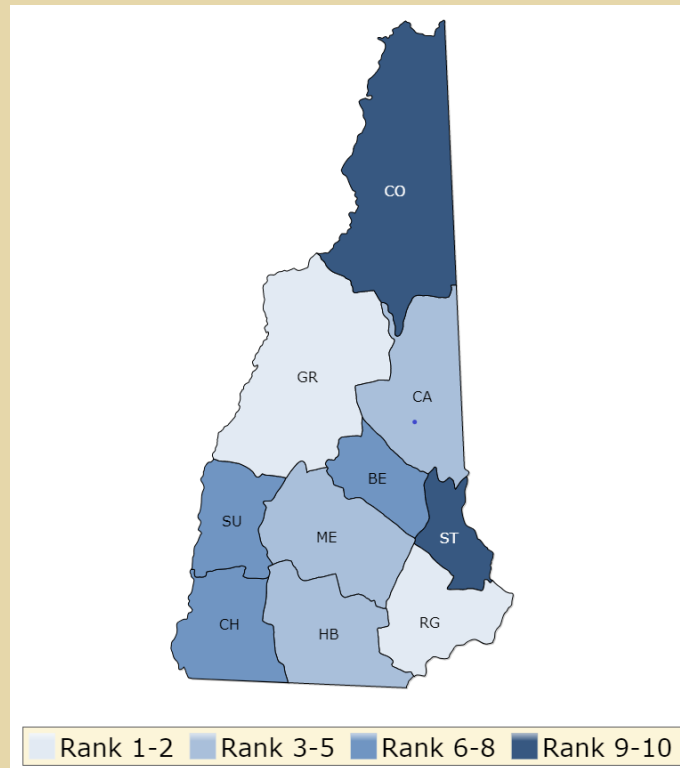


# What Will it Take for Greater Nashua to Become the Healthiest Place to Live in NH?

## Our Current Rankings for Health Factors

- # 5 Health Outcomes
- # 6 Length of Life
- # 5 Quality of Life
- # 5 Health Behaviors
- # 5 Clinical Care
- # 8 Social and Economic
- # 10 Physical Environment

*Rankings are 1 – 10  
with 1 being best*



**For Overall Health Outcomes:** Ranking is derived from equally rating our overall a variety of data outcomes that contribute to length and quality of life: Hillsborough county ranks 5<sup>th</sup> among 10 counties in NH. Our rankings in individual categories has shifted within individual categories but our overall ranking remains 5<sup>th</sup>.

Data from RWJ County rankings demonstrate that where you live influences how well and how long your live.

# ✓ HEALTH GOALS

Individuals/families have access to healthcare and improve their health

## Our Community Strengths

Physical inactivity rate\*  
Access to exercise opportunities  
Teen births  
Uninsured  
Access to primary care physicians  
Access to dentists  
Diabetic monitoring  
Mammography screening  
Some college  
Unemployment\*  
Overall poverty rate\*  
Injury deaths  
Reduction in obesity among 2-4 year-olds  
Water quality\*  
Air quality\*

## Factors That Need Attention

Adult smoking  
Obesity\*  
Preventable hospital stays  
Violent crime\*  
Health equity /health disparities  
Children living in poverty\*  
Intense poverty in specific census tracts  
Teens texting and driving  
Teen bullying\*  
Teen depression (sad or hopeless /considered suicide)  
Latino/Hispanic teen smoking  
Access to behavioral health resources  
Youth & teen vaping\*  
Sexually transmitted disease  
Drug related death & overdoses

*\*Indicates issue is trending in a negative direction*

*\* Indicates issue is trending in a positive direction*

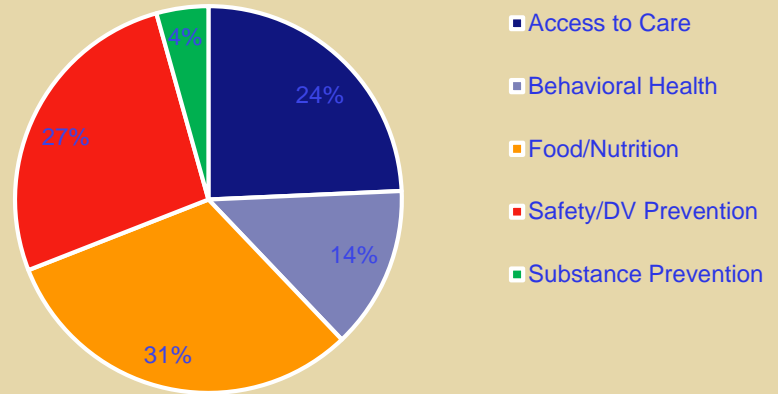
*Orange text indicates current UWGN investment*

