

# 2018 Community Health Needs Assessment

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## Introduction

The role of the Butler County Health Department has been and continues to be one of delivering value, connecting people to information and resources, developing and implementing programs,

and reaching out to people. As part of community education and outreach, the Butler County Health Department conducts a Community Health Assessment, drawing upon public health, crime, education, census, and economic data, opinions of community members, and other community level information such as the built environment, economic factors, and relevant events in the community. The Community Health Assessment provides organized data which the Butler County Health Department uses to work with local partners to identify new revenue streams, improve decision-making and transform how local health problems are solved.

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### MISSION STATEMENT

The Butler county health department is responsible for promoting and protecting the health of its citizens through community assessment, policy development and assurance to provide community readiness and response to disease episodes and outbreaks. The health department also reaches beyond county lines to provide In-Home care to the aged and infirm as well as other programs in a multi-county effort to insure that all, in our service area, may achieve their fullest health potential.

# **Executive Summary**

The County Health Rankings show the rank of the health of nearly every county in the nation and illustrate that much of what affects health occurs outside the doctor's office. The Rankings help counties understand what influences the health of residents and how long they will live. The Rankings look at various measures that affect health such as the rate of people dying before age 75, high school graduation rates, unemployment, income, and rates of smoking, obesity, and teen births. Based on data available for each county, the Rankings are unique in their ability to measure the overall health of each county in all 50 states on the many factors that influence health. The following tables from the County Health Rankings allow for a quick comparison between Butler County and Missouri. Items indicated in red are areas where the county rate is significantly different than the state rate and could have an impact on health status in the county.

	Butler County	Missouri
Demographics – 2018		
Population	42,7936	609,300
% Below 18 years of age	3.6%	22.8%
% 65 and older	18.2%	16.1%
% Non-Hispanic African American	5.6%	11.6%
% American Indian and Alaskan Native	.7%	.6%
% Asian	.8%	2.0%
%Native Hawaiian / Other Pacific Islander	0.0%	.10%
% Hispanic	2.1%	4.1%
% Non-Hispanic White	88.6%	79.7%
% Not proficient in English	2.3%	1.0%
% Females	51.4%	50.9%
% Rural	52.2%	29.6%
Health Outcomes		
Diabetes	14%	11%
HIV Prevalence	121	234
Premature age-adjusted Mortality	570	390
Infant Mortality	7	7
Child Mortality	70	60
Health Behaviors		
Food Insecurity	18%	16%
Limited Access to Healthy Food	8%	7%
Motor Vehicle Crash Deaths	21	14
Drug Poisoning Deaths	21	19
Health Care		
Uninsured Adults	16%	14%
Uninsured Children	6%	6%
Health Care Cost	\$9,522	\$9,750
Other Primary Care Providers	668:1	1268:1
Social and Economic Factors		
Median Household Income	\$35,500	\$51,700
Children Eligible for Free Lunch	61%	80%
Homicides	5	8

