



Behavioral Health Profile

Ralls County

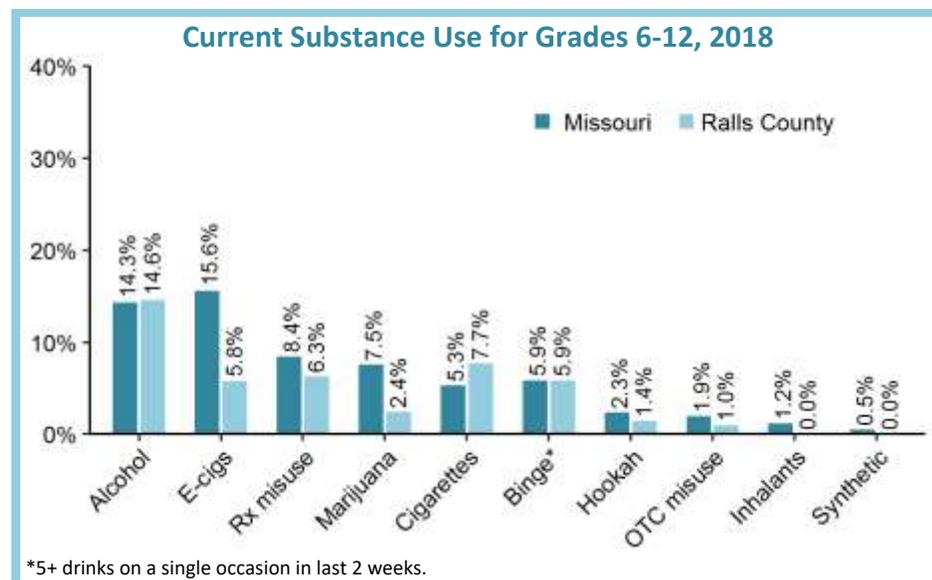
2018



Ralls County is located in Central Missouri and had a population of 10,228 in 2016. Ralls County ranks 85 in population size among Missouri's 114 counties plus the city of St. Louis. The 2016 unemployment rate in the county was 6.6%. This was the same as the statewide unemployment rate of 6.6%. In 2016, the poverty rate was 10.9% which was lower than the statewide poverty rate of 14.0%. The median income of the county was \$51,564.

Substance Use in Ralls 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.



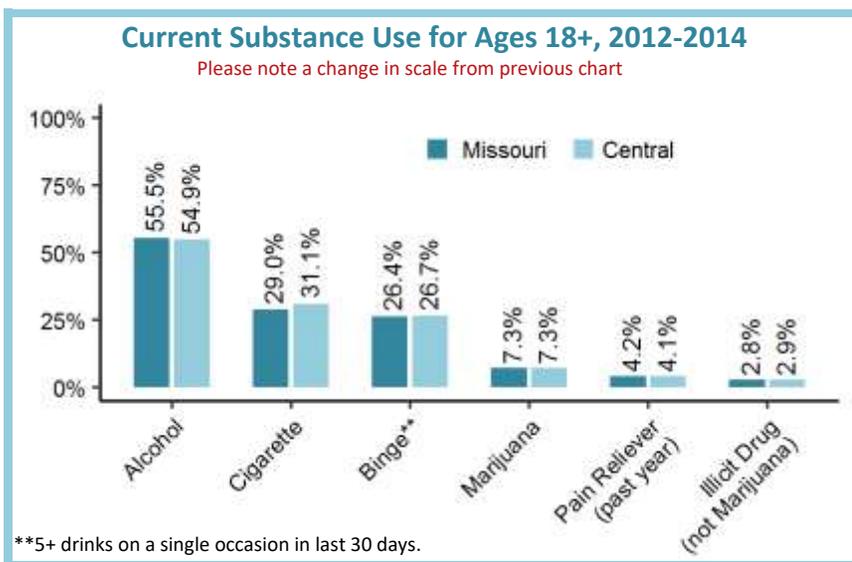
Alcohol is one of the most common substances used by Missouri youth. In Ralls County, 14.6% youth have used alcohol in the past 30 days. An estimated 43.0% believe that using alcohol presents only 'slight' or 'no risk' of harm. Similarly, approximately 32.0% of youth believe that there is 'slight' or 'no risk' of harm in binge drinking once or twice a week. About 49.0% of youth believe that it would be easy to get alcohol. 38.8% of youth have at least one friend that uses alcohol.

The average age of first alcohol use is 12.9. 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 Ralls County youth, the rate of e-cigarette use is lower than the rate of standard cigarette use. The average age that county youth first use standard cigarettes is 12.5. An estimated 47.8% of youth believe that it would be easy to get standard cigarettes and 42.3% to get e-cigarettes. 27.1% of youth have at least one friend that uses standard cigarettes. An estimated 22.8% of youth believe there is 'slight' or 'no risk' to smoking standard cigarettes, while 41.1% 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 Ralls County, 2.4% of youth use marijuana. In 2018, 30.3% of youth said that marijuana is easy to get. Around 87.0% believe that smoking marijuana is wrong, and 25.7% report having at least one friend that uses marijuana. The average age of first use is 14.8. 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 Ralls County youth, approximately 31.9% 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 Ralls County, 25.5% 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 13.9% of youth believe that there is 'slight' or 'no risk at all'. About 94.7% 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 40.0% of those misusing prescription drugs in Ralls 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, Ralls County residents had a total of 3 alcohol-related and 1 drug-related hospitalizations. In addition there were 11 alcohol-related and 7 drug-related ER visits that did not include a hospital stay.

Treatment: In 2017, 46 individuals were admitted into Substance Abuse Treatment Programs. A total of 13 were primarily due to alcohol, 11 were primarily due to marijuana, and less than 5 were primarily due to prescription drugs.

Law Enforcement: In 2017, Ralls County had 61 DWI arrests, 1 liquor law violations and 56 drug-related arrests. There were 0 methamphetamine laboratory seizures in Ralls County in 2017.

Traffic Crashes: Alcohol-related traffic crashes increased in the last year (from 4 in 2015 to 10 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
10	1	6	3	3	8	0	0



Mental Health Data for Ralls 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, 121 Ralls 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 Ralls County		
	FY2016	FY2017
Total	111	121
Adjustment Disorder	6	*
Anxiety Disorder	33	36
Developmental Disorder	*	5
Impulse Control Disorder	41	47
Mood Disorder	71	77
Psychotic Disorder	16	14

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. 69.7% of students in the county reported feeling grouchy or in a bad mood, 48.3% reported feeling sad, 51.7% had changes in sleep, and 52.9% had difficulty concentrating in school at least sometimes. About 14.5% 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, 3 Ralls County residents died by suicide. Typically, white males are most at risk of suicide. Approximately 11.6% of youth had considered suicide in the last year, 6.3% made a plan, and 0.5% actually attempted, resulting in an injury.