



# Behavioral Health Profile

## Cape Girardeau County

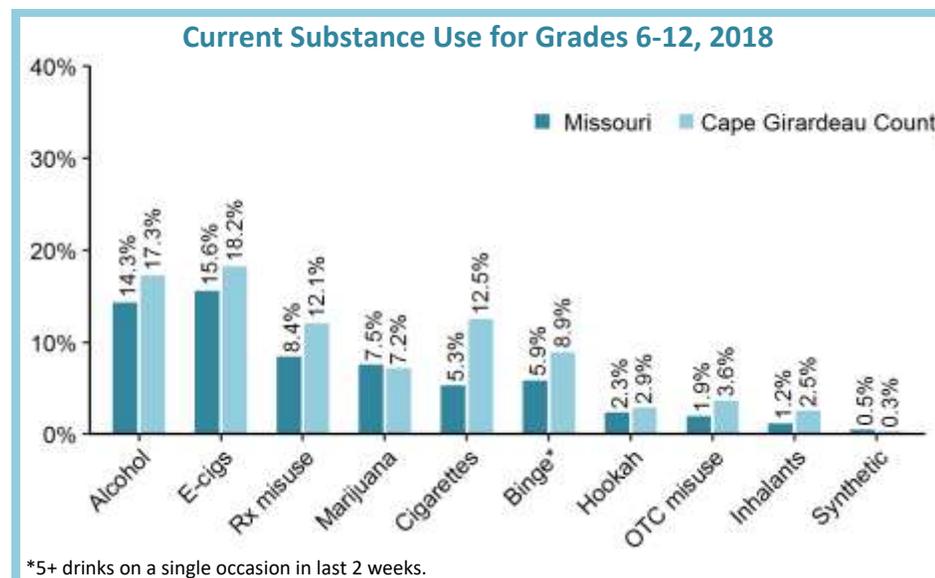
2018



Cape Girardeau County is located in Southeast Missouri and had a population of 78,390 in 2016. Cape Girardeau County ranks 15 in population size among Missouri's 114 counties plus the city of St. Louis. The 2016 unemployment rate in the county was 5.9%. This was lower than the statewide unemployment rate of 6.6%. In 2016, the poverty rate was 15.2% which was higher than the statewide poverty rate of 14.0%. The median income of the county was \$50,227.

### Substance Use in Cape Girardeau 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. See page 2 for graph.



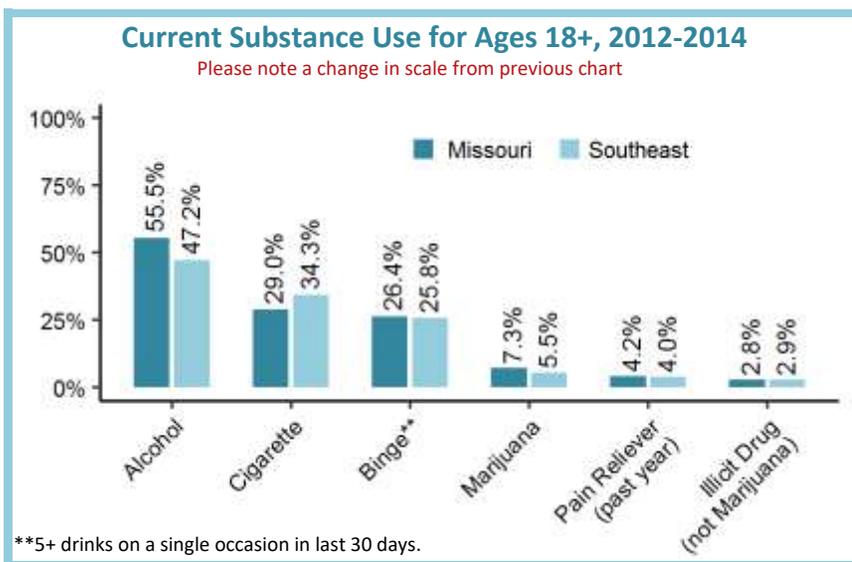
**Alcohol** is one of the most common substances used by Missouri youth. In Cape Girardeau County, 17.3% youth have used alcohol in the past 30 days. An estimated 43.5% believe that using alcohol presents only 'slight' or 'no risk' of harm. Similarly, approximately 31.3% of youth believe that there is 'slight' or 'no risk' of harm in binge drinking once or twice a week. About 58.2% of youth believe that it would be easy to get alcohol. 54.5% of youth have at least one friend that uses alcohol.

The average age of first alcohol use is 12.4. Among Missouri adults, alcohol is the most commonly used substance. In the Southeast region, approximately 47.2% of adults currently drink alcohol, and 25.8% have had 5 or more drinks of alcohol on a single occasion in the past 30 days.