	Butler County	Error Margin	Top US Performers*	Missouri	Rank (of 115)
Health Outcomes					111
Length of Life		1	1	1	109
Premature Death	12,000	10,800-13,200	5,300	7,800	
Quality of Life		1	1	1	108
Poor or Fair Health	23	23-24%	12%	19%	
Poor Physical Health Days	5.3	5.1-5.5	3	4.2	
Poor Mental Health Days	4.8	45.5-5	3.1	4.4	
Low Birth weight	10%	10-11%	6%	8%	
Health Factors Health Behaviors		-		-	105 109
Adult Smoking	25%	24-26%	14%	22%	
Adult Obesity	34%	28-40%	26%	32%	
Food Environment Index	6.8%		8.6	6.7	
Physical Inactivity	34%	29-40%	20%	26%	
Access to Exercise Opportunities	73%		91%	77%	
Excessive Drinking	16%	15-17%	13%	19%	
Alcohol-Impaired Driving Deaths	26%	17.34%	13%	30%	
Sexually transmitted Infections	665.5		145.1	477.4	
Teen Births	56	51-61	15	30	
Clinical Care		1	1	1	18
Uninsured	13%	12-15%	6%	12%	
Primary Care Physicians	910:1		1,030:1	1,420:1	
Dentists	1,530:1		1,280:1	1,810:1	
Mental Health Providers	390:1		330:1	590:1	
Preventable Hospital Stays	86	78-94	35	57	
Diabetic Monitoring	91%	84-97%	91%	86%	
Mammography Screening	65%	58-72%	71%	63%	
Social & Economic Factors			1		103
High School Graduation	87%		95%	90%	
Some College	57%	51.63%	72%	66%	
Unemployment	5.7%		3.2%	4.5%	
Children in Poverty	31%	22-39%	12%	19%	
Income Inequality	4.9	4.3-5.4	3.7	4.6	
Children in Single Parent Households	41%	35-48%	20%	34%	
Social Association	10.9		22.1	11.6	
Violent Crime	516		62	442	
Injury Deaths	96	83-110	55	79	
Physical Environment			T	1	94
Air Pollution – Particular Matter	10.3		6.7	9.5	
Drinking Water Violations	10				
Severe Housing Problems	12%	10-15%	9%	15%	
Driving Alone to Work	83%	80-86%	72%	82%	
Long Commute – Driving Alone	14%	11-17%	15%	31%	

# **Social Determinants of Health**

## **Population and Change**

According to American Community Survey 2013-2017 estimates, the population of Butler County decreased to 42,826, an decrease of 131 people from the 2010-2014 estimates of 42,957.

## Age

According to ACS 2013-2017 estimates, 17.9% of Butler County's population is aged 65 and older, compared to 14.64% for Missouri. In contrast to the elderly population, 23.4% of the population is under the age of 18, which is slightly higher than the statewide rate of 22.9%.

### **Racial Diversity**

The 2013-2017 ACS data indicates that 90.7% of the population of Butler County was White (38,836 persons), while the Black/African American population was 2,305 (5.4%). The same data indicates there were 293 Asians (0.7%), and 196 American Indians/Alaskan Natives (0.5%). Hispanic people are not considered a separate race, but are a separate category. ACS estimates indicates 860 Hispanic persons in Butler County (2.0%).

## Housing

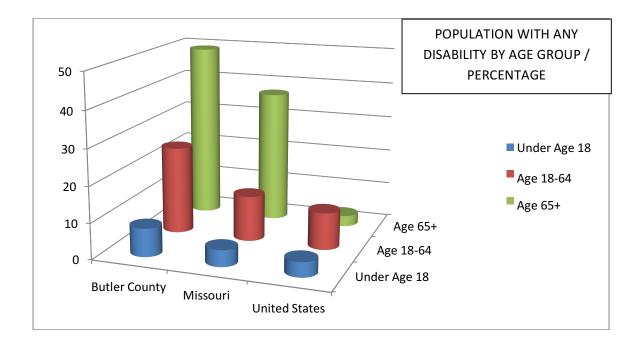
According to the ACS, there were 19,811 housing units in Butler County in 2017, with 83.5% of those being occupied and 16.5% vacant units. Of the occupied units, 63.3% were owner-occupied and 36.7% were renter-occupied. The median value of owner-occupied housing units in 2017 was \$104,600, an increase of \$12,900 from 2014. Statewide median values were \$145,400, an increase of \$8,700 over the same time period.

### **Households and Families**

There were 16,550 households in Butler County according to 2013-2017 ACS estimates. Families comprised 67.2% of households (11,126). About 2,658 households (16.1%) were married couples with children under 18, and single parent family households numbered 1,613 (.10%).

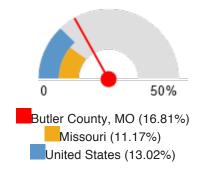
### Disabilities

There were 3,521 persons age 65 and older in Butler County who reported having a disability in 2017 (49.1%) according to ACS. The corresponding Missouri rate is 37.07%. Among the working age population (age 18 to 64) in the county, 23.3% reported a disability, as compared to the state rate of 12.6%. The county rate shows an increase of 1.12% from 2014 for the working age population.



