



Behavioral Health Profile for Ralls County



July 1, 2011

About Ralls County:

Located in Central Missouri, Ralls County has a population of 10,167. Among Missouri's 114 counties plus the city of St. Louis, Ralls County ranks 88th in terms of population. Ralls County's unemployment rate in 2010 was 8.34%. This was lower than the statewide unemployment rate of 9.60%. In 2009, the poverty rate for Ralls County was 11.4%. This was lower than the statewide poverty rate of 14.6%. Ralls County is considered a primary healthcare shortage area and is considered a mental health professional shortage area by the Health Resources and Services Administration. Other shortages may exist for low income populations.

Substance Use and Abuse in Ralls County:

The availability of county-level data on substance use and abuse is limited. The Missouri Student Survey can provide estimates for youth in most Missouri counties. This survey is administered in even-numbered years to 6th through 12th grade students in participating school districts.

Missouri Student Survey data is not available for Ralls County.

Current Substance Use for Grades 6 through 12*

	Ralls County	Missouri
Cigarettes	%	13.70 %
Chewing tobacco	%	6.10 %
Alcohol	%	19.80 %
Binge drinking*	%	11.40 %
Marijuana	%	9.40 %
Inhalants	%	3.00 %
Prescription drugs not prescribed for student	%	6.70 %
Over-the-counter medications for non-medical use	%	4.80 %

*Used in the past 30 days

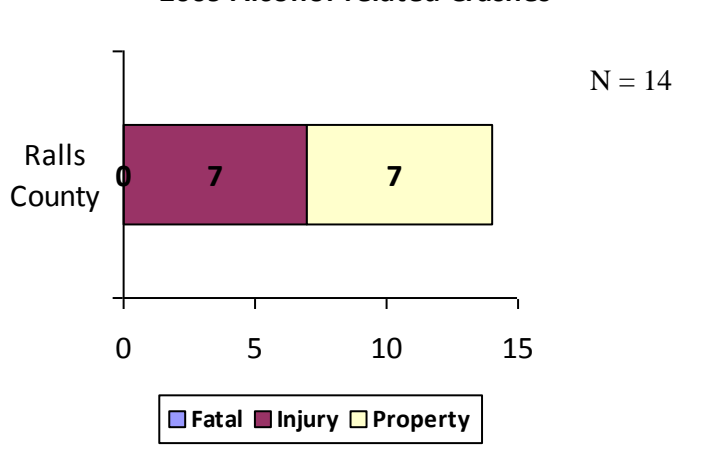
Red: Higher than Missouri rate

**Five or more drinks on one occasion

In Central Missouri, an estimated 6.93% of residents age 12 and over use illegal drugs and 7.65% are abusing alcohol. Public safety, health care, crime, and public assistance are among the areas impacted by substance abuse. In 2009, Ralls County had 14 alcohol-related traffic crashes. This is lower than that for 2008 (19). Of the 2009 alcohol-related crashes, 0 crashes resulted in the loss of life. Another 7 resulted in injuries. Alcohol-related crashes are more likely to produce fatalities and injuries compared to non-alcohol-related crashes.

In 2009, Ralls County had 34 DUI arrests, 1 liquor law violations, and 9 drug arrests. Ralls County had 14 methamphetamine laboratory seizures in 2009. The manufacture of methamphetamine has been particularly problematic for rural Missouri.

