



# Community Health Assessment

Pulaski County, Missouri  
2023

Pulaski County Health Center



**Public Health**  
Prevent Promote Protect

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# Pulaski County Health Department

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## *2023 Health Status Report*

### *Community Health Assessment Summary of Findings*

While Pulaski County has some areas in need of improvement, overall, the county is among the top 25 percent healthiest counties in Missouri based on health outcomes and in health factors. According to the County Health Rankings, Pulaski County is ranked 27 out of 115 counties.

Review of the community health status indicators, including primary and secondary data reveals the three most significant problems affecting the health status of Pulaski County's residents are:

- Heart Disease & Stroke
- All Cancers
- Drug-Related injury and death

#### Areas of Strength:

- Low prevalence of physical inactivity
- Low ratio of dentists to people
- Low rates of preventable hospital stays.
- High graduation rate
- High level of at least some post-secondary education
- Low ratio of income inequality

#### Areas to Explore for Improvement:

- Higher than average rates of adult smoking
- Higher than average rates of adult obesity
- Limited access to healthy food and food insecurity
- Significantly high rates of sexually transmitted infections
- High ratio of primary care physicians to people
- Low utilization of mammography benefit in Medicare beneficiaries
- Low utilization of flu vaccination benefit in Medicare beneficiaries

These problems attribute to the leading causes of death and are preventable in most cases. Through continued effort through education and programming, the Pulaski County Health Center along with its partners will strive to build a healthy future for Pulaski County.

# Demographics

## Population:

While Pulaski County was one of the fastest growing counties in the early 2000's, it has held a more consistent population rate over the past decade. The current population estimate is 53,955. This population doesn't include the transient population of Ft. Leonard Wood which adds approximately 16,000 additional people. The population on the Army installation is transient and is always fluctuating. The gender breakdown of the county's population is 62 percent being male and 38 percent female.

## Age:

The age breakdown of Pulaski County shows that Adults aged 20-39 is the highest age group segment in our county at 35.9%. The under 20 age group is the next highest with 30.9% of the population. This means that approximately 67% of Pulaski County's population is under the age of 40. The median age of Pulaski County is 28 years while the statewide average is 39 years. When looking at the older population group of 65 years and older, the county average is 9% while the average in the State of Missouri is 17.6%. The data shows that the Pulaski County population is much younger than most other counties. See Chart 1.1 below for further details.

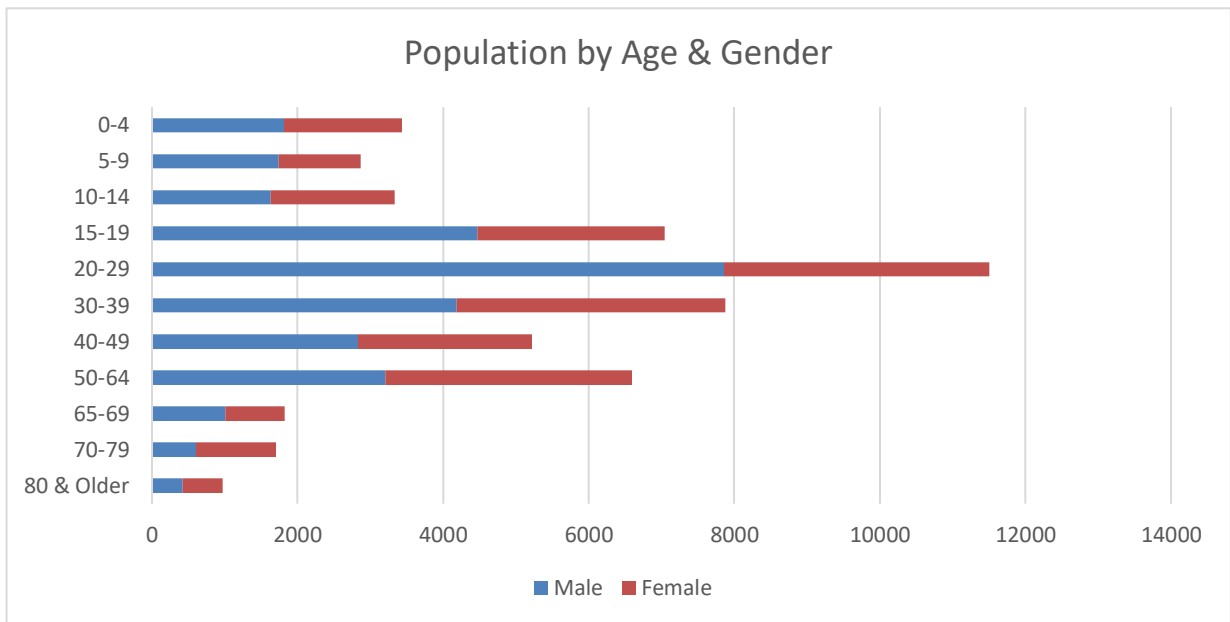


Chart 1.1- Source: US Census Bureau, Pulaski Co Profile

## Diversity, Ancestry & Language

There has not been a significant change in the race and ethnicity population, however, we remain the most diverse county in Region I and most other counties in the State of Missouri. While the white and black populations are higher than other racial and ethnic groups, Pulaski County rates of the smaller minority groups are approximately twice the statewide rate for all races and ethnicities. See Table 1.1

Population by Race and Ethnicity	County	State
	Percentage of Population 2022	Percentage of Population 2022
White Alone	78.1	82.6
Black Alone	12.1	11.8
Am. Indian & Alaskan Native Alone	1.2	.6
Asian Alone	3.2	2.2
Native Hawaiian & Other Pacific Islander, Alone	.7	.2
Multiracial	4.7	2.6
Hispanic	11.8	4.7

Table 1.1- Source: Census Bureau, State & County Quick Facts: Pulaski County, Missouri

Six percent of the County’s population is foreign born and not a naturalized US Citizen. See Chart 1.2 below to see the breakdown of area of origin of foreign-born residents. With its diverse population, Pulaski County has 11.9 percent of its population that speaks another language besides English, which is far higher than the State rate of six percent. Approximately 55 percent of the non-English speaking population speaks Spanish.

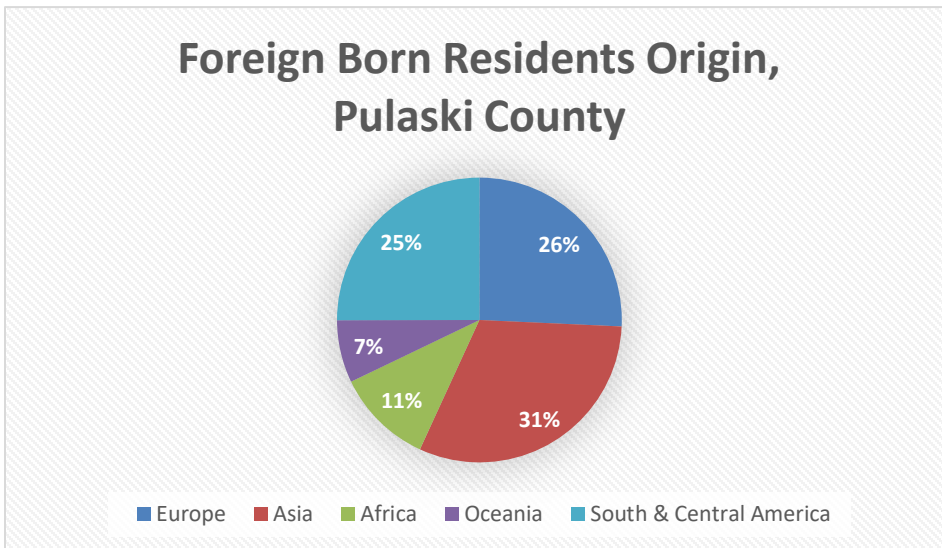


Chart 1.2: Source ACS Profile, Pulaski County

### Life Expectancy:

The average life expectancy of a resident of Pulaski County is 76.2 years. However, the expectancy of women and of the Black/African American population is higher than the average. Women in Pulaski County live an average of 79.9 years. Black individuals residing in the county live on average 78.5 years. Pulaski County was one of 22 counties in Missouri with a population diverse enough to provide life expectancy by race. The data shows that black individuals living in Pulaski County have a higher life expectancy than in any of the other 21 counties in Missouri where data was available. The male population has an average life expectancy of 73.9 years and the white population an average of 75.9 years. The State of Missouri’s average life expectancy is 77.4 years.

# Social & Economic Indicators & Access to Care

Access to comprehensive, quality health care services is important for the achievement of health equity and for improving the quality of life for all Missourians. There are four components of access to care: insurance coverage, health services, timelines, and workforce.

## Workforce

Approximately 70 percent of the population over 16 is in the labor force. Pulaski County is home to Ft. Leonard Wood so has a large portion of the population working in a government job. Ft. Leonard Wood employs approximately 2,000 employees on top of the 80,000 soldiers and leaders that are trained and graduate from the installation each year. The Ft. Leonard Wood economy specializes in Agriculture, fishing, forestry, hunting, public administration, and real estate (rental and leasing). The largest industries in Ft. Leonard Wood are public administration (40%), retail trade (13%), and health care and social assistance (9.5%). The highest paying industries on the installation are Professional, Scientific, and Technical Services; Administrative Support and Waste Management Services; and Educational Services. Of the civilian labor force, 65.75 percent work as a private wage or salaried employees, 29 percent are government workers, 5 percent are self-employed workers in their own non-incorporated business, and .25% are unpaid family workers. See Chart 2.1 and Table 2.3 for workforce category status for Pulaski County's entire population over the age of 16.