#### **Educational Attainment**

In Butler County24.15% of the population aged 25 and older, or 7,053 have obtained an Associate's level degree or higher, compared to the state rate of 35.19%. Of the population in Butler County, 16.81% has not completed high school or earned a GED according to the U.S. Department of Education. This is slightly higher than the state rate (11.18%) and also higher than the national rate (13.02%).

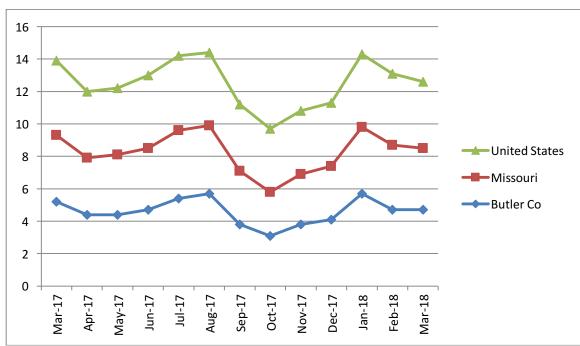


### Percent Population Age 25+ with No High School Diploma

Source: Community Health Needs Assessment (CHNA)2018

#### **Unemployment and Income**

Total unemployment in Butler County as of August 2018 was 742, or 4.2% of the civilian noninstitutionalized population age 16 and older (non-seasonally adjusted).. The rate for Missouri for the same time period was 3.5%. Over time, Butler County unemployment rates have consistently been higher than state and national rates. This indicator is relevant because unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food, and other necessities that contribute to poor health status.



**AVERAGE MONTHLY UNEMPLOYMENT RATE MARCH 2017-MARCH 2018** 

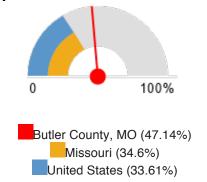
Source: Community Health Needs Assessment (CHNA)2018

The per capita income for Butler County is \$20,042 according to Community Commons. Overall, the per capita income at the state level is \$27,044, showing that Butler County residents are earning far less than others in the state. Per capita income includes all reported income from wages and salaries as well as income from self-employment, interest or dividends, public assistance, retirement, and other sources.

#### Poverty

In Butler County, 47.14% or 19,749 individuals are living in households with income below 200% of the Federal Poverty Level (FPL) according to Community Commons

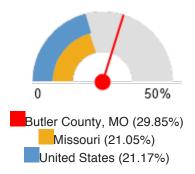
#### Percent Population with Income at or Below 200% FPL.



Source: Community Health Needs Assessment (CHNA)2018

Additionally, one of every four children in Butler County lives below the Federal Poverty Level (29.85%).

## Percent Population Under Age 18 in Poverty



Source: Community Health Needs Assessment (CHNA)2018

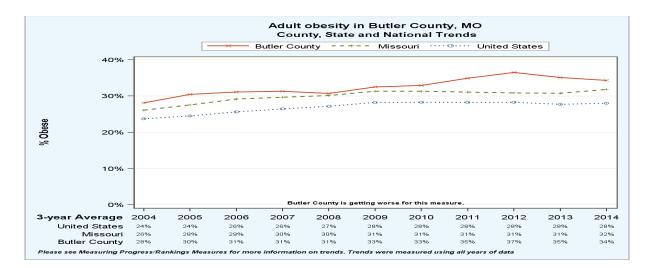
Poverty contributes to poor health status. Many different factors can contribute to poverty including education, drug and alcohol use, divorce, unemployment, illness and medical bills, and others. Recognizing and addressing these underlying factors may improve socio-economic status in communities.