2009 Alcohol-related Crashes

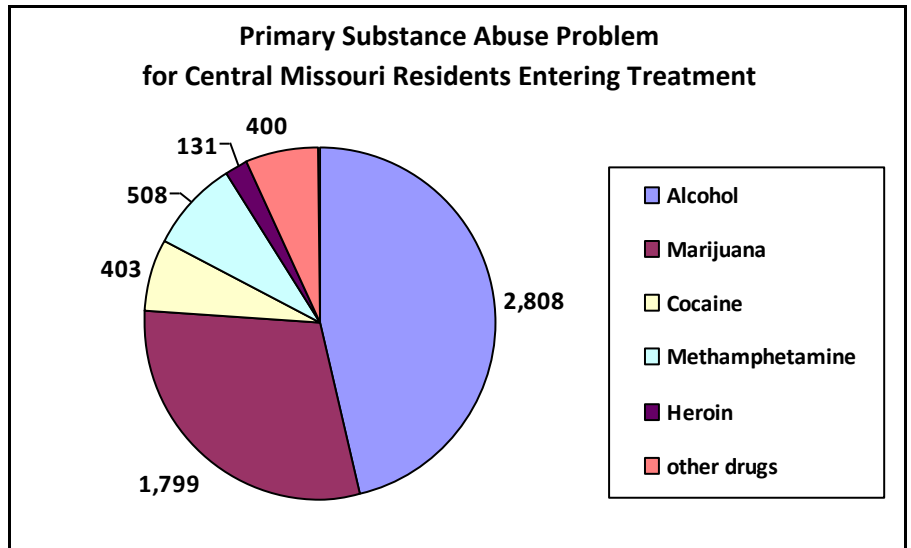


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Substance Use and Abuse in Ralls County: (cont.)

In 2008, Ralls County residents had a total of 59 alcohol-related and 35 drug-related hospitalizations and emergency room visits. Statewide, average expenses for an alcohol or drug-related visit to the emergency room was \$4,180.

In state fiscal year 2010, 55 Ralls County residents were admitted to substance abuse treatment at publicly-funded facilities. In Central Missouri and statewide, alcohol and marijuana were the most common substance abuse problems presenting for treatment. In Central Missouri, the next most common drug problem was methamphetamine. Statewide, it was methamphetamine.



Mental Health in Ralls County:

In Central Missouri, an estimated 13.62% of residents age 12 and over have had serious psychological distress in the past year. Young adults and females tend to have higher rates of serious psychological distress. Nationwide, about 45 percent of those with serious psychological distress receive mental health services. Approximately 8.53% of Central Missouri residents have had at least one major depressive episode in the past year. A major depressive episode is characterized by an extended period of depressed mood, loss of interest or pleasure, and impaired functioning. Females are more likely to report having had a major depressive episode. Mental illness can result from a combination of genetic vulnerabilities and life stressors such as loss of employment or relationships and financial difficulties. Symptoms can include feeling sad, confused thinking, excessive fears, withdrawal from family and friends, problems sleeping, detachment from reality, substance abuse, significant changes in eating habits, excessive anger or violence, and suicidal thinking. Treatment for mental illness can include a combination of counseling and medication. In 2009, 0 Ralls County residents committed suicide. The suicide rate for Central Missouri was 13.1 per 100,000 persons, which is lower than the state rate (14.3 per 100,000 persons.) Males are about four times more likely to commit suicide than females. Older males have higher rates of suicide than younger males.

In state fiscal year 2010, 87 Ralls County residents received treatment for serious mental illness at publicly-funded facilities. In Central Missouri and statewide, mood disorders were the most common diagnosis category. Mood disorders include mania, major depression, and bipolar disorder. Anxiety and psychotic disorders were the next most common diagnosis categories. Anxiety disorders include panic, obsessive-compulsive, and post-traumatic stress disorders as well as phobias. Psychotic disorders include schizophrenia and delusional disorders. Individuals struggling with serious mental illness are at higher risk for homicide, suicide, and accidents as well as chronic conditions including cardiovascular and respiratory diseases and substance abuse disorders.

Current Mental Health for Grades 6 through 12*

	Ralls County	Missouri
Were very sad	%	18.90 %
Were grouchy, irritable, or in a bad mood	%	24.80 %
Felt hopeless about the future	%	11.80 %
Felt like not eating or eating more than usual	%	18.10 %
Slept a lot more or a lot less than usual	%	25.60 %
Had difficulty concentrating on school work	%	24.60 %
Seriously considered attempting suicide	%	11.60 %
Have been bullied on school property	%	25.00 %

*In the past 30 days

Red: Higher than Missouri rate