

New Hampshire State Profile

State Partnerships Improving Nutrition & Equity

Overview

State Partnerships Improving Nutrition & Equity (SPINE) is a program of the [National Association of Chronic Disease Directors](#) (NACDD) [Center for Advancing Healthy Communities](#). In collaboration with the Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity (DNPAO), NACDD is providing funding to nine DNPAO Ambassador states to address food and nutrition security through equitable and sustainable actions that tackle economic and social conditions limiting food and nutrition security across the lifespan. State health departments receiving funding are Iowa, Kansas, Maryland, Michigan, Nevada, New Hampshire, New Jersey, Oklahoma, and Oregon. Five states – Iowa, Michigan, Nevada, New Hampshire, and Oklahoma – received additional funding to augment existing efforts in their states to improve initiation, exclusivity, and duration of breastfeeding/chestfeeding.

SPINE states are developing meaningful partnerships or enhancing existing partnerships to support the implementation of a SPINE State Action Plan (SAP) that serves as a strategic roadmap for carrying out equitable food and nutrition security activities throughout their state. The initial project period was January 1, 2022 – December 31, 2022; an additional year of funding was awarded in 2022, expanding the project period to December 31, 2023.

Learn more about the [SPINE program](#).

Activities

Overarching

- Convene cross-sector partners to utilize existing data and leverage the SPINE SAP to address food and nutrition insecurity in New Hampshire by increasing awareness of and participation in federal nutrition programs.
- Integrate social determinants of health (SDOH) screenings at healthcare organizations to improve outreach and enrollment in the Supplemental Nutrition Assistance Program (SNAP), the special supplemental nutrition program for Women, Infants, and Children (WIC), and School Meals for eligible individuals.
- Promote and encourage breastfeeding/chestfeeding throughout the state by training Community Health Workers (CHW) to provide breastfeeding support and connect community members to breastfeeding resources.

Food and Nutrition Security

- Provide the needed training, tools, and materials to expand outreach to community members for increased enrollment in SNAP and other federal nutrition programs such as WIC and School Meals.
- Train local coalitions, including the New Hampshire Food Access Coalition, healthcare organizations, and community-based organizations, on using the Unite Us referral software to connect individuals to food resources and other SDOH needs such as housing and healthcare.

- Advocate for legislation requiring the state to consistently create and file a SNAP Outreach Plan; this resulted in the Governor signing a SNAP Outreach bill into law.

Breastfeeding/Chestfeeding

- Revise New Hampshire's "Ten Steps to Successful Breastfeeding" (based on the Baby-Friendly Hospital Initiative) online curriculum to a more user-friendly format.
- Develop a breastfeeding training for CHWs on how to refer pregnant, prenatal, and postpartum people and caregivers of young children to breastfeeding/chestfeeding education and support programs.

Health Equity

- Convene state agencies, local public health departments, community consultants, and healthcare organizations monthly to identify state and community health improvement plan priorities around equity, chronic illness, and diseases related to food access.
- Lead monthly training for 34 key partners, including state agencies, local public health departments, community consultants, and healthcare organizations, on how to address food and nutrition insecurity and operationalize equity through policy, systems, and environmental change; cultural competence; community engagement; organizational design; data collection; and SMART goal design.
- Interview 32 New Hampshire Food Access Coalition members to identify actions to improve equitable food and nutrition security.
- Identify healthcare organizations, such as hospitals and clinics, whose electronic medical records support SDOH screenings.
- Work with Unite Us to populate the referral software with local agencies and direct service providers to ensure healthcare offices have adequate referral resources for individuals and families in need of food resources and other SDOH needs.
- Implement SDOH screenings at 14 healthcare organizations.

Health Equity Spotlight

The New Hampshire SPINE team hired health equity consultant Dr. Trinidad Tellez to ensure that the strategic plans developed for SPINE address equity while achieving food and nutrition security and develop and deliver trainings for stakeholders that center equity in food and nutrition security strategies.

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