# Lifestyle, Obesity and Nutrition

Obesity is complex – although genetics can predispose some individuals to overweight and obesity, environment and behavioral factors also play a critical role. Key factors that lead to weight gain include:

- Community environment
- Too many calories
- Too few babies breastfed
- Too much screen time
- Too few fruits and vegetables
- Not enough physical activity

In Butler County, 35.1% of adults aged 20 and older self-report that they have a Body Mass Index (BMI) greater than 30.0 (obese) according to the Centers for Disease Control. In comparison, 30.6% of Missourians self-report obesity and the rate is 27.5% for the nation. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.



Source: County Health Rankings 2018

Environmental and nutrition factors play a role in weight gain and obesity. For those with limited access to parks and public recreation areas, sidewalks, and/or outdoor spaces, maintaining a healthy weight and activity level may be challenging. Butler County residents have limited access to recreation and fitness facilities, with a rate of 4.67 establishments per 100,000 population as compared to the state rate of 9.92 facilities per 100,000 population according to the Census Bureau.

An estimated 26,545 Butler County residents, or 84.5% of adults over the age of 18, are consuming less than 5 servings of fruits and vegetables each day, as compared to the state rate of 79.1%. Current behaviors are determinants of future health, and unhealthy eating habits may cause of significant health issues, such as obesity and diabetes. *Source: CDC BRFSS 2005-2009* 

# **Chronic Disease and Prevention**

Chronic Diseases such as heart disease, stroke, cancer, and diabetes are among the most common, costly, and preventable of all health problems in the U.S. Four modifiable health risk behaviors – lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption – are responsible for much of the illness, suffering, and early deaths related to chronic diseases. The table below provides a comparison of the incidence of chronic disease among Butler County adults to that of Missouri residents overall.

	DIABETES	ASTHMA	HIGH BLOOD PRESSURE	HIGH CHOLESTEROL
<b>BUTLER COUNTY</b>	9.9%	19.1%	40.8%	45.39%
MISSOURI	9.71%	14.2%	29.5%	40.42%

Diabetes Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2012.

Asthma Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES. 2011-12

High Blood Pressure Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES. 2006-12

High Cholesterol Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES. 2011-12

Rates of cancer are higher in Butler County when compared to state rates, as evidenced in the table below. All rates are per 100,000 population.

	BREAST CANCER INCIDENCE	COLON/RECTUM CANCER INCIDENCE	LUNG CANCER INCIDENCE
BUTLER COUNTY	114.8	49.7	97.2
MISSOURI	1225.9	42.5	74.9

The table below reflects the leading causes of death among Butler County residents. It is important to note that the death rates in Butler County routinely exceed the Missouri rates for almost all causes.

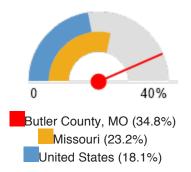
LEADING CAUSES OF DEATH	DATA YEARS	RATE	STATE RATE
All Causes	2007-2017	1012.83	815.85
Heart Disease	2007-2017	225.96	199.32
All Cancers (Malignant Neoplasm)	2007-2017	211.21	178.90
Lung Cancer	2007-2017	80.26	54.06
Breast Cancer	2007-2017	12.71	12.54
Colorectal Cancer	2007-2017	21.65	16.04
Chronic Lower Respiratory Disease	2007-2017	73.18	51.81
Stroke / Other Cerebrovascular Disease	2007-2017	56.65	43.02
Total Unintentional Injuries	2007-2017	73.16	49.98
Motor Vehicle Accidents	2007-2017	25.14	14.62
Alzheimer's Disease	2007-2017	55.6	28.09
Diabetes Mellitus	2007-2017	35	20.34
Pneumonia and Influenza	2007-2017	32.51	18.03
Kidney Disease (Nephritis and Nephrosis)	2007-2017	28.44	18.85
Suicide	2007-2017	19.79	15.45
Septicemia	2007-2017	13.04	11.32
Chronic Liver Disease and Cirrhosis	2007-2017	14.36	8.27
Homicide	2007-2017	3.8*	8.17
Smoking-Attributable (estimated)	2007-2017	191.17	138.93
Alcohol / Drug Induced	2007-2017	36.3	24.39
All Injuries and Poisonings	2007-2017	99.85	76.01
Firearm (Injury by)	2007-2017	16.37	15.48
Injury at Work	2007-2017	1.9*	1.29

\*Unreliable rate

# **Smoking and Tobacco**

In the report area an estimated 11,106, or 34% of adults age 18 or older self-report currently smoking cigarettes some days or every day. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease.