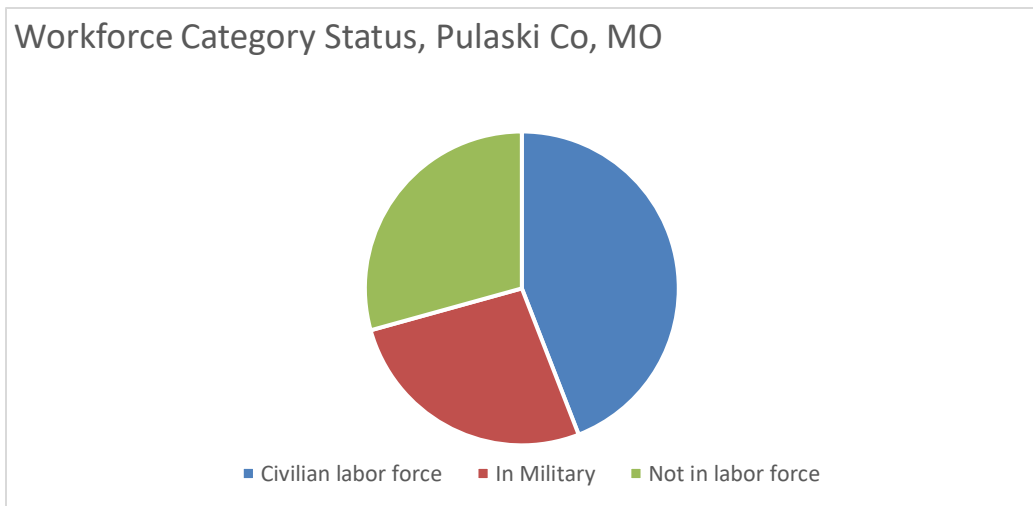


Chart 2.1: Source: ACS Profile, Pulaski Co

<b>Civilian Workers by Industry</b>	
Management, business, science, and arts	31.8%
Service	24.6%
Sales and office	21.3%
Farming, Fishing, and forestry occupations	0.3%
Construction, extraction, installation, maintenance, and repair	7.0%
Production, transportation, and material moving	15.0%
Table 2.1: Source: ACS Profile, Pulaski Co	

### Household Income & Benefits

Variable (Total Households)	Pulaski County, Missouri	
	Number	Percent
<b>Total Households</b>	15,154	
<b>Less than \$10,000</b>	907	6.0%
<b>\$10,000 - 14,999</b>	688	4.5%
<b>\$15,000 - \$24,999</b>	1,296	8.6%
<b>\$25,000 - \$34,999</b>	1,414	9.3%
<b>\$35,000 - \$49,999</b>	2,753	18.2%
<b>\$50,000 - \$74,999</b>	3,438	22.7%
<b>\$75,000 - \$99,999</b>	1,919	12.7%
<b>\$100,000 - \$149,999</b>	1,958	12.9%
<b>\$150,000 - \$199,999</b>	602	4.0%
<b>\$200,000 or more</b>	179	1.2%
<b>With earnings</b>	12,125	80.0%
<b>With Social Security</b>	3,594	23.7%
<b>With Retirement Income</b>	3,827	25.3%
<b>With supplemental security income</b>	688	4.5%
<b>With cash public assistance income</b>	208	1.4%
<b>With food stamp benefits in the past 12 months</b>	1,365	9.0%
<b>Median Household Income</b>	\$ 53,492	
<b>Mean household income</b>	\$ 64,126	
<b>Mean household earnings</b>	\$ 60,309	
<b>Mean household social security income</b>	\$ 16,555	
<b>Mean household retirement income</b>	\$ 25,259	
<b>Mean household supplemental security income</b>	\$ 9,824	
<b>Mean household cash public assistance income</b>	\$ 3,450	

Table 2.2: Source: ACS Profile, Pulaski Co

## Other Income Measures

Variable	Pulaski County, Missouri	
	Number	Percent
Per capita income	\$ 23,651	
Family Households	10,339	68.2%
Median family income	\$ 64,555	
Mean family income	\$ 73,235	
Nonfamily households	4,816	31.8%
Median nonfamily income	\$ 37,784	
Mean nonfamily income	\$ 42,397	
All full-time workers	19,117	
All male full-time workers	12,708	66.5%
All female full-time workers	6,409	33.5%
Median earnings for workers	\$ 25,109	
Median earnings for male full-time, year-round workers	\$ 37,544	
Median earnings for female full-time, year-round workers	\$ 32,365	

Table 2.3: Source: ACS Profile, Pulaski Co

## Insurance Coverage

Military members and their dependents have insurance coverage provided by the Department of Defense. Citizens aged 65 and older are eligible to use their Medicare benefit. The following data on insurance coverage applies to the approximately 90% of the population who are under the age of 65 and not institutionalized. Eighty-nine percent of the population is insured, primarily through private insurance providers.

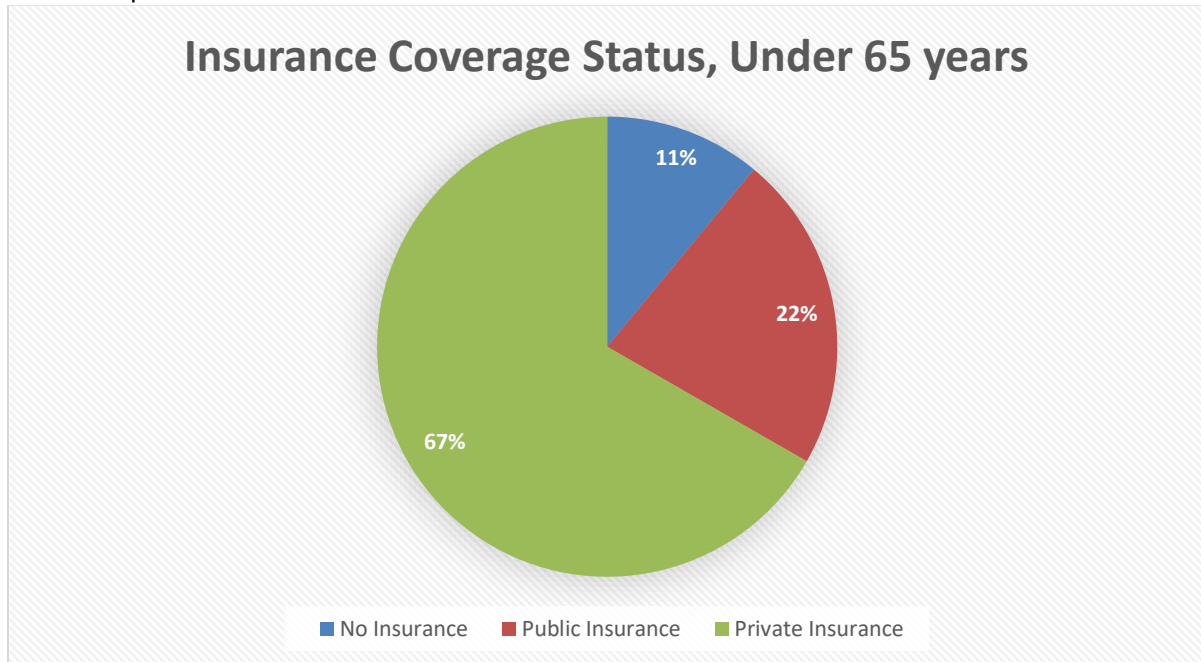


Chart 2.2: Source: ACS Profile, Pulaski Co



## Poverty Status

Pulaski County’s poverty rate is estimated at 14.6 percent. While this is lower than most neighboring counties, it is higher than the state’s rate of 12.7 percent. Chart 2.1 shows the breakdown of people in poverty by age group in Pulaski County.

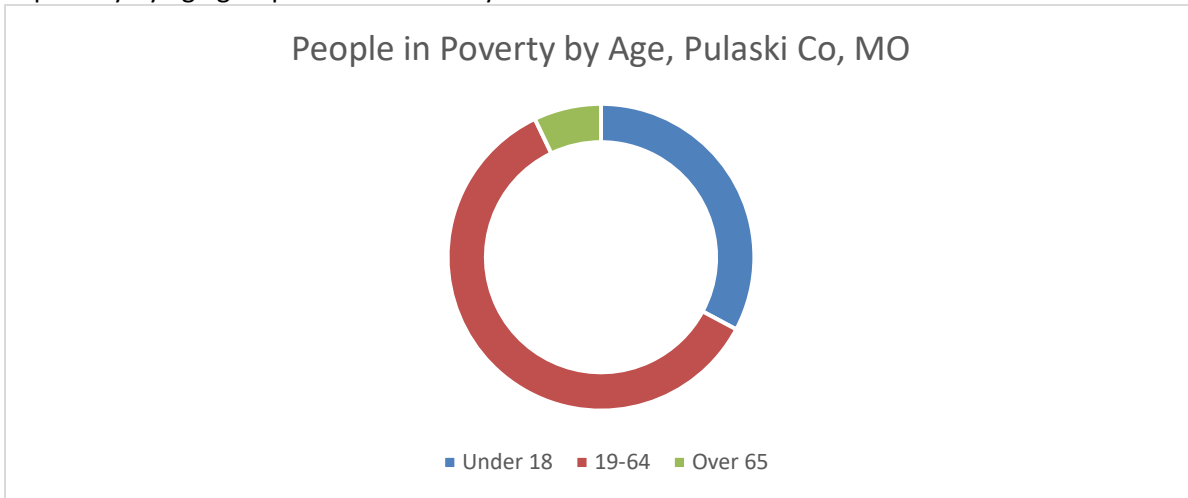


Chart 2.3- Source: ACS Profile Report: 2015-2019 (5-year Estimates)

## Educational Attainment:

Per the Bureau of the Census American Community Survey (completed 2015-2019), the graduation rate for Pulaski County was 92.8 percent as compared to the statewide rate of 91 percent. The Survey also showed that 28.3 percent of the population over the age of 25 attained a bachelor’s degree or higher. Every rate has improved since the last report showing that students are finishing high school and are seeking a higher level of education. See Table 2.3 for the breakdown of educational attainment for people over the age of 25.

