



# Behavioral Health Profile

## Saint Louis City

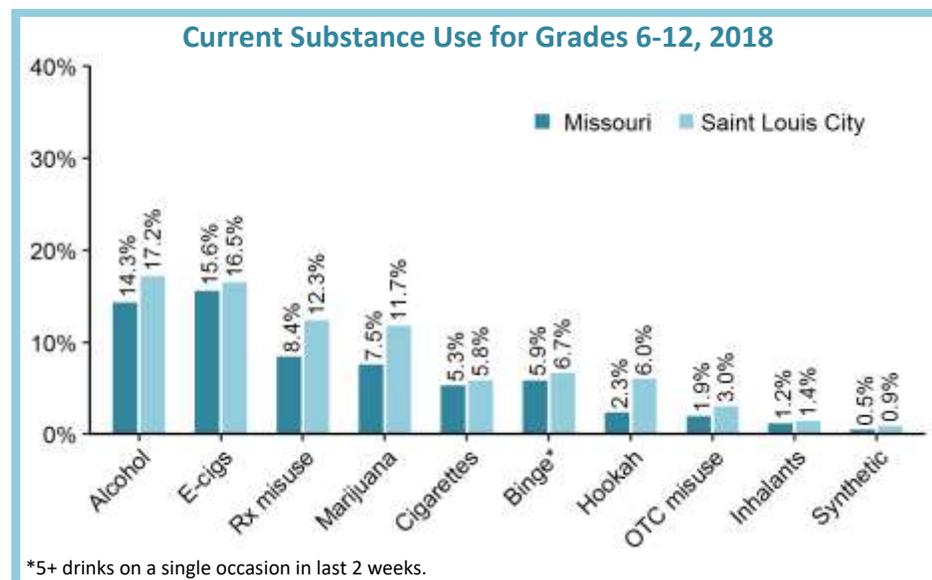
2018



Saint Louis City is located in Eastern Missouri and had a population of 313,144 in 2016. Saint Louis City ranks 4 in population size among Missouri's 114 counties plus the city of St. Louis. The 2016 unemployment rate in the county was 10.6%. This was higher than the statewide unemployment rate of 6.6%. In 2016, the poverty rate was 24.3% which was higher than the statewide poverty rate of 14.0%. The median income of the county was \$39,954.

### Substance Use in Saint Louis City

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.



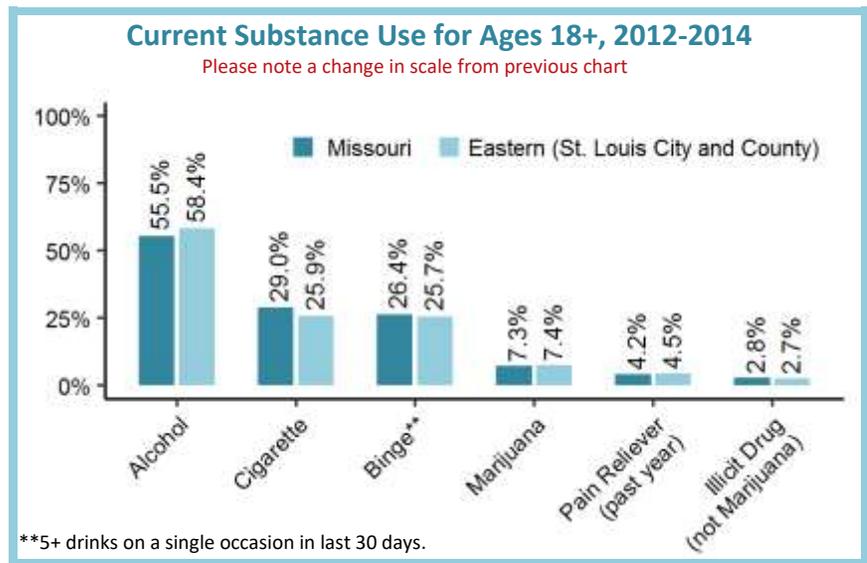
**Alcohol** is one of the most common substances used by Missouri youth. In Saint Louis City, 17.2% youth have used alcohol in the past 30 days. An estimated 42.3% believe that using alcohol presents only 'slight' or 'no risk' of harm. Similarly, approximately 23.7% of youth believe that there is 'slight' or 'no risk' of harm in binge drinking once or twice a week. About 45.7% of youth believe that it would be easy to get alcohol. 41.8% 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 Eastern region, approximately 58.4% of adults currently drink alcohol, and 25.7% 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 Saint Louis City 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 12.7. An estimated 40.0% of youth believe that it would be easy to get standard cigarettes and 39.3% to get e-cigarettes. 23.1% of youth have at least one friend that uses standard cigarettes. An estimated 20.4% of youth believe there is 'slight' or 'no risk' to smoking standard cigarettes, while 48.7% believe there is 'slight' or 'no risk' to smoking e-cigarettes. Most youth obtain cigarettes and e-cigarettes from their friends. In the Eastern region, 25.9% 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 Saint Louis City, 11.7% of youth use marijuana. In 2018, 39.0% of youth said that marijuana is easy to get. Around 65.5% believe that smoking marijuana is wrong, and 44.6% 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 Saint Louis City youth, approximately 51.8% 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 Saint Louis City, 23.1% 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 18.7% of youth believe that there is 'slight' or 'no risk at all'. About 91.9% 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 62.5% of those misusing prescription drugs in Saint Louis City county saying they misuse pain medication. 4.5% of adults in the Eastern region reported misuse of prescription pain medication over the past year.



## Substance Use Consequences in the County

**Health:** In 2015, Saint Louis City residents had a total of 305 alcohol-related and 587 drug-related hospitalizations. In addition there were 2167 alcohol-related and 1417 drug-related ER visits that did not include a hospital stay.

**Treatment:** In 2017, 3170 individuals were admitted into Substance Abuse Treatment Programs. A total of 567 were primarily due to alcohol, 548 were primarily due to marijuana, and 95 were primarily due to prescription drugs.

**Law Enforcement:** In 2017, Saint Louis City had 214 DWI arrests, 575 liquor law violations and 2373 drug-related arrests. There were 1 methamphetamine laboratory seizures in Saint Louis City in 2017.

**Traffic Crashes:** Alcohol-related traffic crashes decreased in the last year (from 98 in 2015 to 94 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 |
| 94   | 2           | 39              | 53                       | 3  | 70               | 0               | 22            |



### Mental Health Data for Saint Louis City

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, 258 Saint Louis City 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 Saint Louis City |        |        |
|------------------------------------|--------|--------|
|                                    | FY2016 | FY2017 |
| Total                              | 263    | 258    |
| Adjustment Disorder                | 97     | 93     |
| Anxiety Disorder                   | 1058   | 1,107  |
| Developmental Disorder             | 53     | 48     |
| Impulse Control Disorder           | 939    | 964    |
| Mood Disorder                      | 3,718  | 3,801  |
| Psychotic Disorder                 | 2807   | 2850   |

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 Eastern Missouri, 17.9% of those 18 and older had a mental illness in the past year, and 4.4% 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 6.9% of Eastern 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. 78.8% of students in the county reported feeling grouchy or in a bad mood, 64.4% reported feeling sad, 56.8% had changes in sleep, and 62.1% had difficulty concentrating in school at least sometimes. About 19.7% 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, 37 Saint Louis City residents died by suicide. Typically, white males are most at risk of suicide. Approximately 16.7% of youth had considered suicide in the last year, 11.1% made a plan, and 2.4% 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/>