



# Behavioral Health Profile

## Macon County

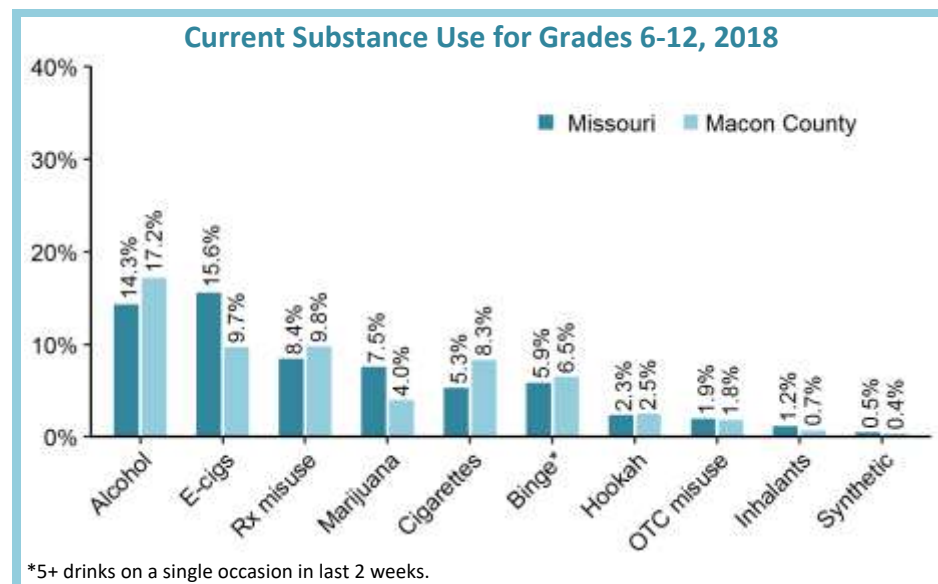
2018



Macon County is located in Central Missouri and had a population of 22,767 in 2016. Macon County ranks 49 in population size among Missouri's 114 counties plus the city of St. Louis. The 2016 unemployment rate in the county was 6.0%. This was lower than the statewide unemployment rate of 6.6%. In 2016, the poverty rate was 21.4% which was higher than the statewide poverty rate of 14.0%. The median income of the county was \$37,594.

### Substance Use in Macon 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.



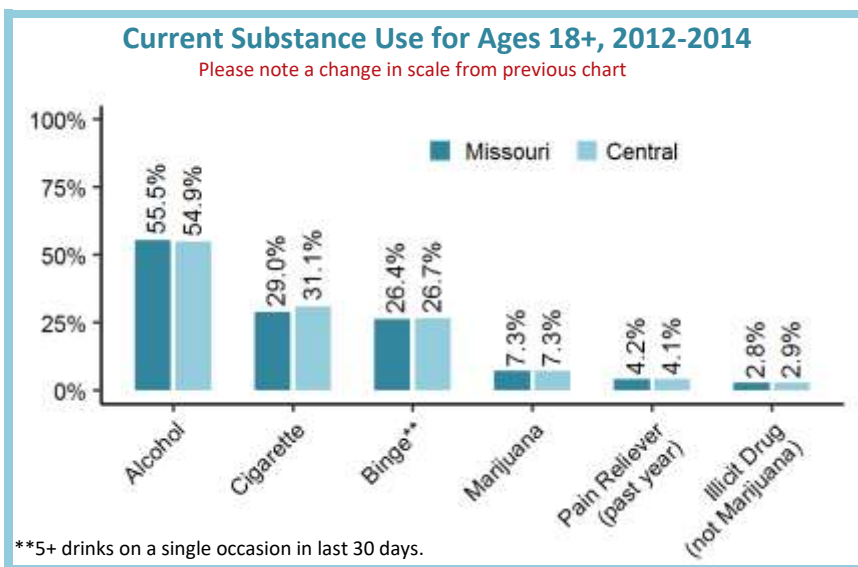
**Alcohol** is one of the most common substances used by Missouri youth. In Macon County, 17.2% youth have used alcohol in the past 30 days. An estimated 37.5% believe that using alcohol presents only 'slight' or 'no risk' of harm. Similarly, approximately 28.2% of youth believe that there is 'slight' or 'no risk' of harm in binge drinking once or twice a week. About 51.6% of youth believe that it would be easy to get alcohol. 47.0% of youth have at least one friend that uses alcohol.

The average age of first alcohol use is 12.5. Among Missouri adults, alcohol is the most commonly used substance. In the Central region, approximately 54.9% of adults currently drink alcohol, and 26.7% 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 Macon 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 12.4. An estimated 47.1% of youth believe that it would be easy to get standard cigarettes and 40.1% to get e-cigarettes. 33.5% of youth have at least one friend that uses standard cigarettes. An estimated 16.4% of youth believe there is 'slight' or 'no risk' to smoking standard cigarettes, while 37.1% believe there is 'slight' or 'no risk' to smoking e-cigarettes. Most youth obtain cigarettes and e-cigarettes from their friends. In the Central region, 31.1% 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 Macon County, 4.0% of youth use marijuana. In 2018, 27.7% of youth said that marijuana is easy to get. Around 85.6% believe that smoking marijuana is wrong, and 24.4% report having at least one friend that uses marijuana. The average age of first use is 14.0. 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 Macon County youth, approximately 29.5% 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 Macon County, 23.0% of youth believe that it would be easy to get prescription drugs that were not prescribed to them. Most youth report that there is a risk of harm when misusing prescription drugs, but 13.7% of youth believe that there is 'slight' or 'no risk at all'. About 95.3% 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 50.0% of those misusing prescription drugs in Macon County county saying they misuse pain medication. 4.1% of adults in the Central region reported misuse of prescription pain medication over the past year.



### Substance Use Consequences in the County

**Health:** In 2015, Macon County residents had a total of 17 alcohol-related and 13 drug-related hospitalizations. In addition there were 29 alcohol-related and 27 drug-related ER visits that did not include a hospital stay.

**Treatment:** In 2017, 136 individuals were admitted into Substance Abuse Treatment Programs. A total of 38 were primarily due to alcohol, 30 were primarily due to marijuana, and 9 were primarily due to prescription drugs.

**Law Enforcement:** In 2017, Macon County had 129 DWI arrests, 1 liquor law violations and 108 drug-related arrests. There were 0 methamphetamine laboratory seizures in Macon County in 2017.

**Traffic Crashes:** Alcohol-related traffic crashes increased in the last year (from 13 in 2015 to 40 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
40	1	18	21	1	22	0	1



### Mental Health Data for Macon 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, 362 Macon 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 Macon County		
	FY2016	FY2017
Total	357	362
Adjustment Disorder	52	35
Anxiety Disorder	108	106
Developmental Disorder	*	0
Impulse Control Disorder	89	85
Mood Disorder	146	152
Psychotic Disorder	27	21

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, and 5.0% 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 7.3% 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. 77.0% of students in the county reported feeling grouchy or in a bad mood, 56.2% reported feeling sad, 55.3% had changes in sleep, and 58.8% had difficulty concentrating in school at least sometimes. About 18.6% 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, 2 Macon County residents died by suicide. Typically, white males are most at risk of suicide. Approximately 12.5% of youth had considered suicide in the last year, 11.5% made a plan, and 1.1% actually attempted, resulting in an injury.