<i>Educational Attainment of Percent of Persons aged 25 years+, 2015-2019</i>	<i>Percentage</i>
<i>&lt;9<sup>th</sup> grade</i>	<i>2.3</i>
<i>9<sup>th</sup>-12<sup>th</sup> grade, no diploma</i>	<i>4.9</i>
<i>High school graduate or equivalent</i>	<i>27.5</i>
<i>Some College, no degree</i>	<i>26.6</i>
<i>Associate degree</i>	<i>10.5</i>
<i>Bachelor’s degree</i>	<i>17.7</i>
<i>Graduate or professional degree</i>	<i>10.5</i>

Table 2.3- Source: Bureau of the Census, American Community Survey, detailed tables for 2015-2019

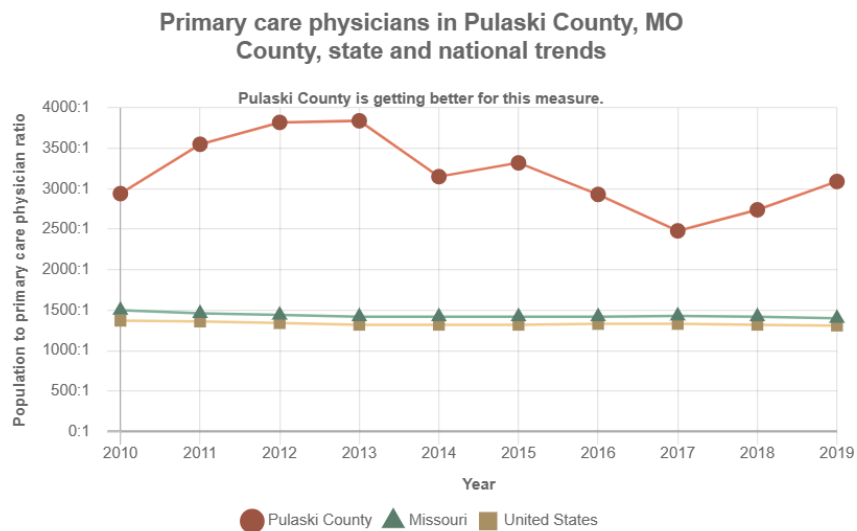
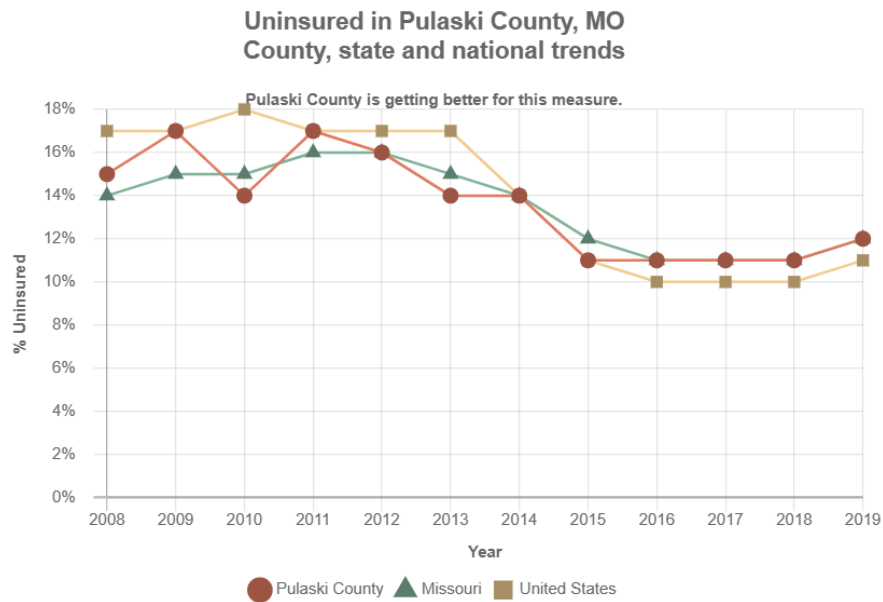
## Households & Family:

Approximately 85 percent of our population lives in a household. Of those households, 85 percent are family households and the other 15 percent are non-family households. Seven percent of the total population lives alone and about 18 percent are living in group quarters.

Of the 15 year and older population, 40 percent have never been married, 45 percent are now married (except separated), 2 percent are separated, 3 percent are widowed, and 9 percent are divorced and not currently married. While most household occupants include the householder, their spouse and/or children, 7 percent of households also have other relatives living in them, and 4 percent house non-relatives. In Pulaski County, about 1 percent of grandparents live with their own grandchildren with 65% of those grandparents responsible for their grandchildren.

## Health Resource Availability

Access to quality medical professionals, facilities and funds play a crucial role in maintaining and promoting good health, preventing avoidable deaths, managing various disease states, and providing equality in health care. Increasing access to both routine medical care and medical insurance are vital steps in improving overall health. While Pulaski County's uninsured rate (12%) continues to improve consistent with the improved state and national rates, its people to primary care physician ratio (3,090:1) continues to show a significant shortage of providers. Dental provider and other primary care providers (Nurse Practitioners, Physician's Assistants, and Clinic Nurse Specialist) ratios (920:1 and 750:1, respectively) are better than the state and nation ratios.



Notes:  
The data in this table reflect the average population served by a single primary care physician.

## Housing

Per the US Census Bureau’s estimates, there were 19,381 housing units in Pulaski County in 2022. Of the total units, 52.9 percent were owner occupied. The median value of an owner-occupied housing unit in 2022 was \$160,000 as compared to the 2014 value of \$126,000.

Structure Type	Percent
Single-Family Unit	69%
Duplexes	7%
3-4 Units	9%
5-9 Units	3%
10-19 Units	2%
20 or More Units	1%
Mobile Home	10%
RV, Van, etc	0.1%

Table 2.4: Source: US Census Bureau

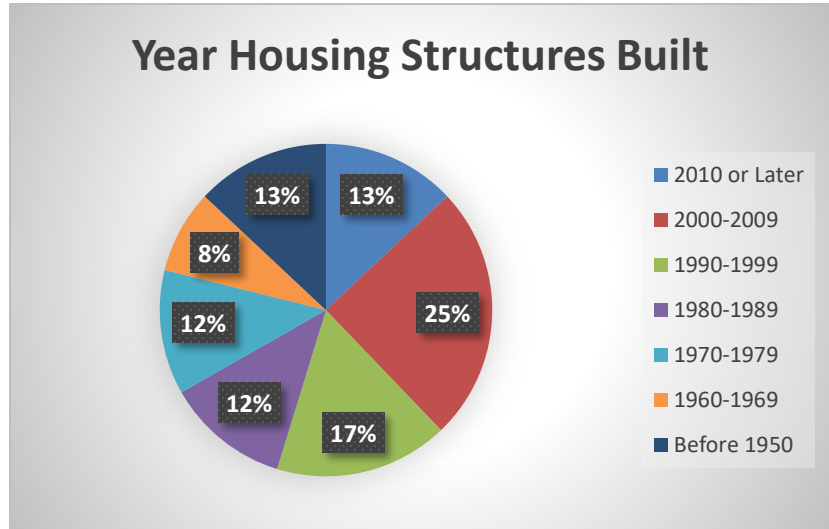


Chart 2.4: Source US Census Bureau

## Fort Leonard Wood Housing

According to the Installation Community Health Status Assessment (CHSA) there are 2,500 individuals residing in on-base housing as of 2019. Of those living on base, 70 percent are living in single-family housing and the remainder living in barracks or shared living spaces. The average household size on the installation is 1.38 with median age of 20.8. All other individuals currently stationed at Ft. Leonard Wood utilize off-base housing.

## Veteran Status:

Pulaski County is a military community with a low cost of living on average, therefore, many retirees stay in the area. While 20 percent of the county population is moving in and out of the state each year due to military duty station transitioning, our total population holds constant. Veterans make up about 19 percent of the entire county population. Of the veterans in the community, 85.6 percent are male and 14.4 percent female. Many veterans enter the civilian labor force bringing a variety of specialties and experiences.

## Disabilities

According to the World Health Organization, disability includes “impairments, activity limitations, and participation restrictions.” Approximately 18 percent of Pulaski County residents reported to be living with at least one disability in 2021, a proportion slightly above the state average of 14.4 percent. The State of Missouri’s Community Health Assessment shows that cognitive impairment is the most prevalent disability among children with a disability whereas ambulatory and independent disability are most common among older adults aged 65 and over. See Chart 2.5 for a breakdown of disability by age in Pulaski County.

## Disability by Age Group, Pulaski Co

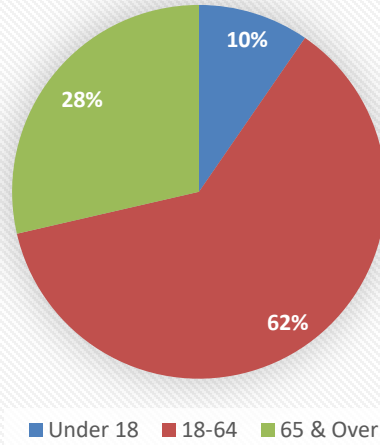


Chart 2.5: Source- ACS Profile Report: 2021 One Year Estimate

### LGBT Data & Demographics

While there is limited data and statistics available for the LGBT portion of the population, The Williams Institute at UCLA released some demographic information for each state. Approximately 3.8 percent of Missouri's population personally identifies as lesbian, gay, bisexual, or transgender. The average age of LGBT individuals in Missouri is 37 years with 38% being male and 62% female. Within LGBT households, 26 percent are raising children. See Chart 2.6 for the Race/Ethnicity breakdown for the LGBT population in Missouri.

