



Behavioral Health Profile

Holt County

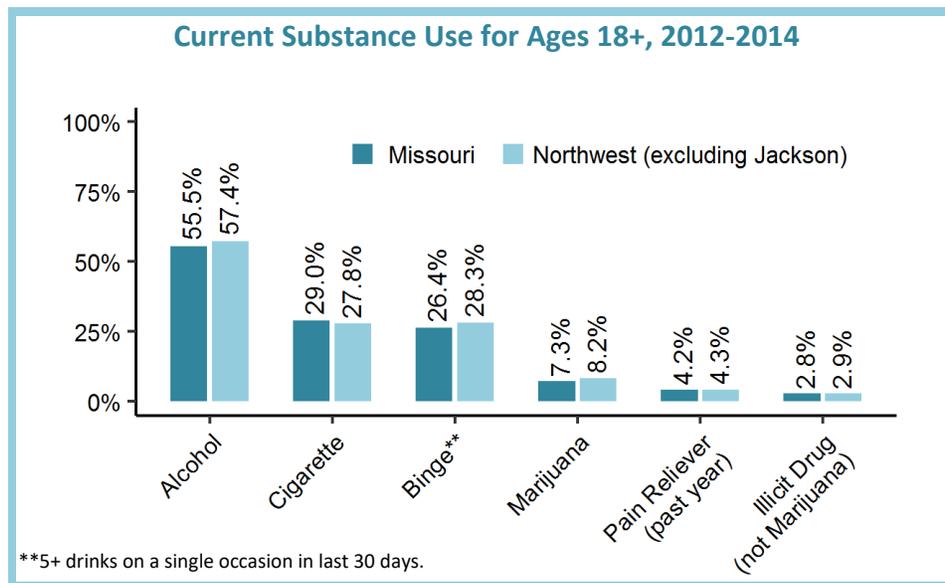
2018



Holt County is located in Western Missouri and had a population of 4,479 in 2016. Holt County ranks 112 in population size among Missouri's 114 counties plus the city of St. Louis. The 2016 unemployment rate in the county was 3.3%. This was lower than the statewide unemployment rate of 4.5%. In 2016, the poverty rate was 14.1% which was higher than the statewide poverty rate of 14.0%. The median income of the county was \$42,240.

Substance Use in Holt County

The primary data source available for this section is the Missouri Student Survey. Due to privacy concerns for individual school districts, Missouri Student Survey data for this county cannot be distributed. Adult data are available from the National Survey on Drug Use and Health (NSDUH) at the regional level.



Alcohol is the most commonly used substance in Missouri adults. In the Western region, approximately 57.4% of adults currently drink alcohol, and 28.3% 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 the Western region, 27.9% of adults currently use cigarettes compared to 29% statewide.

Marijuana use in Missouri continues to be of interest, particularly with recent shifts in legality of adult use across the nation. Around 7.3% of adults report current marijuana use. 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.

Prescription drug misuse is of growing concern both across the nation and in Missouri. 4.3% of adults in the Western region reported misuse of prescription pain medication over the past year.

Substance Use Consequences in the County

Health: In 2015, Holt County residents had a total of 0 alcohol-related and 1 drug-related hospitalizations. In addition there were 4 alcohol-related and 4 drug-related ER visits that did not include a hospital stay.

Treatment: In 2017, 16 individuals were admitted into Substance Abuse Treatment Programs. A total of less than 5 were primarily due to alcohol, less than 5 were primarily due to marijuana, and less than 5 were primarily due to prescription

Law Enforcement: In 2017, Holt County had 30 DWI arrests, 2 liquor law violations and 64 drug-related arrests. There were 0 methamphetamine laboratory seizures in Holt County in 2017.

Traffic Crashes: Alcohol-related traffic crashes decreased in the last year (from 5 in 2015 to 4 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
4	1	1	2	1	2	0	0

Mental Health Data for 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 use disorders. In state fiscal year 2017, 29 Holt 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 Holt County		
	FY2016	FY2017
Total	36	29
Adjustment Disorder	*	*
Anxiety Disorder	13	17
Developmental Disorder	*	0
Impulse Control Disorder	10	7
Mood Disorder	23	21
Psychotic Disorder	6	*

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 Western Missouri, 18.8% of those 18 and older had a mental illness in the past year with 4.5% 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 6.8% of Western 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.

In 2016, 0 Holt 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/>