## Percent Population Smoking Cigarettes (Age-Adjusted)

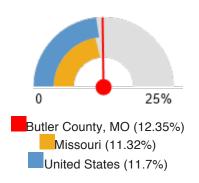


Source: Community Health Needs Assessment (CHNA)2018

Additionally, 21.05% of women reported smoking while pregnant in 2017 according to the Missouri Department of Health and Senior Services Prenatal Profile. The state rate was 14.46% for the same time period. Smoking during pregnancy increases the risk for preterm delivery, stillbirth, low birthweight and Sudden Infant Death Syndrome.

## **Access and Coverage**

Lack of health care insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services. The lack of health insurance is considered a key driver of health status. This indicator reports the percentage of the total civilian non-institutionalized population without health insurance coverage. For Butler County, the percentage is 12.35%, compared to the state rate of 11.32%.

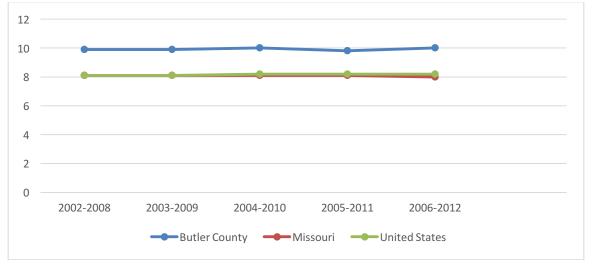


### **Percent Uninsured Population**

Source: Community Health Needs Assessment (CHNA)2018

# Maternal and Child Health

During the 2014-2017-time period, there were 210 births to teen mothers (under age 19) in Butler County. While rates of teen pregnancy have declined since the 1990s at the state level, rates have remained fairly consistent in Butler County. Infants born to teen mothers are at increased risk of being born prematurely and at a low birth weight. The rate for infants at a low birth weight from 2014-2017 in Butler County was 10.06%, as compared to the state rate of 8.50%. The rate of preterm births was 16.15 for the county for the same time period as compared to the state rate of 10.13. The rates of preterm births have been increasing in Butler County since the 1990s.

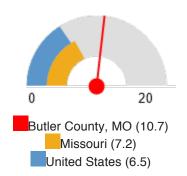


## Preterm Birth Rates 2002-2012

Source: Missouri Department of Health and Senior Services, 2018

The rate of deaths to infants less than one year of age per 1,000 births in Butler County is 10.7 as compared to the Missouri rate of 7.2. This indicator is relevant because high rates of infant mortality indicate the existence of broader issues pertaining to access to care and maternal and child health.





Source: Community Health Needs Assessment (CHNA)2018

## Injuries

The rates of death for unintentional injuries in Butler County is 67.9 per 100,000 as compared to the Missouri rate of 570.32 per 100,000. Rates are higher among men than women, at county, state, and national levels.

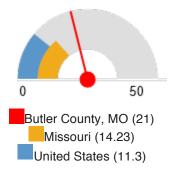
## Unintentional Injury (Accident) Mortality, Age-Adjusted Death Rate (Per 100,000 Pop.)



Source: Community Health Needs Assessment (CHNA)2018

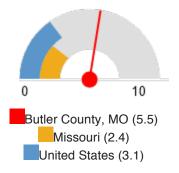
Butler County has high rates of unintentional injury deaths due to both motor vehicle accidents and pedestrian accidents. The area is rural, with curvy, hilly roads and few sidewalks which are contributing factors.