## LGBT Race/Ethnicity, Missouri

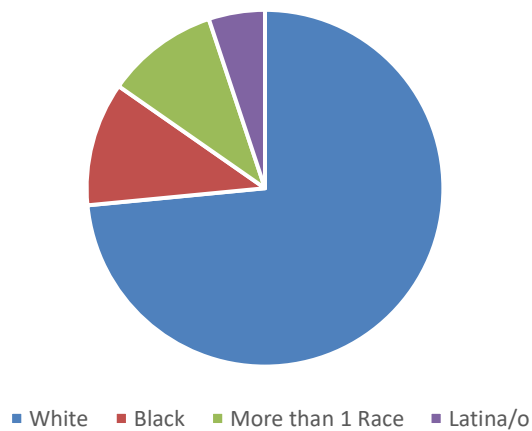


Chart 2.6: Source- The Williams Institute LGBT Data & Demographics Report for Missouri

## Socio-Economic Factors County Comparison

The following tables compare Pulaski County to its neighboring counties and to the state average.

Jurisdiction	Population	Poverty Rate	Median Income	Median Age	Graduation Rate	Life Expectancy	County Health Ranking (out of 115 counties)
<b>State of Missouri</b>	6,154,913	12.7%	\$61,847	39.2	91%	77.4	
<b>Pulaski County</b>	53,955	14.6%	\$59,252	28.1	93%	76.2	27
<b>Laclede County</b>	36,039	15.7%	\$46,968	39.4	85.2%	75.2	86
<b>Phelps County</b>	44,638	18.8%	\$48,124	35.8	88.3%	76.1	65
<b>Maries County</b>	8,432	15.8%	\$50,434	45.4	84%	77.5	56
<b>Dent County</b>	14,421	16.9%	\$45,700	44.2	83.2%	76.0	102
<b>Crawford County</b>	23,056	16.5%	\$46,643	42.0	91%	75.2	97
<b>Texas County</b>	24,487	19.1%	\$37,994	42.6	84%	76.7	91
<b>Miller County</b>	24,722	14.9%	\$47,288	40.3	87%	76.8	49
<b>Camden County</b>	42,745	13.3%	\$55,717	52.1	92%	80.5	18

Table 2.5: Source- ACS Profile Report; MO Life Expectancy at Birth Report, County Health Rankings, 2022



# Physical Environment Indicators

## Lead

Pulaski County is a non-high-risk area for lead screening. As listed in the previous section, only thirteen percent of housing was built before 1950, reducing the risk of lead exposure from home. Children under the age of six are screened on a yearly basis and are tested based upon any positive responses indicating the child is at high risk for lead poisoning. Medicaid children are tested at 12 months and 24 months.

The most current data sets from the MO Department of Health & Senior Services shows low incidence of elevated blood lead levels in Pulaski County and Missouri. Pulaski County's rate of elevated blood lead levels in children under six are equivalent to .12 percent of the population. Missouri's rate is also low at .55 percent of the population. Approximately 75% of the children with elevated levels were between the ages of one and two. The county lead screening reporting rates are low but steadily increasing. The Pulaski County Health Center has continued its efforts to educate on lead.

## Water Quality

Pulaski County is within the normal and safe range of standards for water. The drinking water supply is fluoridated in the following water systems: St. Robert, Ft. Leonard Wood Pulaski County Water Supply District #2, Ridge Creek Water Co, LLC and Shalom Mountain. Most of the citizens of Pulaski County have access to public water supply systems. The water is tested for lead and other contaminants on a routine basis. According to the County Health Rankings, only one water system in the county has received a violation. The populations consuming public water are those living in an incorporated area. Those in unincorporated areas consume water from private wells.



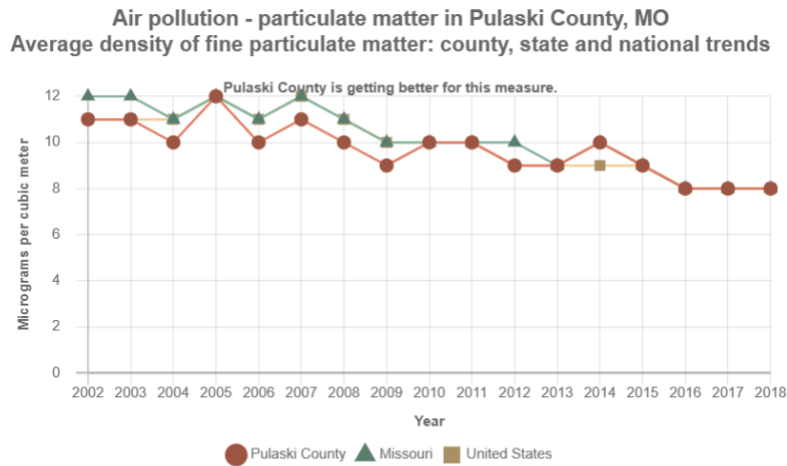
The Pulaski County Health Center opened a water lab to test the private well water for the presence or absence of bacteria. Collection bottles for the New Well Series (a chemical analysis performed by the Missouri Department of Health and Senior Services (DHSS) Laboratory that identifies the levels for pH, nitrate/nitrogen, chloride, sulfate, fluoride, iron, manganese, and lead) are available. This test can help residents with private wells determine a baseline for drinking water quality.

PCHC also monitors streams and rivers located in Pulaski County for levels of E. coli bacteria. Samples are collected from eight area swimming locations one to two times monthly by the Environmental Department, between April and September, and tested by our lab staff. Sites are selected based on their accessibility and the likelihood that people might come in contact with the water. The health center does not regulate these sites in any way, but the information is provided as a community service.

## Air Quality

There is wide scientific consensus that long-term exposures to air pollution contribute to an increased risk of illness and death from ischemic heart disease, lung cancer, chronic obstructive

pulmonary disease (COPD), lower-respiratory infections (e.g., pneumonia), stroke, type 2 diabetes, and adverse birth outcomes. The Missouri Department of Natural Resources (DNR) has approximately 50 air monitors located throughout the state, monitoring concentrations of six key types of air pollutants; ozone (O3), particulate matter (PM2.5 and PM10), Nitrogen Oxide (NO2), lead (Pb), and sulfur dioxide (SO2) in compliance with Clean Air Act regulations. In Pulaski County, an annual average of 8.1 micrograms per cubic meter of fine particulate matter was measured in the air. The Environmental Protection Agency (EPA) has primary annual average standards of 12.0 micrograms per cubic meter.



Notes:  
Data in this trend graph are taken from the Environmental Public Health Tracking Network, and will not match data used in the 2014-2016 Rankings.

### Public Safety/Domestic Violence

The health of the community is negatively impacted by crime and substance abuse for stress, fear, injuries, and addictions that prevent some county residents from reaching their fullest potential. In 2022, law enforcement made 1,059 total arrests by local jurisdictions to include: 96 driving under the influence, 133 domestic violence, 471 property crimes (burglary, motor vehicle theft, arson, and larceny/theft), 102 violent crimes and 122 drug-related arrests. The following were the total arrests made by each local department per the Missouri State Highway Patrol Crime Reporting System.

Law Enforcement Agency	Crimes Against Society	Domestic Violence	Drug & Alcohol Crime	Firearm Related Crime	Hate Crime	Law Enforcement Officer Killed or Assaulted	Property Crime	Violent Crime
Pulaski Co	26	63	31	1	0	1	179	40
Waynesville	37	28	90	9	0	3	83	34
St. Robert	27	24	72	4	1	0	135	18
Dixon	14	7	19	0	0	1	37	6
Richland	2	10	5	1	0	0	26	4
Crocker	2	1	1	0	0	0	11	0
<b>Totals</b>	<b>108</b>	<b>133</b>	<b>218</b>	<b>15</b>	<b>1</b>	<b>5</b>	<b>471</b>	<b>102</b>

Table 3.1: Source: Missouri State Highway Patrol



# Health Status & Key Issues

## Leading Causes of Death

Over the years, the leading causes of death have remained relatively the same. Over the last few years however, there are a couple that have moved into the top 10 spot: COVID-19 and Drug-Related Deaths. While drug-related deaths aren't new at the top, they continue to increase and move to higher levels. COVID-19 was a novel virus leaving the public with no immunity when it swept across the globe overloading hospitals and pivoting the way everyone lived, worked, and played. Also in its wave, came a new cause of death. These deaths primarily affected the more vulnerable elderly population and those with chronic conditions that weakened their immune systems' ability to fight and recover. As future data becomes available, we expect COVID-19 as a leading cause of death to decline as vaccines and natural immunity have been developed after the current data set that is available.

The following Chart shows All Causes of Death for a 2-year average from 2019-2020, the most current data available.

