

Summary

Strengths

- Low prevalence of non-medical drug use
- High prevalence of high school completion
- Low prevalence of adults using e-cigarettes

Challenges

- High prevalence of excessive drinking
- High Black/white residential segregation
- Low per capita public health funding

Key Findings

Cancer Screenings

24%▲

from 57.9% to 71.7%
of adults ages 40-75
between 2022 and 2024.

Arthritis

13%▲

from 25.0% to 28.2%
of adults between 2020
and 2024.

Homelessness

9%▼

from 17.4 to 15.9 people
per 10,000 population
between 2023 and 2024.

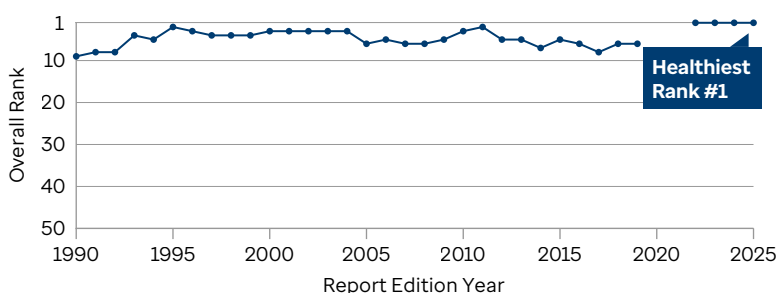
High Health Status

8%▼

from 57.3% to 52.6%
of adults between 2021
and 2024.

Trends

Annual Report Rank History



Spotlight

Rural Health in New Hampshire

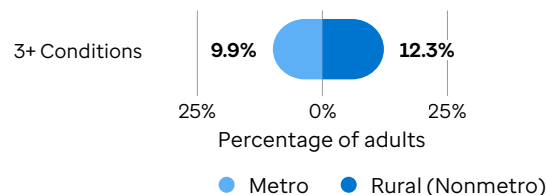
Rural Population in 2023

42.4%

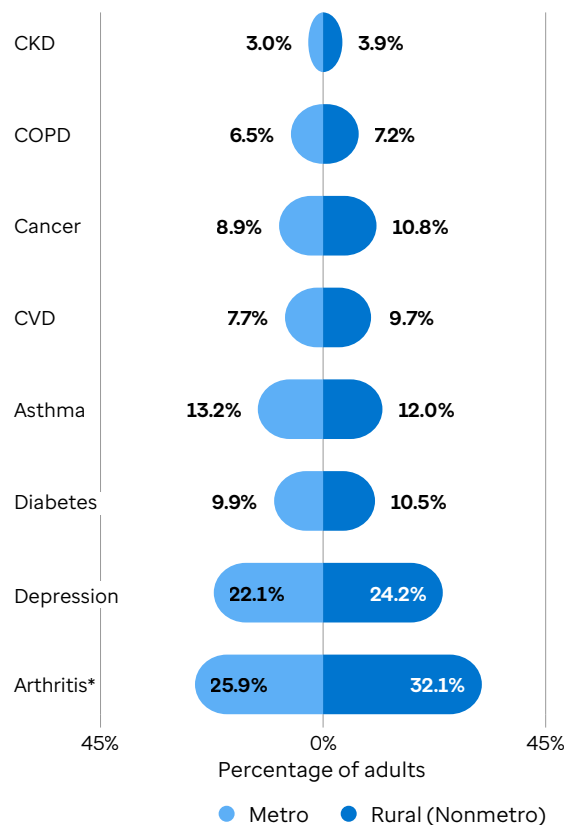
Source: U.S. Census Bureau, American Community Survey, 1-Year Dataset, 2023.

Multiple Chronic Conditions

Prevalence by Metropolitan Status in 2024



Components



*Significant based on 95% confidence intervals.

Source: U.S. HHS, CDC, Behavioral Risk Factor Surveillance System, 2024.

Notes: Order of conditions based on U.S. prevalence. CKD=chronic kidney disease, COPD=chronic obstructive pulmonary disease, CVD=cardiovascular diseases.