# United Way Invests in Health for Strong Communities

## Focus on Health

Program	Annual Award
Meals On Wheels	30750
Volunteer Caregivers Program	9625
Burke Street Café	7500
Healthy Living	6000
Emergency Shelter & Transitional Housing (DV)	8500
Young Women's Leadership Prevention	13000
Forensic Interview Program	5000
Crisis Intervention and Advocacy	19500
Community Hospice House	7500
Adult Day Service Program	9500
Greater Nashua Mobile Health Clinic	6500
Greater Nashua Dental Connection	18500
Counseling At-Risk Youth	16000
Early Intervention for Acting Out Preteens	7500
Substance Misuse Prevention	7500
<b>Total</b>	<b>172875</b>

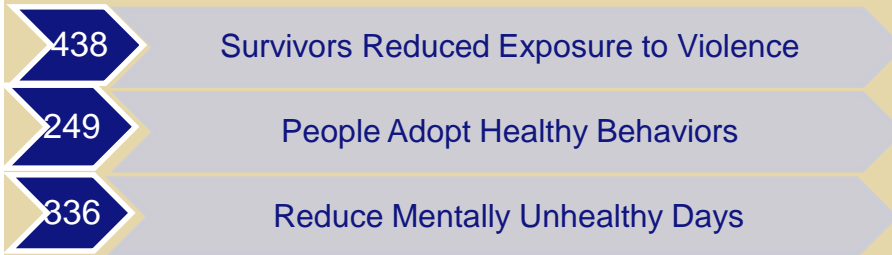
2016-19 Investment in Health



People Helped Annually: 7341

### Community Initiatives & Events 2016-19

Food Packaging : 70,000 Meals Packaged  
 Shoe Box Project For Seniors: 1,050 Kits Distributed  
 Community Farming: 3 urban farming projects cultivated  
 Emergency Food Grants Secured and Distributed: 232,815



# ✓ HEALTH STRATEGIES

Scientifically supported (evidence based )strategies to improve long-term health outcomes

## Scientifically Supported Strategies

### Tobacco Use

- Cell-phone tobacco cessation interventions
- Health care provider reminders for tobacco cessation
- Internet-based tobacco cessation interventions
- Mass media campaigns against tobacco use
- Smoke-free policies for multi-unit housing
- Statewide comprehensive tobacco programs
- Tobacco cessation therapy affordability
- Tobacco quit lines/help lines
- Tobacco taxes

### Sexual Activity

- Behavioral interventions to prevent STI's (sexually transmitted infection)
- Comprehensive clinic-based programs for pregnant & parenting teens
- Risk reductions sexual education
- Computer-based interventions to prevent STIs
- Condom availability programs
- Expedited partner therapy for STIs

### Alcohol and Drug Use

- Administrative license suspension/revocation laws (advocacy)
- Alcohol screening and brief interventions
- Alcohol outlet density restrictions
- Alcohol taxes
- Blood Alcohol concentration laws
- Breath testing checkpoints
- Commercial host liability laws
- Drug Courts
- Enhanced enforcement prohibiting alcohol sales to minors
- Family treatment drug courts
- Ignition interlock devices
- Media campaigns against alcohol-impaired driving
- Mentoring programs
- Maintain drinking age laws at 21
- Multi-component community interventions against alcohol-impairment

continued---



# ✓ HEALTH STRATEGIES

Scientifically supported (evidence based )strategies to improve long-term health outcomes

## Scientifically Supported Strategies (continued)

### Access to Care

Centering Pregnancy(prenatal group setting)

Water fluoridation

Federally qualified health centers

Medical homes

Mental health benefits (advocacy)

Rural training in medical education

### School dental programs

School-based health centers

Telemedicine

Text message-based health interventions

### Family and Social Support

#### Activity programs for older adults

Early childhood home visiting

#### Extracurricular activities for social engagement

#### Group-based parenting (in Education Impact Area)

Nurse-family partnership

Outdoor experiential education and wilderness therapy

### Diet and Exercise

#### Activity programs for older adults

Breastfeeding promotion programs

Community-based social support for physical activity

Competitive pricing for healthy foods

Complete streets & streetscape design

Exercise prescriptions

Fruit and vegetable incentive programs

Individually –adapted physical activity programs

## What Else Should We Be Doing?

## What Else Could We Do Differently?

# ✓ Education Goals

- Children enter school prepared and succeed in the early primary grades.
- Youth gain the knowledge, skills and credentials to obtain family-sustaining employment.

