



Behavioral Health Profile

Polk County

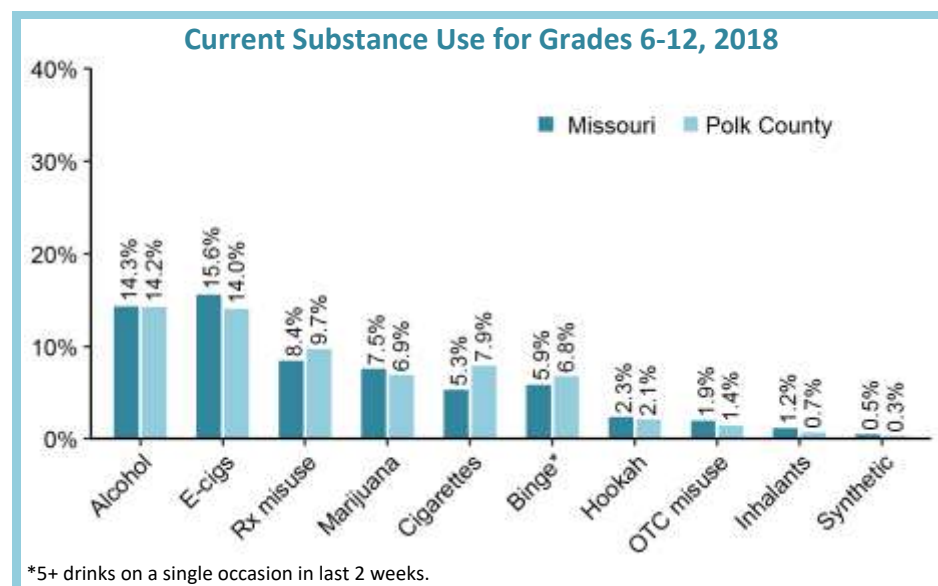
2018



Polk County is located in Southwest Missouri and had a population of 31,412 in 2016. Polk County ranks 37 in population size among Missouri's 114 counties plus the city of St. Louis. The 2016 unemployment rate in the county was 8.9%. This was higher than the statewide unemployment rate of 6.6%. In 2016, the poverty rate was 16.8% which was higher than the statewide poverty rate of 14.0%. The median income of the county was \$44,357.

Substance Use in Polk 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.



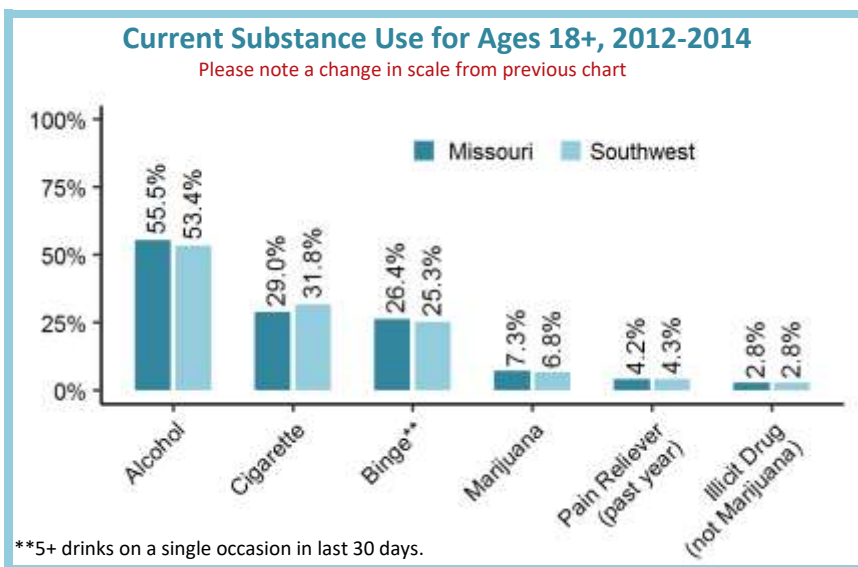
Alcohol is one of the most common substances used by Missouri youth. In Polk County, 14.2% youth have used alcohol in the past 30 days. An estimated 33.2% believe that using alcohol presents only 'slight' or 'no risk' of harm. Similarly, approximately 24.8% of youth believe that there is 'slight' or 'no risk' of harm in binge drinking once or twice a week. About 48.0% of youth believe that it would be easy to get alcohol. 45.0% of youth have at least one friend that uses alcohol.

The average age of first alcohol use is 12.8. Among Missouri adults, alcohol is the most commonly used substance. In the Southwest region, approximately 53.5% of adults currently drink alcohol, and 25.3% 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 Polk 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 47.3% of youth believe that it would be easy to get standard cigarettes and 44.9% to get e-cigarettes. 31.8% of youth have at least one friend that uses standard cigarettes. An estimated 16.9% of youth believe there is 'slight' or 'no risk' to smoking standard cigarettes, while 42.6% believe there is 'slight' or 'no risk' to smoking e-cigarettes. Most youth obtain cigarettes and e-cigarettes from their friends. In the Southwest region, 31.9% 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 Polk County, 6.9% of youth use marijuana. In 2018, 35.3% of youth said that marijuana is easy to get. Around 79.0% believe that smoking marijuana is wrong, and 34.8% report having at least one friend that uses marijuana. The average age of first use is 13.7. 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 Polk County youth, approximately 35.1% 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 Polk County, 25.0% 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 13.2% of youth believe that there is 'slight' or 'no risk at all'. About 94.9% 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 55.2% of those misusing prescription drugs in Polk County county saying they misuse pain medication. 4.3% of adults in the Southwest region reported misuse of prescription pain medication over the past year.



Substance Use Consequences in the County

Health: In 2015, Polk County residents had a total of 30 alcohol-related and 19 drug-related hospitalizations. In addition there were 70 alcohol-related and 64 drug-related ER visits that did not include a hospital stay.

Treatment: In 2017, 187 individuals were admitted into Substance Abuse Treatment Programs. A total of 44 were primarily due to alcohol, 49 were primarily due to marijuana, and 9 were primarily due to prescription drugs.

Law Enforcement: In 2017, Polk County had 113 DWI arrests, 12 liquor law violations and 291 drug-related arrests. There were 0 methamphetamine laboratory seizures in Polk County in 2017.

Traffic Crashes: Alcohol-related traffic crashes increased in the last year (from 17 in 2015 to 21 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 |
| 21 | 0 | 10 | 11 | 0 | 21 | 0 | 2 |



Mental Health Data for Polk 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, 205 Polk 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 Polk County | | |
|-------------------------------|--------|--------|
| | FY2016 | FY2017 |
| Total | 193 | 205 |
| Adjustment Disorder | 7 | 11 |
| Anxiety Disorder | 81 | 109 |
| Developmental Disorder | 7 | 7 |
| Impulse Control Disorder | 32 | 39 |
| Mood Disorder | 124 | 131 |
| Psychotic Disorder | 56 | 49 |

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 Southwest Missouri, 21.0% of those 18 and older had a mental illness in the past year, and 5.5% 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 7.8% of Southwest 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. 75.9% of students in the county reported feeling grouchy or in a bad mood, 54.0% reported feeling sad, 58.6% had changes in sleep, and 59.0% had difficulty concentrating in school at least sometimes. About 21.1% 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, 7 Polk County residents died by suicide. Typically, white males are most at risk of suicide. Approximately 15.2% of youth had considered suicide in the last year, 10.9% made a plan, and 1.4% 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/>