Measures | New Hampshire

		State Rank	State Value	U.S. Value
Social & Economic Factors		1	0.927	
Community and Family Safety	Firearm Deaths (Deaths per 100,000 population)*	9	10.2	14.0
	Homicide (Deaths per 100,000 population)	1	1.7	6.7
	Occupational Fatalities (Deaths per 100,000 workers)	16	4.0	4.2
	Public Health Funding (Dollars per person)	32	\$109	\$124
Economic Resources	Economic Hardship Index (Index from 1-100)	1	1	—
	Food Insecurity (% of households)	1	74%	12.2%
	Income Inequality (80:20 ratio)	19	4.44	4.85
Education	Fourth Grade Reading Proficiency (% of public school students)	4	36.2%	30.5%
	High School Completion (% of adults age 25+)	1	95.0%	89.9%
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	23	14.7%	14.1%
	High-Speed Internet (% of households)	1	96.1%	94.6%
	Residential Segregation - Black/White (Index from 0-100)	38	70	—
	Volunteerism (% of population age 16+)	31	29.6%	28.3%
	Voter Participation (% of U.S. citizens age 18+)	7	65.5%	58.8%
Physical Environment		9	0.513	
Air and Water Quality	Air Pollution (Micrograms of fine particles per cubic meter)	3	5.0	8.8
	Drinking Water Violations (Average violations per community water system)	9	1.5	2.5
	Water Fluoridation (% of population served by community water systems)	42	45.5%	72.3%
Climate and Health	Climate Policies (Number out of four policies)	13	3	—
	Renewable Energy (% of total electricity generated)*	31	11.8%	21.9%
Housing and Transit	Homelessness (People per 10,000 population)*	33	15.9	22.6
	Housing Cost Burden (% of households)*	33	30.5%	32.0%
	Housing With Lead Risk (% of housing stock)	33	19.1%	16.1%
	Severe Housing Problems (% of occupied housing units)	21	13.5%	16.8%
Clinical Care		3	1.304	
Access to Care	Avoided Care Due to Cost (% of adults)	6	8.6%	11.5%
	Dental Care Providers (Providers per 100,000 population)	16	69.5	66.3
	Mental Health Providers (Providers per 100,000 population)	15	440.3	362.6
	Primary Care Providers (Providers per 100,000 population)	4	370.7	291.4
	Uninsured (% of total population)	4	4.5%	8.2%
Preventive Clinical Services	Cancer Screenings (% of adults ages 40-75)	4	71.7%	64.5%
	Childhood Immunizations (% of 3-year birth cohort)	3	77.2%	66.9%
	Dental Visit (% of adults)	5	72.2%	67.5%
	Flu Vaccination (% of adults)	4	50.4%	41.3%
	HPV Vaccination (% of adolescents ages 13-17)	4	72.2%	62.9%
Quality of Care	Dedicated Health Care Provider (% of adults)	1	91.0%	83.9%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries age 18+)	19	2,500	2,768
Behaviors		2	1.214	
Nutrition and Physical Activity	Exercise (% of adults)	5	33.1%	30.4%
	Fruit and Vegetable Consumption (% of adults)	4	11.1%	7.4%
	Physical Inactivity (% of adults)	7	18.6%	21.8%
Sexual Health	Chlamydia (Cases per 100,000 population)	1	196.6	492.2
	High-Risk HIV Behaviors (% of adults)	17	5.3%	5.6%
	Teen Births (Births per 1,000 females ages 15-19)	1	4.6	13.1
Sleep Health	Insufficient Sleep (% of adults)	16	33.0%	35.5%
Smoking and Tobacco Use	E-Cigarette Use (% of adults)	4	5.7%	8.0%
	Smoking (% of adults)	9	9.1%	11.6%
Health Outcomes		2	0.889	
Behavioral Health	Drug Deaths (Deaths per 100,000 population)*	23	31.4	31.4
	Excessive Drinking (% of adults)	32	176%	170%
	Frequent Mental Distress (% of adults)	18	15.0%	15.6%
	Non-Medical Drug Use (% of adults)	2	7.2%	16.8%
Mortality	Premature Death (Years lost before age 75 per 100,000 population)	10	6,577	7,862
	Premature Death Racial Disparity (Ratio of highest rate to white rate)	1	0.5	1.9
Physical Health	Frequent Physical Distress (% of adults)	8	11.5%	13.0%
	Low Birth Weight (% of live births)	2	6.8%	8.6%
	Low Birth Weight Racial Disparity (Ratio of highest rate to white rate)	10	1.8	2.1
	Multiple Chronic Conditions (% of adults)	20	10.8%	11.3%
	Obesity (% of adults)	11	31.1%	34.2%
Overall		1	0.990	

Visit AmericasHealthRankings.org for the full list of [measures](#), [source details](#) and [methodologies](#).

* Unweighted measure that does not contribute to a state's Overall Rank.
— Data are not available, missing or suppressed.