## Our Community Strengths

High school graduation rate (overall)  
Preschool enrollment (overall)  
# of people with some college  
Unemployment rates (overall)  
Overall poverty rate\*

## Factors That Need Attention

Ready for kindergarten  
Preschool enrollment (low-income families)  
3<sup>rd</sup> grade math proficiency\*  
3<sup>rd</sup> grade reading proficiency\*  
Dropout rates (Nashua, Merrimack exceed 5%)  
Opportunity gaps/equity  
Children living in poverty\*  
Children experiencing toxic stress\*  
Access to behavioral health supports  
Access to Early Childhood Ed  
ECE Teacher Retention

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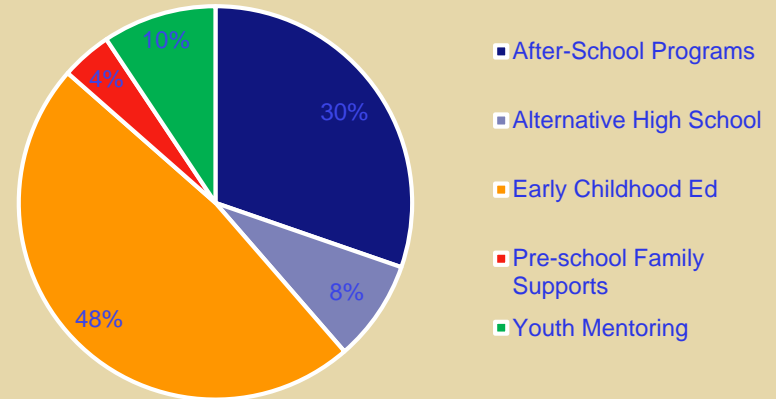
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# United Way Invests in Strong Communities

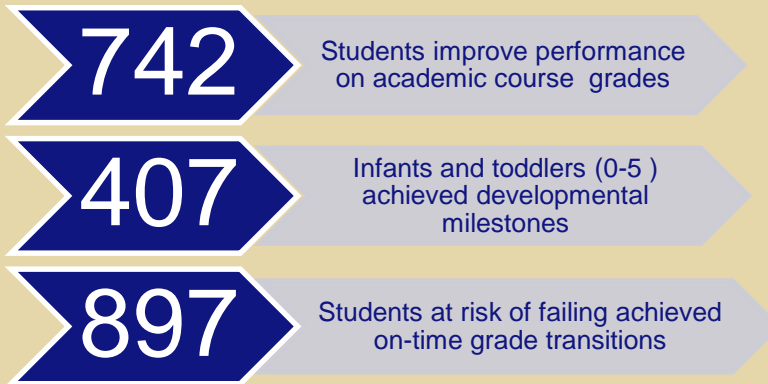
## Focus on Education

Education: Program Investments	Annual Investment
Burke Street Early Learning Center	\$ 9,750
Nashua Child Development Center	\$ 14,000
Early Childhood Low-Income Subsidy	\$ 22,250
Nashua Police Athletic League	\$ 10,125
Girls Center	\$ 12,000
Be Great Graduate	\$ 7,000
Clearway Alternative High School	\$ 8,000
One-On-One Youth Mentoring	\$ 9,000
Family Connections	\$ 4,000
<b>Total</b>	<b>\$ 96,125</b>

Education Investments 2016-19



Children Helped Annually: 1,138



### UWGN Initiatives and Events:

Smart Start Coalition: \$50,000 Family Engagement Grant  
 Community Baby Shower: 110 New Families Supported  
 OGN Youth leaders: 22  
 Little Free Libraries: 17

# ✓ EDUCATION STRATEGIES

- Scientifically supported (evidence based )strategies to improve long-term health outcomes

## Scientifically Supported Strategies

Alternative high schools for at-risk students

Attendance Interventions

Career and Technical Education Programs

Career Learning Communities

Chicago Child Parent Centers

College Access Programs

Drop out prevention programs

Drop out prevention programs for teen mothers

Early Head Start

Family and Schools Together

Full-day Kindergarten

Health Career Recruitment for Minority Students

One–One Mentoring programs (youth/adult)

Pre-school Education including social/emotional growth

“No Excuses” Charter School Model

Knowledge Is Power Program (high expectations)

Incredible Years (interpersonal relationship training)

Pre-school programs with family support services

Reach out and Read

School breakfast

School-based health care

School-based social and emotional instruction

School-based violence and bullying prevention

School-wide Positive Behavior Interventions and Supports

Summer Learning Programs

Technology-enhanced classroom instruction

Universal Pre-Kindergarten for 4-year olds

## What Else Should We Be Doing?

## What Could We Do Differently?

# ✓ ECONOMIC MOBILITY GOALS

- Individuals/families achieve financial stability and have the opportunity to improve their socioeconomic status