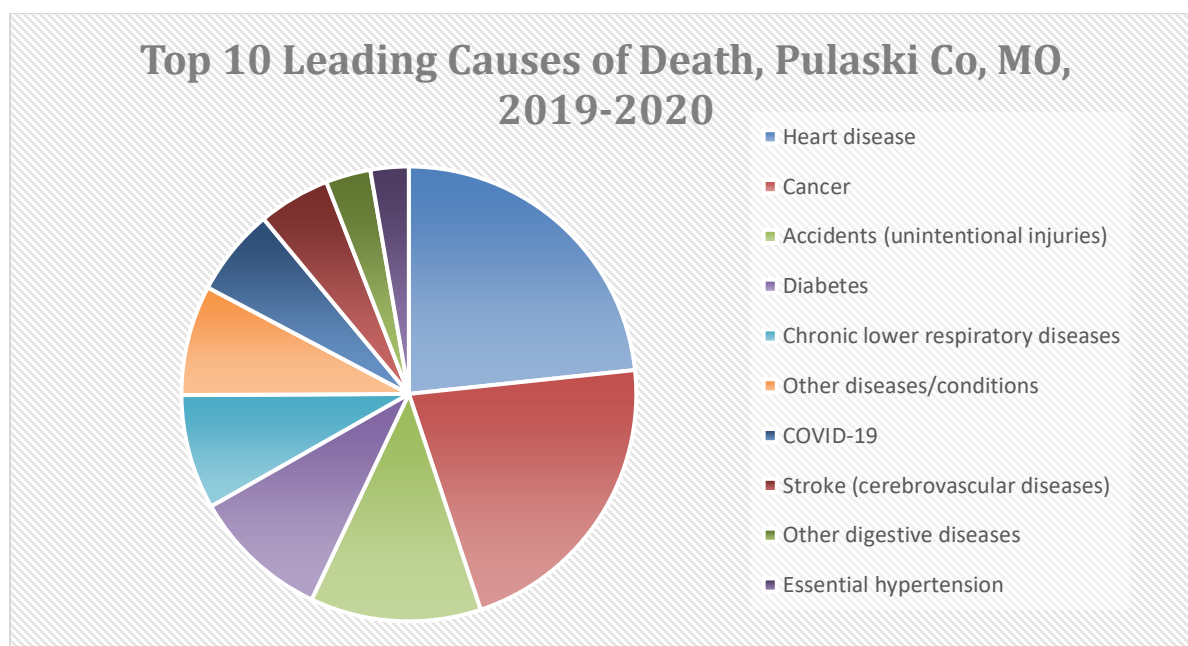


Chart 4.1: Source: DHSS, MOPHIMS- Death MICA

Although these are the top conditions, we still monitor the next several causes of death as well to help prevent the prevalence of those conditions increasing. The next five leading causes of death are kidney disease, suicide, Alzheimer's Disease, Parkinson's Disease, and septicemia.

## Behavioral Health

Behavioral health includes mental and emotional wellbeing, as well as the actions that influence overall wellness. Individuals struggling with serious mental illness are at higher risk for homicide, suicide, and accidents as well as chronic conditions include cardiovascular and respiratory diseases and substance use disorders. While there is data on those who receive treatment, data on mental health in the general population is very limited. It is even



more difficult at the local/county level. The following table shows some of the data that is currently available for Pulaski County.

	2020	2019	2018
<b>Mental Health Principal Diagnosis</b>			
ER, then discharged	200	216	193
ER, then admitted	155	137	123
Admitted without ER	186	250	160
<b>Mental Related (Secondary Diagnosis)</b>			
ER, then discharged	265	593	406
ER, then admitted	358	621	619
Admitted without ER	461	752	731
<b>Suicide</b>	7	9	8
<b>Homicide</b>	1	1	5
<b>Alcohol Induced Deaths</b>	3	4	4
<b>Drug Induced Deaths</b>	29	25	13
<b>Smoking Attributable Deaths</b>	59	50	59

Table 4.1: SOURCE: 2021 Status Report on MO's Substance Abuse & Mental Health

### Youth Behavioral Health

While there have always been some known behavioral health issues among the youth, mental health status during the COVID-19 epidemic declined significantly as predicted. In general, children and teens are very sociable and time with friends is important to them and their mental health. Numbers show that the overall mental health of teens was diminished when isolated from friends and school. Rates show significant improvement from 2020 to 2022.

**Suicide is the 2<sup>nd</sup> leading cause of death for ages 10-34**

	Pulaski 2022	State 2022	Pulaski 2020
<b>Were very sad</b>	13%	28%	30%
<b>Felt hopeless about the future</b>	0%	16%	22%
<b>Seriously considered suicide</b>	0%	11%	12%
<b>Planned suicide</b>	0%	8%	8%
<b>Attempted suicide</b>	0%	4%	5%
<b>Did not go to school because they felt they were not safe at school or on the commute to/from school</b>	4%	10%	6%
<b>Spread mean rumors or lies about other kids at school</b>	7%	41%	7%
<b>Posted something online or sent a text that might embarrass or hurt another student</b>	8%	17%	7%
<b>Made fun of other people</b>	8%	44%	44%
<b>Hit, shoved, or pushed another student and were not just fooling around</b>	29%	14%	8%
<b>Were in a physical fight</b>	26%	18%	12%

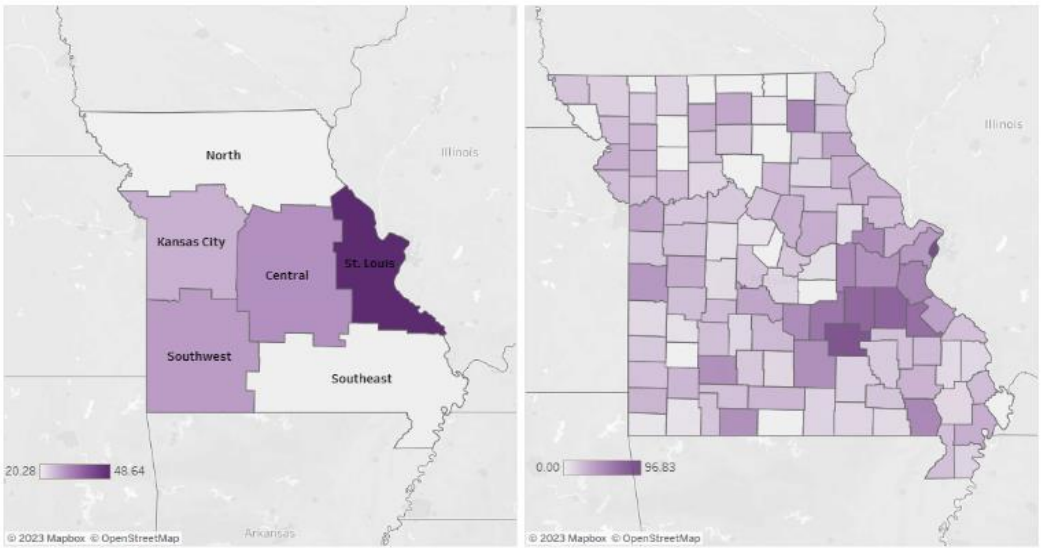
<b>Been threatened or injured with a weapon on school property</b>	7%	8%	5%
<b>Rode with someone who was drinking alcohol</b>	12%	15%	6%
<b>Used alcohol</b>	8%	15%	4%
<b>Used marijuana</b>	0%	8%	4%
<b>Used inhalants</b>	4%	80%	1%
<b>Used Rx not prescribed for them by a doctor</b>	0%	1%	7%
<b>Used 'OTC' to get high</b>	0%	1%	3%

Table 4.2: Source: 2021 Status Report on MO's Substance Abuse & Mental Health

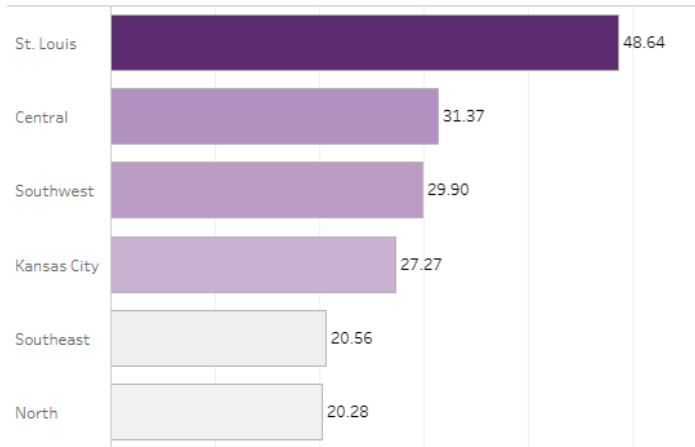
### Drug Use

Among the leading causes of death for Pulaski County from the years of 2009-2019, a cause of interest is the drug related deaths at a rate of 25.41 per capita. This rate is statistically significantly higher than the state rate of 20.51. Of these events, 70 percent were considered accidental. The increasing rates of drug induced deaths makes it the 6<sup>th</sup> leading cause of death on its own but puts the Unintentional Injuries category as the 3<sup>rd</sup> leading cause of death when combined with deaths due to motor vehicle accidents. The following graphs depict the opioid and heroin crisis in Pulaski County and across Missouri in 2021.

### All Drug Overdose Mortality Rates by Region - 2021

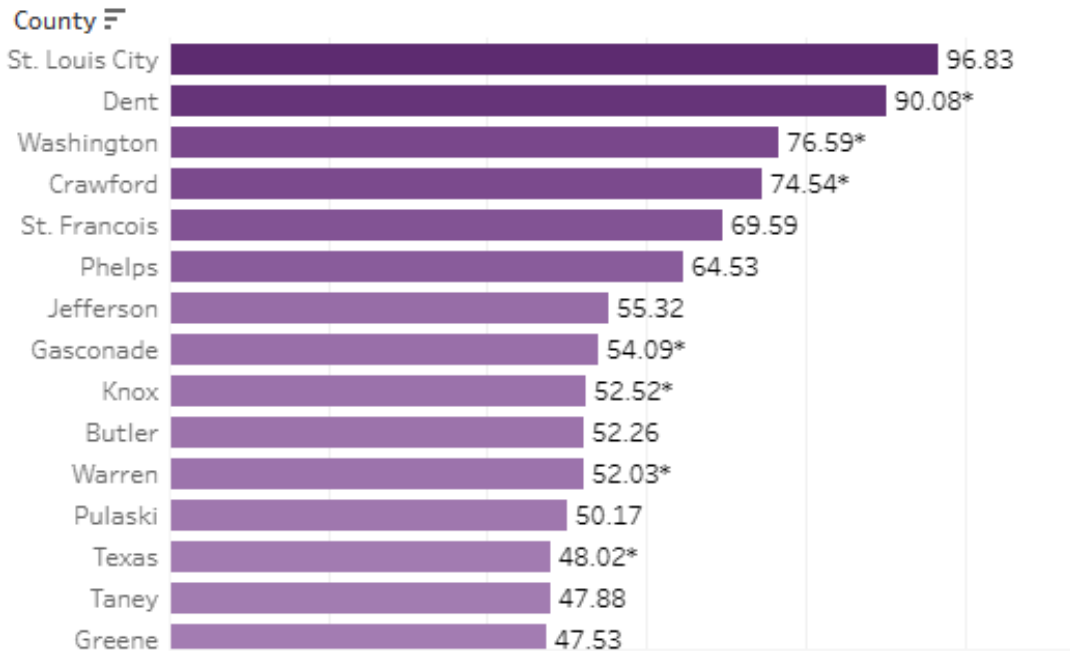


All Drug Overdose Mortality Rates by Region (Year: 2021)