## Motor Vehicle Crash Death, Age-Adjusted Death Rate (Per 100,000 Pop.)



Source: Community Health Needs Assessment (CHNA)2018

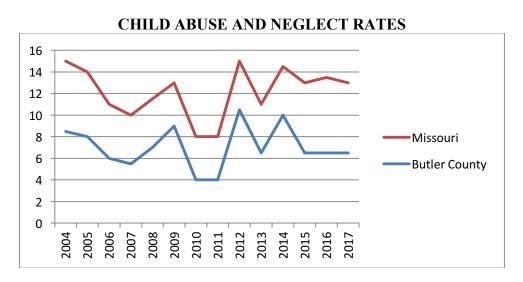
## Pedestrian Motor Vehicle Mortality, Age-Adjusted Death Rate (Per 100,000 Pop.)



Source: Community Health Needs Assessment (CHNA)2018

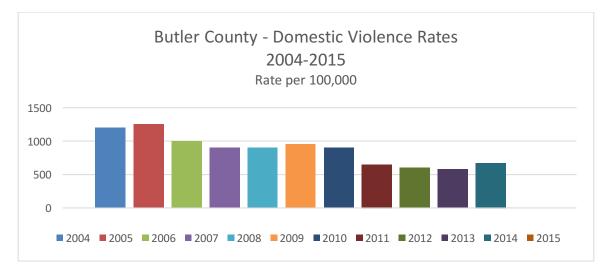
# **Family Violence**

Family violence can include both intimate partner violence, child abuse and maltreatment, and elder abuse.



Source: Missouri Department of Social Services, Child Abuse and Neglect Annual Reports 2018

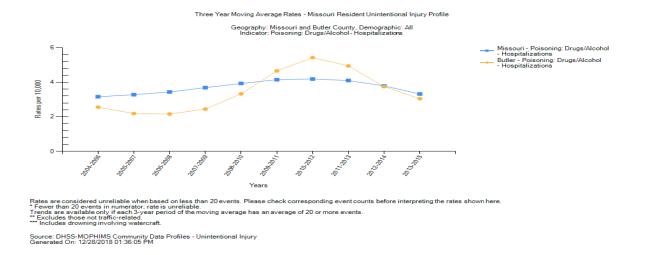
Domestic violence rates however, have been on the decline over the last ten years in Butler County.



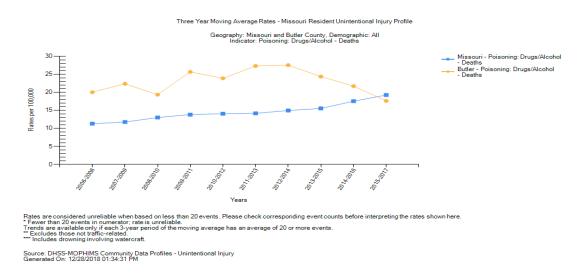
Source: Missouri State Highway Patrol, Crime in Missouri Reports

# Alcohol and Substance Use and Abuse

The rate of hospitalizations due to alcohol or drug abuse has increased significantly over recent years in Butler County.



Additionally, there has been a significant increase in the rate of drug or alcohol related deaths in Butler County during the 2001-2012 time period.



# Substance Use and Abuse

Health: In 2012, Butler County residents had a total of 35 alcohol-related and 56 drug-related hospitalizations. In addition, there were 74 alcohol-related and 90 drug-related ER visits that did not include a hospital stay. Treatment: In 2014, 540 individuals in Butler County were admitted into Substance Abuse Treatment Programs. A total of 142 were primarily due to alcohol while 135 were primarily due to marijuana.

Combating the opioids crisis is a top priority for the Missouri Department of Health and Senior Services (DHSS). The department is working with sister state agencies, local health departments, hospitals, law enforcement and other partners to fight this modern plague. In 2016, there were 908 opioid- or heroin-related deaths in the state, a 35 percent increase over 2015's number of 672. During this past year, the opioid related deaths increased only 4.7 percent. From 2012-2016, there were 278 (rate of .71) emergency room visits due to opioid abuse.