## Our Community Strengths

Low unemployment rate  
Well-educated population  
Low risk business-friendly ecosystem  
Overall rate of poverty\*  
Active retiree pool of volunteers  
Growing diversity\*

## Factors That Need Attention

Population growth/negative net migration\*  
Aging workforce\*  
Labor Participation Rate\*  
Opportunity gaps/equity  
Affordable housing/housing cost burden\*  
Low to No Rental Housing Available  
Long commute to work/transportation  
Children living in poverty\*  
Children in single-parent household\*  
Underemployed skilled workers  
Livable wage/cost of living gaps  
Low-income mothers single head of household  
Quality Affordable Childcare  
Workforce transportation  
Severe poverty concentrated in some neighborhoods

*\*Indicates issue is trending in a negative direction*

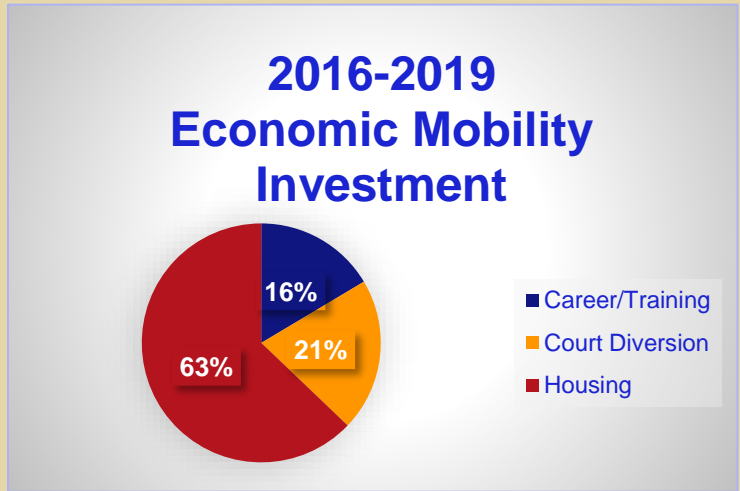
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*Orange text indicates current UWGN investment*

# United Way Invests in Strong Communities

## Focus on Economic Mobility

Economic Mobility: Program Investments	Annual Investment
Transitional Housing (Front Door)	\$25,000
Intervention Homelessness (Front Door)	\$15,000
Ann Marie House (Family Promise)	\$25,000
Court Diversion (YC)	\$21,400
College and Career Preparation	17,000
<b>Total</b>	<b>\$103,400</b>



#	Sample Outcomes
124	Obtained Jobs or Increased Wages
95	Attended 2 or 4-year College or Apprenticeship
72	At-Risk Youth Completed High School On-Time
71	Retain Jobs For At Least 6-months
34	Improved Soft-Skills

People Helped Annually: 515

### Community Engagement & Initiatives:

Familywise Prescription Discounts: Over \$1,000,000 in savings in greater Nashua  
 211 Referrals (2016-18): 13,917  
 OGN for Equity, Inclusion and Integration  
 Food Packaging Events 70,000 Meals  
 Community baby Showers for 125 young families  
 1050

*3<sup>rd</sup> Year Results Not Yet Reported*

# ✓ ECONOMIC MOBILITY STRATEGIES

Scientifically supported (evidence based )strategies to improve long-term health outcomes

## Scientifically Supported Strategies

Adult vocational training  
Transitional jobs  
Flexible work scheduling  
Paid family leave  
Child care subsidies  
Earned income tax credit  
FULL child support pass-through and disregard

## Strategies with Some Evidence

Employee assistance programs  
Paid sick leave laws  
Telecommuting  
Paid Family leave  
Debt advice for tenants with unpaid rent  
Individual development accounts (IDAs)  
Living wage laws  
Matched \$ incentives for saving tax refunds  
GED/HISET certificate programs  
Sector-based workforce initiatives  
Youth summer employment programs

What Else Should We Be Doing?  
What Could We Do Differently?



**United Way  
ALL IN TOGETHER**

United Way of Greater Nashua





# Data Resources:

The following data sources were used in deriving this summary.

*United Way Global Strategic Framework*

*RWJ County Rankings, Robert Wood Johnson Foundation*

*Greater Nashua Community Health Assessment, Greater Nashua Public Health*

*Nashua Regional Plan, Nashua Regional Planning Commission*

*Carsey Institute Library, University of NH*

*Kids Count Datebook, Anne E. Casey Foundation*

*2017-2018 Annual Report, Southern NH Services*

United Way Board and staff express sincere gratitude to the many community members that contributed their voice and expertise in identifying the challenges and opportunities we face together as a community.

