



Behavioral Health Profile

Howard County

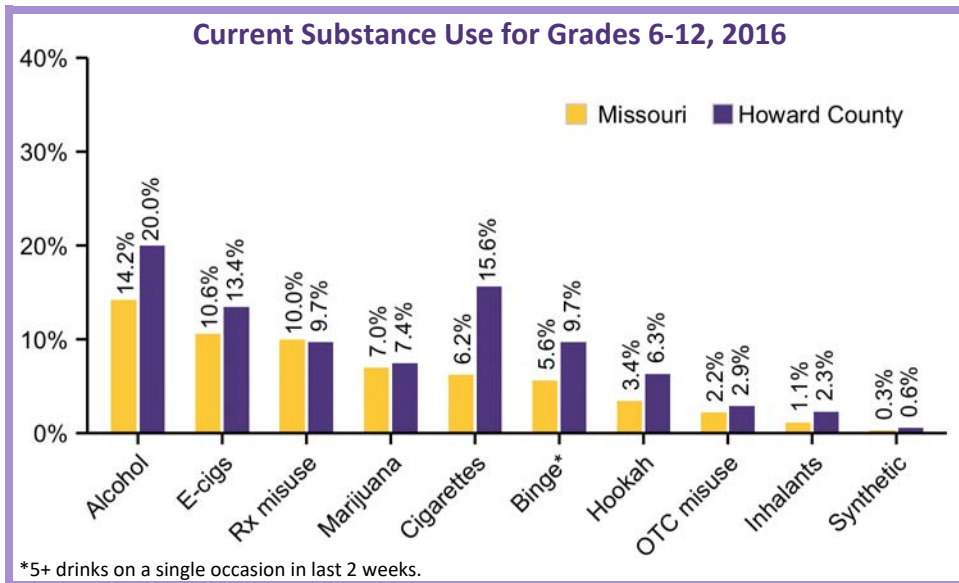
2017



Howard County is located in Central Missouri and had a population of 10,139 in 2015. Howard County ranks 87 in population size among Missouri's 114 counties plus the city of St. Louis. The 2016 unemployment rate in the county was 4.4%. This was lower than the statewide unemployment rate of 4.5%. In 2015, the poverty rate was 15.9% which was higher than the statewide poverty rate of 14.8%. The median income of the county was \$44,634.

Substance Use in Howard County

The availability of county-level data on substance use is limited. The Missouri Student Survey convenience sample 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. Adult data are available at the regional level from the NSDUH.

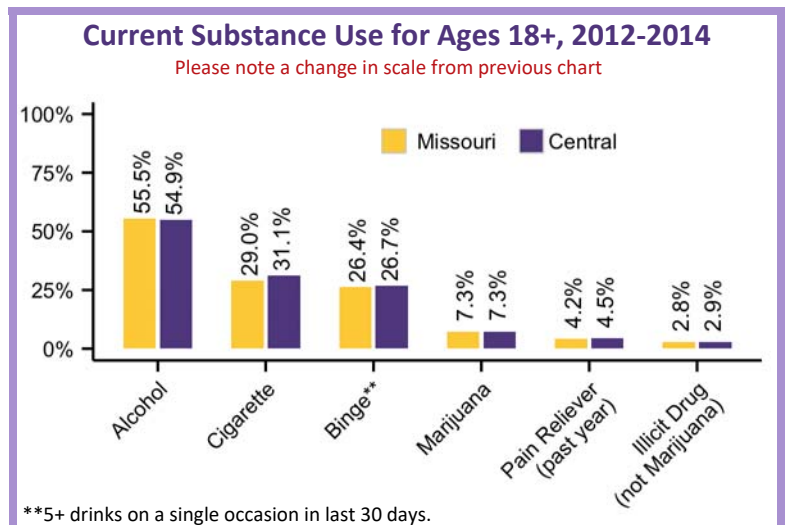


Alcohol is the most commonly used substance by youth in Missouri. An estimated 54.7% of youth in Howard County believe that it would be easy to get alcohol and 10.0% believe that using alcohol presents only 'slight' or 'no risk' of harm. The average age of first use is 13.0 and 61.1% have at least one friend that uses alcohol.

Cigarette use, both standard and electronic, is of concern across the state. The average age that county youth first use standard cigarettes is 13.2. An estimated 47.1% of youth believe that it would be easy to get cigarettes and 38.6% to get e-cigarettes.

Prescription drug misuse is of growing concern both across the nation and in Missouri. In Howard County, 19.3% of youth believe that they would be easy to get. Most youth report that there is a risk of harm when misusing prescription drugs, but 16.9% of youth believe that there is 'slight' or 'no risk at all'. Pain medication was the most commonly misused prescription medication by youth across the state. Most Missouri youth get prescription drugs from a friend or family member.

Marijuana use in Missouri youth continues to be of interest, particularly with recent shifts in legality of adult use across the nation. In 2016, 22.1% of county youth said that marijuana is easy to get, 31.4% report having at least one friend that uses it, and 31.2% believe that there is only a 'slight' or 'no risk' of harm from smoking marijuana once or twice a week. The average age of first use is 14.4.



Substance Use Consequences in the County

Health: In 2014, Howard County residents had a total of 0 alcohol-related and 0 drug-related hospitalizations. In addition there were 11 alcohol-related and 6 drug-related ER visits that did not include a hospital stay.

Treatment: In 2015, 39 individuals were admitted into Substance Abuse Treatment Programs. A total of 16 were primarily due to alcohol, 11 were primarily due to marijuana, and 0 were primarily due to prescription drugs.

Law Enforcement: In 2015, Howard County had 30 DWI arrests, 31 liquor law violations and 114 drug-related arrests. There were 0 methamphetamine laboratory seizures in Howard County in 2016.

Traffic Crashes: Alcohol-related traffic crashes increased in the last year (from 6 in 2014 to 9 in 2015). Alcohol-related crashes are more likely to produce fatalities and injuries compared to non-alcohol-related crashes.

2015 Number of Alcohol-Related Crashes by Severity				2015 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
9	0	4	5	0	5	0	0

Mental Health Data for Howard 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 use disorders. In state fiscal year 2015, 95 Howard County residents received treatment for serious mental illness at publicly-funded facilities. See table for details. While there are 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.

Numbers Served in Howard County		
	FY2014	FY2015
Total	79	95
Adjustment Disorder	*	*
Anxiety Disorder	27	39
Developmental Disorder	0	*
Impulse Control Disorder	6	13
Mood Disorder	41	52
Psychotic Disorder	22	27
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		

In Central Missouri, 19.0% 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 7.3% of Central 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. 6.9% had considered suicide in the last year, 8.0% made a plan, and 0.0% actually attempted, resulting in an injury. In 2014, 2 Howard County residents died by suicide. Typically, males and whites are most likely to die by suicide.

Developed with support from the Missouri Division of Behavioral Health and the Substance Abuse and Mental Health Services Administration.

For more information: <http://dmh.mo.gov/ada/mobhew/>