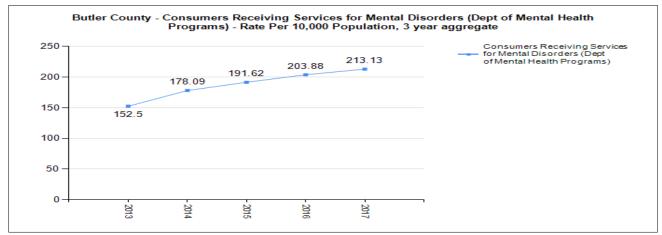
## **Opioid Related Death – 2017**

	Cape Girardeau County	Missouri	
Opioid Related Deaths	9	951	

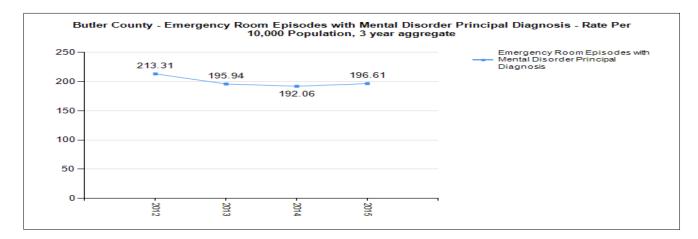
Source: Missouri Department of Health and Senior Services, 2018

# **Mental Health**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Source: Missouri Department of Mental Health, 2018



#### Source: Missouri Department of Mental Health, 2018

Individuals who received psychiatric services had the following types of disorders. The total number of diagnoses is larger than the number served because some individuals had more than one type of disorder.

Category	2016	2017
Diagnosis Unknown	57	51
Other Diagnosis	32	48
Dementia	0	0
Psychotic Disorder	124	126
Personality Disorder	9	26
Mood Disorder	615	636
Impulse Control Disorder	62	100
Anxiety Disorder	128	248
Adjustment Disorder	33	36

Source: Missouri Department of Mental Health, 2018

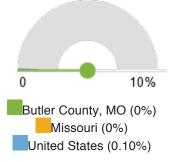
# Environment

Our environment can affect our health. Hazardous substances in the air, soil, and water can come from a variety of sources including farming, mining, landfills, and industrial and commercial activities. Health officials work with people, community groups, other agencies and businesses to reduce or eliminate exposure to harmful substances.

# Air Quality

This indicator reports the percentage of days with particulate matter 2.5 levels above the National Ambient Air Quality Standard (35 micrograms per cubic meter) per year, calculated using data collected by monitoring stations and modeled to include counties where no monitoring stations occur. This indicator is relevant because poor air quality contributes to respiratory issues and overall poor health.

## Percentage of Days Exceeding Standards, Pop. Adjusted Average

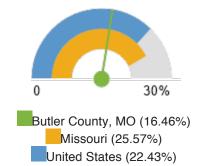


# Water Quality

There are fourteen public water systems in Butler County. Of those, only four are fluoridated systems (28.5%). According to the Centers for Disease Control, drinking fluoridated water keeps the teeth strong and reduced tooth decay by approximately 25% in children and adults. By preventing tooth decay, community water fluoridation has been shown to save money, both for families and the health care system.

# **Other Factors**

Access to healthy food choices can be more challenging for people and families. In the Butler County area, 16.46% of the low income population also has low food access, as compared to the national average of 22.43%.

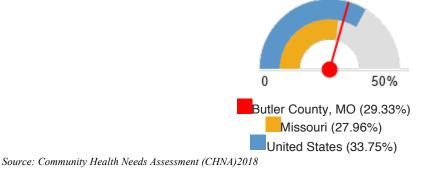


## Percent Population with Low Food Access

Source: Community Health Needs Assessment (CHNA)2018

Sub-standard housing shows the number and percentage of owner- and renter-occupied housing units having at least one of the following conditions: 1) lacking complete plumbing facilities, 2) lacking complete kitchen facilities, 3) with 1.01 or more occupants per room, 4) selected monthly owner costs as a percentage of household income greater than 30 percent, and 5) gross rent as a percentage of household income greater than 30 percent. Selected conditions provide information in assessing the quality of the housing inventory and its occupants. This data is used to easily identify homes where the quality of living and housing can be considered substandard. In Butler County, 29.33% of occupied housing units have one or more substandard conditions.