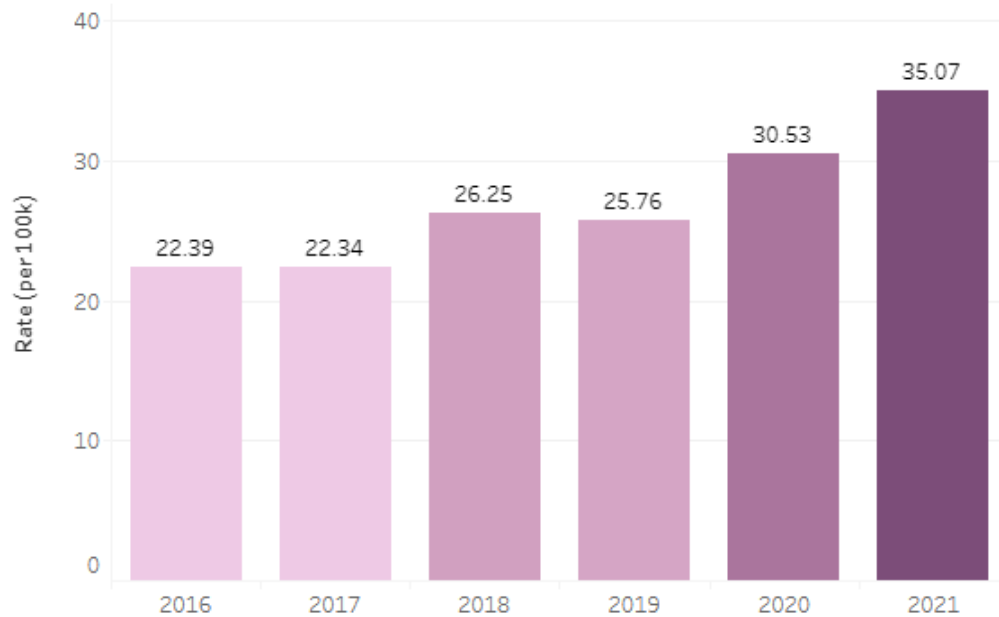
## All Drug Overdose Mortality Rates by County in All Regions

Colored by Total Count (Year: 2021)



## All Drug Overdose Mortality Rates for Selected Geography

Missouri Totals



## Chronic Disease

Chronic Disease risk factors are a significant concern in Pulaski County. Heart Disease, Cancer (All Types), Chronic Lower Respiratory Disease, Stroke, and Diabetes remain among the leading causes of death. There are several risk factors that are attributable to developing and/or dying from a chronic condition. These risk factors include:

- Obesity
- Smoking
- Heavy Drinking
- Lifestyle Habits (physical activity and nutrition)

Pulaski County is ranked in the top 25 percent of the healthiest counties in Missouri. However, there are health behaviors that are above state and national average rates. Pulaski County and the State of Missouri are above the national average for smoking and obesity. Pulaski County is below the curve in the areas of STI's, food insecurity, access to healthy food and drug overdose deaths. While not all behaviors can be directly related to a chronic condition or leading cause of death, whole body health is vital in improving health outcomes.



Leading Causes of Death under age 75 in Pulaski (PL) County

Leading Causes of Death Under Age 75	Deaths	Age-Adjusted Rate per 100,000
Malignant neoplasms	135	109.6
Diseases of heart	120	98.2
Accidents	96	70
Chronic lower respiratory diseases	41	33.2
Diabetes mellitus	38	31.3

Source: [CDC WONDER](#). Premature Mortality includes all deaths among people under age 75 and the rates are age-adjusted to the US 2000 population. Since counties have different age make-ups, age-adjustment can help in comparing health measures between counties.

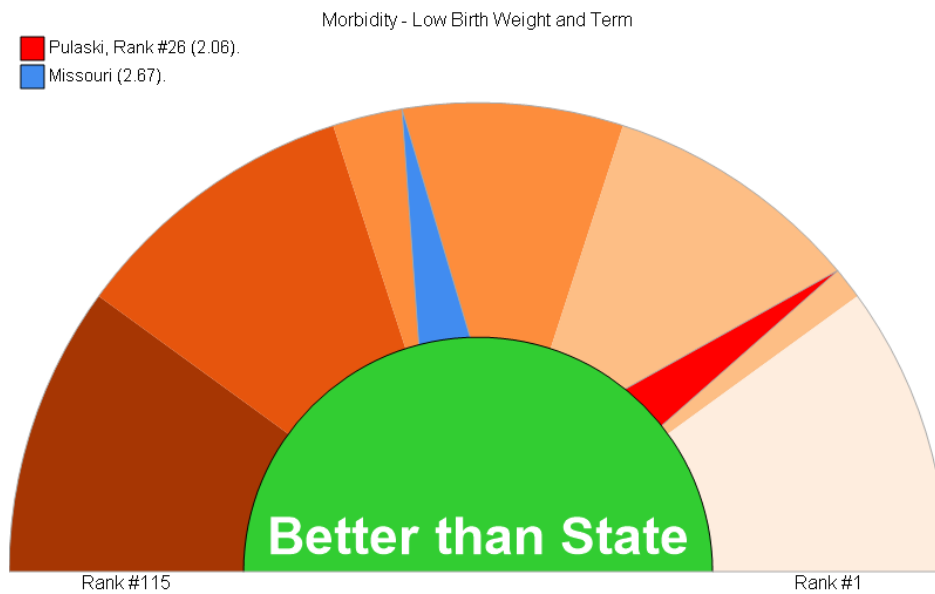
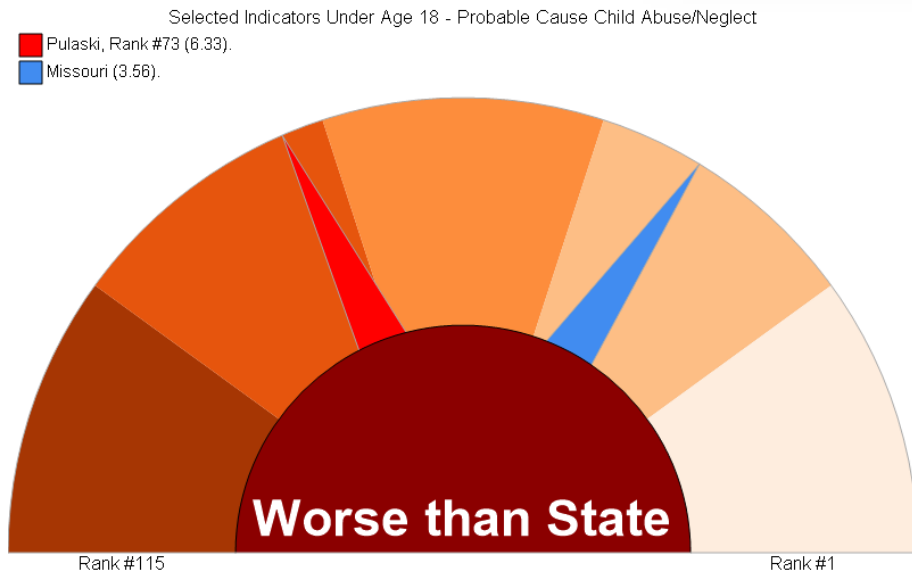
Deaths under age 75 due to COVID-19 in Pulaski (PL) County

Deaths Under Age 75 due to COVID-19	Deaths	Age-Adjusted Rate per 100,000
COVID-19	19	Unreliable

Health Factors			
Health Behaviors	Pulaski (PL) County	Missouri	United States
Adult Smoking	20%	20%	16%
Adult Obesity	37%	35%	32%
Food Environment Index	5.6	6.7	7.8
Physical Inactivity	32%	30%	26%
Access to Exercise Opportunities	71%	70%	80%
Excessive Drinking	18%	19%	20%
Alcohol-Impaired Driving Deaths	 28%	28%	27%
Sexually Transmitted Infections	 766.1	560.8	551.0
Teen Births	23	23	19
Additional Health Behaviors (not included in overall ranking)			
	Pulaski (PL) County	Missouri	United States
Food Insecurity	16%	13%	11%
Limited Access to Healthy Foods	22%	7%	6%
Drug Overdose Deaths	43	28	23
Motor Vehicle Crash Deaths	14	15	12
Insufficient Sleep	35%	35%	35%

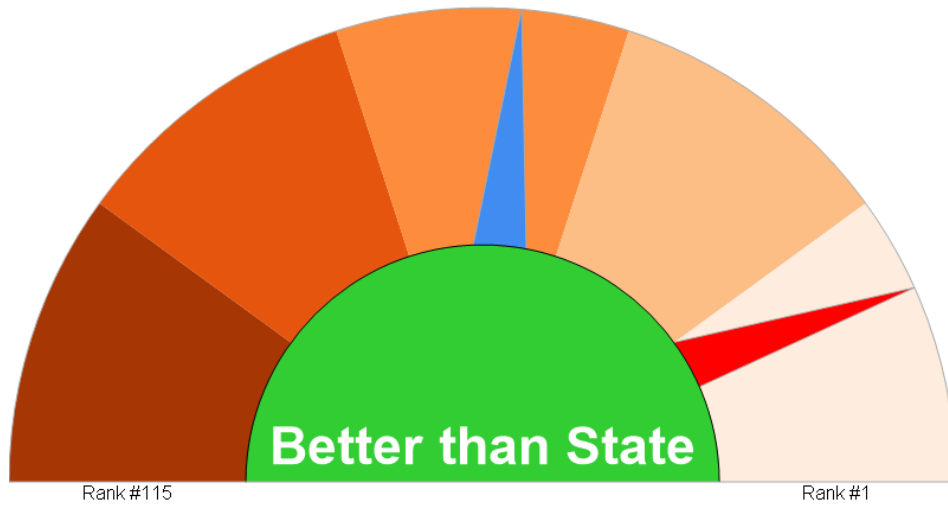
## Maternal & Child Health:

The well-being of mothers, infants and children determines the health of the next generation. The indicators of a child's well-being include many factors such as socio & economic and environmental. There are currently 13,015 children under the age of 19 in Pulaski County.



