



Behavioral Health Profile

Holt County

May 2014



Located in Northwest Missouri, Holt County has a population of 4,568. Among Missouri's 114 counties plus the city of St. Louis, Holt County ranks 111 in terms of population. Holt County's unemployment rate in 2013 was 4.8%. This was lower than the statewide unemployment rate of 6.5%. In 2012, the poverty rate was 15.5% which was lower than the statewide poverty rate of 16.2%. The median income of the county was \$40,036.

Substance Use and Abuse in Holt 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.

Healthy People 2020, a set of federal goals, has established objectives to reduce tobacco initiation and use by adolescents and adults. In Holt County, 58.5% of youth believe that it would be easy to get cigarettes and 56.9% have friends who smoke.

Youth who use alcohol are at greater risk of developing abuse problems later in life. An estimated 63.1% of youth in Holt County believe that it would be easy to get alcohol and 64.1% have friends who drink alcohol.

Marijuana use is of increasing concern across the state. In 2012, 36.5% of Holt County youth said that marijuana is easy to get, 41.5% report having at least one friend that uses it and 4.6% said that smoking marijuana is 'no risk at all'.

In Holt County, 13.8% of youth believe that it would be easy to get other drugs such as cocaine, methamphetamine, and ecstasy.

Substance Use Consequences in the County

Health: In 2011, Holt County residents had a total of 4 alcohol-related and 7 drug-related hospitalizations. In addition there were 13 alcohol-related and 9 drug-related ER visits that did not include a hospital stay.

Treatment: In 2012, 25.5% of mothers in Holt County reported smoking during their pregnancy. This is an increase from 2011 (20.3%).

Current Substance Use for Grades 6 - 12, 2012 data

	30 Day Use County	30 Day Use Missouri	Age of First Use County
Cigarettes	<u>16.9%</u>	10.6%	12.72
Alcohol	<u>21.5%</u>	16.9%	12.40
Binge*	<u>15.2%</u>	9.6%	N/A
Marijuana	7.7%	8.6%	14.58
Inhalants	<u>3.1%</u>	2.3%	
RX Abuse	<u>9.2%</u>	4.7%	unknown
OTC Abuse	<u>4.7%</u>	3.5%	unknown
Synthetic	<u>4.6%</u>	2.9%	unknown

Current Substance Use for Ages 18+ in the Northwest Region, 2008-10 data

	30 Day Use Region	30 Day Use Missouri
Cigarettes	<u>28.7%</u>	28.5%
Alcohol	<u>55.3%</u>	54.2%
Binge**	25.0%	25.3%
Marijuana	5.7%	6.0%
Illicit Drug excluding MJ	2.8%	2.8%

*5+ drinks on a single occasion in last 2 weeks.

**5+ drinks on a single occasion in last 30 days.

Red underlined is higher than state average.

Substance Abuse Treatment in Holt County

Total	19
Alcohol Primary	8
Marijuana Primary	less than 5

Law Enforcement: In 2012, Holt County had 23 DWI arrests, 9 liquor law violations and 22 drug-related arrests. Holt County had 0 methamphetamine laboratory seizures in 2012 and 0 in 2013. The manufacture of methamphetamine has been particularly problematic for rural Missouri. Specifically, labs tend to be clustered primarily in the counties surrounding St. Louis and secondarily in the southwest and southeast areas of the state.

Traffic Crashes in Holt County

Alcohol-related traffic crashes decreased in the last year (from 8 in 2011 to 6 in 2012). Alcohol-related crashes are more likely to produce fatalities and injuries compared to non-alcohol-related crashes.

2012 Number of Alcohol-Related Crashes by Severity				2012 Number of People Injured / Killed in Alcohol and Drug-Related Crashes			
Total Crashes	Fatal Crash	Crash w/ Injury	Crash w/ Property Damage	Alcohol Fatalities	Alcohol Injuries	Drug Fatalities	Drug Injuries
6	0	3	3	0	7	0	2

Mental Health in Holt County

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. In state fiscal year 2013, 17 Holt County residents received treatment for serious mental illness at publicly-funded facilities. See table for details. While there is data on those who receive treatment, data on mental health in the general population is very limited. This is especially true at the local level.

In Northwest Missouri, 20.7% of those 18 and older had a mental illness in the past year with 5.0% having a serious mental illness. Serious mental illness is defined as any of the mental disorders asked about and 'these disorders resulted in substantial impairment in carrying out major life activities'.

Approximately 6.9% of Northwest Missouri residents ages 18+ 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. Typically females are more likely to report having had a major depressive episode.

Students (6th-12th grade) in the county were asked about their mental health. 9.4% had considered suicide in the last year, 6.3% made a plan, and 0.0% actually attempted, resulting in an injury. In 2012, 2 Holt County residents committed suicide. Nationally, males are about four times more likely to commit suicide than females. Older males have higher rates of suicide than younger males.

Comprehensive Psychiatric Services Numbers Served in Holt County		
	<u>FY2012</u>	<u>FY2013</u>
Total	21	17
Adjustment Disorder	*	*
Anxiety Disorder	7	6
Developmental Disorder	0	0
Impulse Control Disorder	*	*
Mood Disorder	15	12
Psychotic Disorder	0	0

These numbers indicate the number of clients seen with each diagnosis per year. An individual client may have more than one admission within a year.
*Counts under 5 suppressed to protect identities