# Percent Occupied Housing Units with One or More Substandard Conditions



# **Community Perceptions**

Butler County Health Department reached out to community members and leaders to ask for input on determining the issues most relevant and of concern to residents. Forty-nine (49) people completed the survey. Overall, community members ranked substance abuse as the biggest concern, followed by being overweight and poor eating habits.

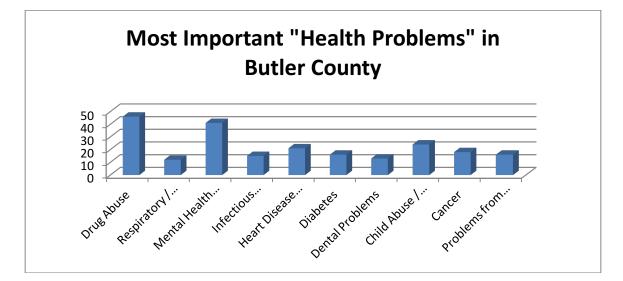
Community members also responded to key areas in regards to availability, access, and quality. For these areas, the terms are defined as follows:

- Availability The availability of services impacts an individual's quality of life. Availability refers to the existence of services in convenient locations with hours of operation that reflect community needs. While services may exist (i.e. be available), it may not necessarily mean they are accessible.
- Access Access measures accessibility to needed services. For example, while having health insurance is a crucial step toward accessing the different aspects of the health care system, health insurance by itself does not ensure access. There are barriers to access in some populations due to lack of transportation, lack of knowledge, long waits to get an appointment, low health literacy, and inability to pay.
- Quality The services available are high quality and designed to meet community needs.

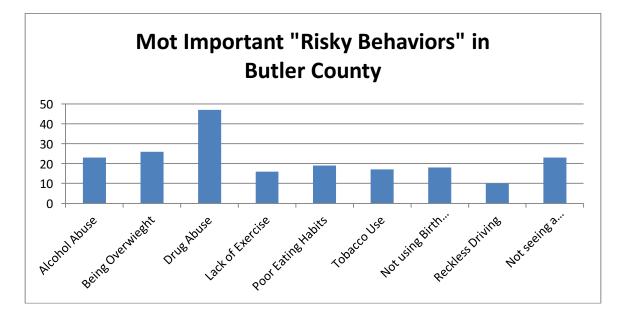
The majority of community members also felt that metal health, child/domestic abuse, heart disease / stroke and cancer were the top important health problems in our community.

Access to health care coverage and dental care coverage needed to be improved, along with other specialty medical care, family planning, and social services. Other major areas of concern centered on the availability of transportation, food access, basic needs, and substance abuse treatment.

Respondents selected areas they felt needed to be addressed in order to improve quality of life in Butler County. Overwhelmingly, increasing access to health care and mental health care was the most important factor.



Community members believe that generational poverty and attitudes is the leading obstacle when it comes to addressing health and quality of life issues, as shown in the chart below. Addictions and learned helplessness are also concerns. Generational poverty and attitudes are limiting factors when each successive generation believes in doing things a certain way because that's the way it's always been, or because other family members are judgmental when an individual attempts to move beyond traditional circumstances. Learned helplessness ties into generational poverty and attitudes as each generation learns from the previous to seek handouts and assistance instead of seeking ways to improve life circumstances without federal or state financial aid. Addictions and addictive behaviors provide additional complications to communities as families, friends, and employers are impacted by the addict's behavior.



# **Data Sources**

Community Commons Missouri Department of Health and Senior Services Missouri Department of Mental Health Missouri State Highway Patrol County Health Rankings Centers for Disease Control U.S. Census, American Factfinder Missouri Department of Elementary and Secondary Education Missouri Department of Economic Development