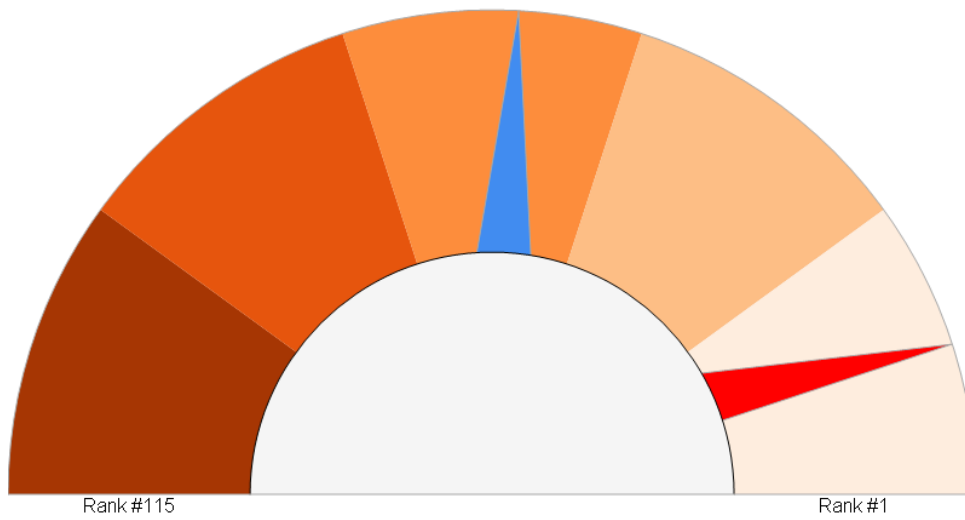
Utilization - WIC Infants - Ever Breastfed

- Pulaski, Rank #16 (81.23).
- Missouri (73.45).



WIC - WIC Children Ages 24 to 59 Months Obese (BMI)

- Pulaski, Rank #12 (10.5).
- Missouri (13.78).



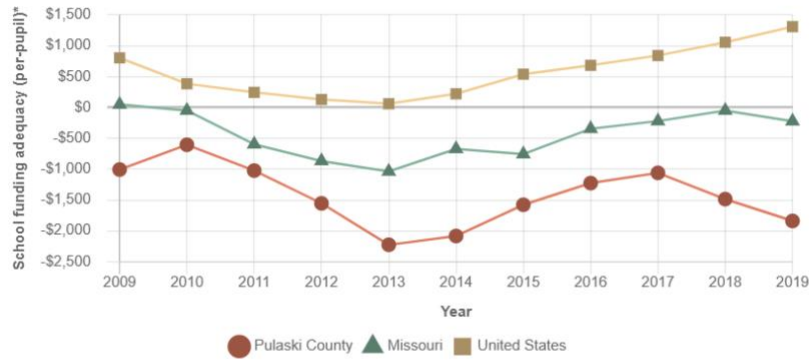
Child Health Indicators				
	Pulaski County	Missouri	US	
<b>Child Mortality</b>	50	60	50	<i>Under 18 per 100,000</i>
<b>Infant Mortality</b>	6	6	6	<i>Per 1000 live births</i>
<b>Teen Births</b>	23	23	19	<i>Per 1000 females 15-19</i>
<b>Uninsured Children</b>	6%	7%	6%	
<b>Children in Poverty</b>	14%	16%	16%	
<b>Children in Single-Parent Households</b>	23%	25%	25%	
<b>Child Care Cost Burden</b>	14%	16%	25%	<i>As % of median household income</i>
<b>Child Care Centers</b>	3	6	6	<i>Per 1000 population &lt;5</i>
<b>Juvenile Arrests</b>	25	28	19	<i>Rate of delinquency cases per 1000</i>

Table 4.3: Source: County Health Rankings, 2022

Additional Educational System Indicators				
	Pulaski County	Missouri	US	
<b>High School Completion</b>	93%	91%	89%	
<b>Some College</b>	74%	67%	67%	
<b>Reading Scores</b>	3	3	3.1	<i>Grade Level Performance average of 3rd Graders</i>
<b>Math Scores</b>	2.8	3	3	<i>Grade Level Performance average of 3rd Graders</i>
<b>School Funding Adequacy</b>	(\$1,839)	(\$223)	\$741	<i>The average gap in dollars between actual and required spending per pupil among public school districts. See chart below.</i>
<b>Children Eligible for Free or Reduced Lunch</b>	48%	50%	52%	

Table 4.4: Source: County Health Rankings, 2022

**School funding adequacy in Pulaski County, MO  
County, state and national trends**



Notes:  
\*School funding adequacy is the actual per-pupil spending compared with an estimated amount that would need to be spent to achieve U.S. average test scores in each school district. The county value is the cross-district average of the spending surplus or deficit.

<b>Prenatal Health Indicator</b>		
	<b>Pulaski Co</b>	<b>Missouri</b>
<b>Care Began First Trimester</b>	70.60	71.23
Late Care (2nd/3rd Trimester)	27.46	26.39
No Prenatal Care	1.94*	2.39
Inadequate Prenatal Care - Missouri Index	21.31	21.09
Prenatal Medicaid	28.57	38.6
Prenatal WIC	33.05	33.89
Prenatal Food Stamps	17.53	24.62
Gestational Diabetes	9.31	7.35
Pre-Pregnancy Diabetes	1.25*	1.05
Mother Smoked During Pregnancy	13.01	12.77

\*Less than 20 events; rate is unreliable.

Table 4.5: Source: Community Health Profiles



## WIC (Women, Infants, and Children) Program Utilization

WIC is an educational based nutrition program that teaches mothers and young children how to eat well and stay healthy. WIC is for women who are pregnant, breastfeeding or whose pregnancy recently ended; infants under 12 months old; and children under 5 years old who qualify based on income and health risk needs. WIC promotes and educates on the benefits of breastfeeding for mothers and their infants. Qualifying women, infants and children are prescribed a food package based on individual need. New food items recently added to WIC food packages include whole wheat bread or tortillas, tofu, fresh or frozen fruits and vegetables, canned beans and jars of baby food. WIC participation regionally and statewide continues to decline despite efforts to recruit new eligible clients.

