

Addressing Childhood Adversity

NH PIP releases their latest report

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The Institute for Health Policy and Practice has released a new study conducted by the [NH Pediatric Improvement Partnership](#). The report, [Addressing Childhood Adversity and Social Determinants in Pediatric Primary Care](#), identifies approaches to better address the short and long-term impacts of adverse childhood experiences (ACEs) and the social determinants of health on children's health and wellbeing. ACEs encompass physical and emotional abuse, neglect and other household challenges including household substance use such as opioids. Social determinants are features of the environment where a person lives, such as availability of jobs and play areas for

children, that can affect health.

When exposed to ACEs and other negative social determinants, a child's stress response system is activated, which if prolonged and excessive, can lead to toxic levels of stress that derail development. Pediatric primary care physicians play a critical role in prevention and early intervention, but they cannot do it alone.

The report offers recommendations for developing multidisciplinary care teams, training on trauma-informed care, and improving care coordination and outreach surrounding local resources and services. It also emphasizes the importance of involving policymakers and the public in these processes to better support children and families affected by adverse childhood experiences and negative social determinants of health.

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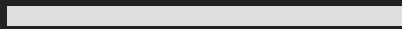
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INFORMING THE CONVERSATION SERIES
DECEMBER 2020

Covering the Care: Health Insurance Coverage in New Hampshire | 2020 Update

This brief provides updates from the Insurance Coverage and Marketplace "Covering the Care Briefs" that were previously published.¹ This update also includes a special section focused on premiums and deductibles in New Hampshire.

WHY DOES INSURANCE COVERAGE MATTER?

Individuals risk experiencing unexpected and high medical costs and often forgo necessary care when they lack health insurance. More than 3 in 4 uninsured adults said they or their family delayed or went without health care because of cost reasons in 2019.²

INSURANCE COVERAGE IN NEW HAMPSHIRE

The uninsured rate in NH has been consistent in recent years, approximately 6% from 2015 through 2019, down from almost 11% in 2013.³ Nationally, the uninsured rate was approximately 9% in 2019. New Hampshire's rate of 6.3% in 2019 is higher than its 2018 rate of 5.7%, while these are not significant

FOCUS ON HEALTH POLICY RISING COSTS AND MARKET INSTABILITY

The cost of health insurance, in terms of premiums and deductibles, increased significantly between 2017 and 2019. This is due in part to the reality that the underlying costs to provide health care are high, and New Hampshire is a small state. The insurance industry attributes rising premiums to many factors, including:

- ongoing uncertainty about the future of the Affordable Care Act;
- the elimination of the individual mandate penalty by Congress in December 2017;
- lack of funding for cost sharing reductions;

December 29, 2020 | INSTITUTE FOR HEALTH POLICY AND PRACTICE (IHPP)

Informing the Conversation - Covering the Care



University of New Hampshire

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