**Cigarette** use, in both standard and electronic forms, is of concern across the state. In Cape Girardeau County youth, the rate of e-cigarette use is higher than the rate of standard cigarette use. The average age that county youth first use standard cigarettes is 12.6. An estimated 56.7% of youth believe that it would be easy to get standard cigarettes and 52.7% to get e-cigarettes. 43.8% of youth have at least one friend that uses standard cigarettes. An estimated 16.2% of youth believe there is 'slight' or 'no risk' to smoking standard cigarettes, while 44.0% believe there is 'slight' or 'no risk' to smoking e-cigarettes. Most youth obtain cigarettes and e-cigarettes from their friends. In the Southeast region, 34.3% of adults currently use cigarettes compared to 29% statewide.

**Marijuana** use in Missouri youth continues to be of interest, particularly with recent shifts in legality of adult use across the nation. Around 7.5% of youth and 7.3% of adults report current marijuana use. In Cape Girardeau County, 7.2% of youth use marijuana. In 2018, 35.2% of youth said that marijuana is easy to get. Around 84.1% believe that smoking marijuana is wrong, and 36.3% report having at least one friend that uses marijuana. The average age of first use is 15.1. The majority of youth obtain marijuana from their friends, a dealer, or a family member. Across the state, around 46.6% of adults believe there is 'slight' or 'no risk' of harm from smoking marijuana once or twice a week. In Cape Girardeau County youth, approximately 36.6% believe that there is 'slight' or 'no risk' of harm from smoking marijuana once or twice a week.

**Prescription drug** misuse is of growing concern both across the nation and in Missouri. In Cape Girardeau County, 23.8% of youth believe that it would be easy to get prescription drugs that were not prescribed to them. Most report that there is a risk of harm when misusing prescription drugs, but 12.3% of youth believe that there is 'slight' or 'no risk at all'. About 92.5% of youth believe it would be wrong to use prescription drugs not prescribed to them. Most youth get prescription drugs from a friend or family member. Pain medication is the most commonly misused prescription medication, with 56.7% of those misusing prescription drugs in Cape Girardeau County saying they misuse pain medication. 4.0% of adults in the Southeast region reported misuse of prescription pain medication over the past year.



### Substance Use Consequences in the County

**Health:** In 2015, Cape Girardeau County residents had a total of 39 alcohol-related and 31 drug-related hospitalizations. In addition there were 171 alcohol-related and 134 drug-related ER visits that did not include a

**Treatment:** In 2017, 518 individuals were admitted into Substance Abuse Treatment Programs. A total of 168 were primarily due to alcohol, 100 were primarily due to marijuana, and 28 were primarily due to prescription drugs.

**Law Enforcement:** In 2017, Cape Girardeau County had 311 DWI arrests, 37 liquor law violations and 271 drug-related arrests. There were 0 methamphetamine laboratory seizures in Cape Girardeau County in 2017.

**Traffic Crashes:** Alcohol-related traffic crashes increased in the last year (from 51 in 2015 to 76 in 2016). Alcohol-related crashes are more likely to produce fatalities and injuries compared to non-alcohol-related crashes.

2016 Number of Alcohol-Related Crashes by Severity				2016 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
76	2	22	52	2	24	0	3



### Mental Health Data for Cape Girardeau County

Individuals struggling with serious mental illness are at higher risk for homicide, suicide, and accidents, as well as chronic conditions including cardiovascular disease, respiratory disease, and substance use disorders. In state fiscal year 2017, 1868 Cape Girardeau 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 Cape Girardeau County		
	FY2016	FY2017
Total	2,014	1,868
Adjustment Disorder	126	98
Anxiety Disorder	368	455
Developmental Disorder	6	*
Impulse Control Disorder	281	241
Mood Disorder	1,099	1,059
Psychotic Disorder	226	240

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 Southeast Missouri, 20.7% of those 18 and older had a mental illness in the past year, and 6.1% had 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 7.5% of Southeast 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. 71.8% of students in the county reported feeling grouchy or in a bad mood, 58.6% reported feeling sad, 52.1% had changes in sleep, and 55.5% had difficulty concentrating in school at least sometimes. About 20.7% of youth reported self-harm. The most common method of self-harm was cutting, hitting, or scratching oneself. Females were more likely to report self-harm than males.

Suicide is the 2nd leading cause of death for ages 10-34 in Missouri. In 2016, 17 Cape Girardeau County residents died by suicide. Typically, white males are most at risk of suicide. Approximately 21.7% of youth had considered suicide in the last year, 17.4% made a plan, and 2.9% actually attempted, resulting in an injury.

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/>