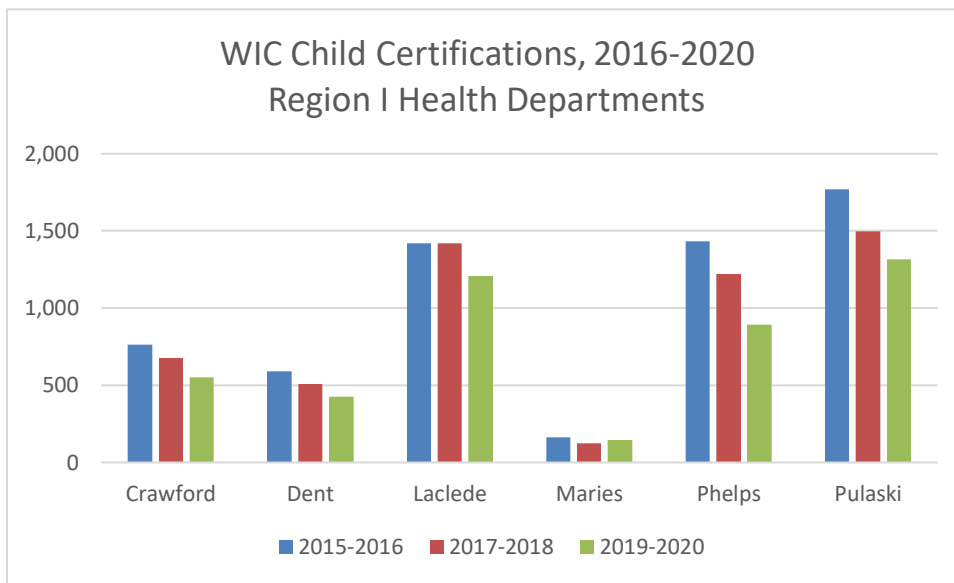


Chart 4.2: Source: DHSS- MOPHIMS- WIC Child MICA

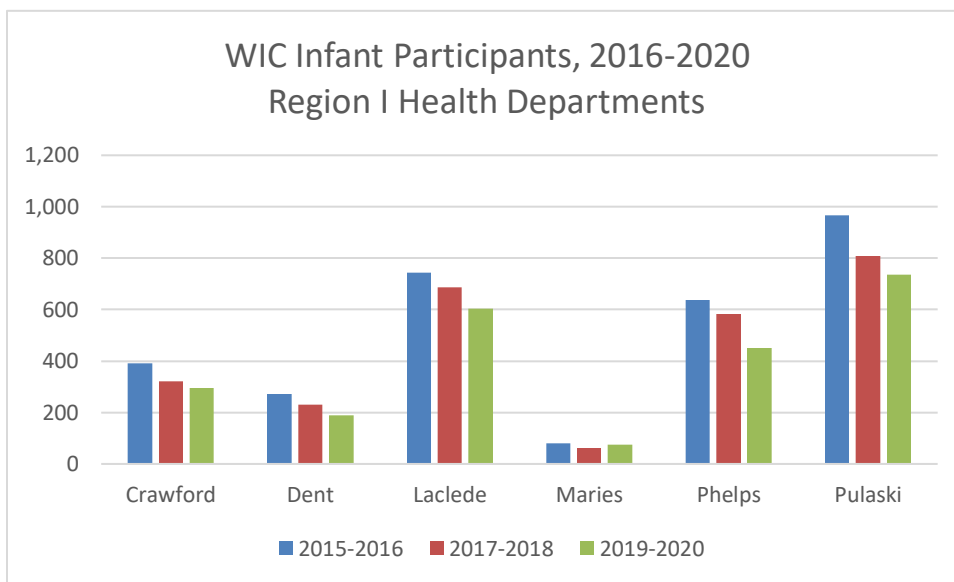


Chart 4.3: Source: DHSS – MOPHIMS – WIC Infant MICA

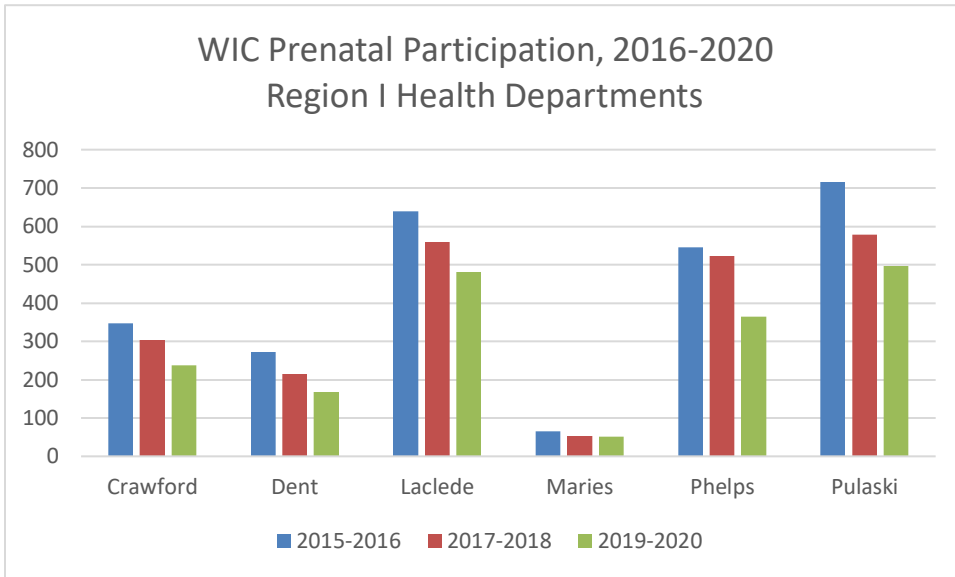


Chart 4.4: Source: DHSS – MOPHIMS – WIC Prenatal MICA

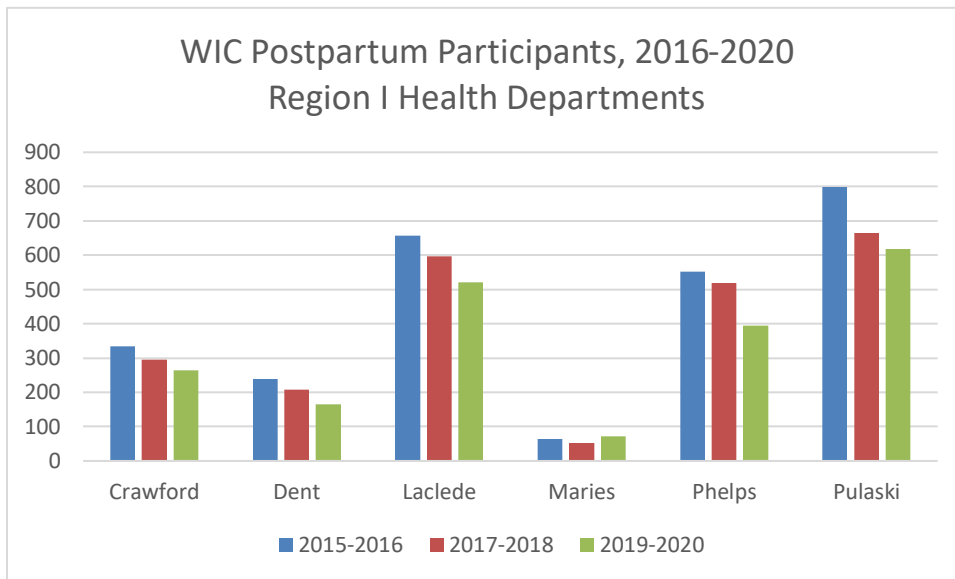


Chart 4.5: Source: DHSS – MOPHIMS – WIC Postpartum MICA

## Prevalence of Infectious Disease

Infectious diseases remain a major cause of illness, disability, and death. Each year the Pulaski County Health Center reports, investigates and educates on the communicable diseases in the county. A system is in place to receive and transmit information on reportable communicable, environmental, and occupational disease reports received from laboratories, physicians, hospitals, clinics, or other public/private institutions as defined in CSR 20-20.020. The Communicable Disease Preventions programs:

- Provide health care providers and mandated disease reporters with information about reporting requirements, methods of reporting, and recognition of, and response to critical incidents.
- Provide the community with information on community health risks.
- Provide health education information on specific diseases to individual clients.

A total of 159 communicable disease infections were reported to the health department in 2022 with an additional 82 animal bites that were investigated with 16 of the bite victims receiving the rabies vaccines treatment as a precaution.

**Sexually Transmitted Disease:** Pulaski County continues to experience high rates of STIs with rates comparable per capita to the larger counties in the state of Missouri. The health department along with local medical clinics provide testing and treatment for sexually transmitted infections. Treatment is provided to all positive cases and their partner(s).

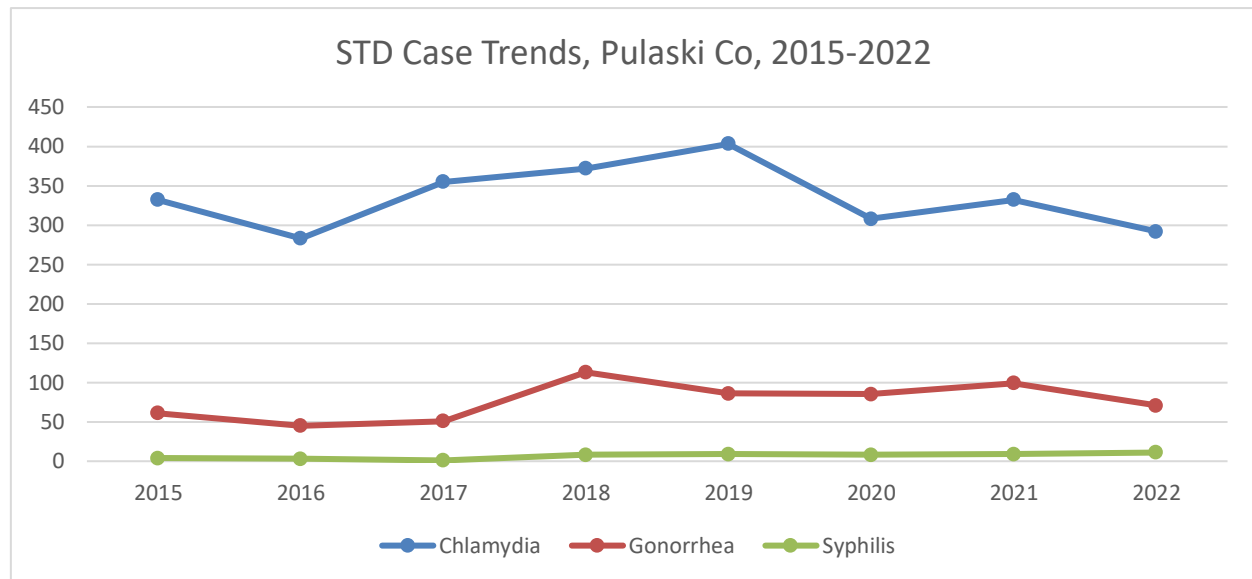
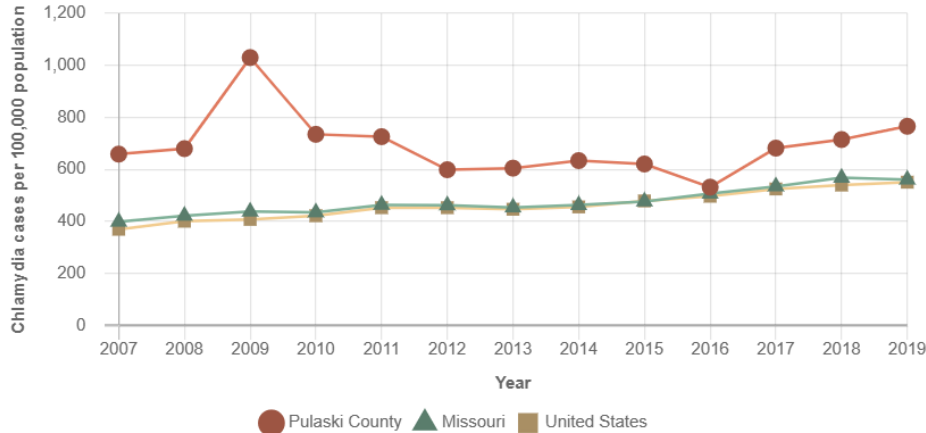


Chart 4.6: Source: DHSS – Monthly Report- Sexually Transmitted Diseases by County

## Sexually transmitted infections in Pulaski County, MO County, state and national trends

No significant long term trend was found in Pulaski County for this measure. However, in recent years the trend has worsened.

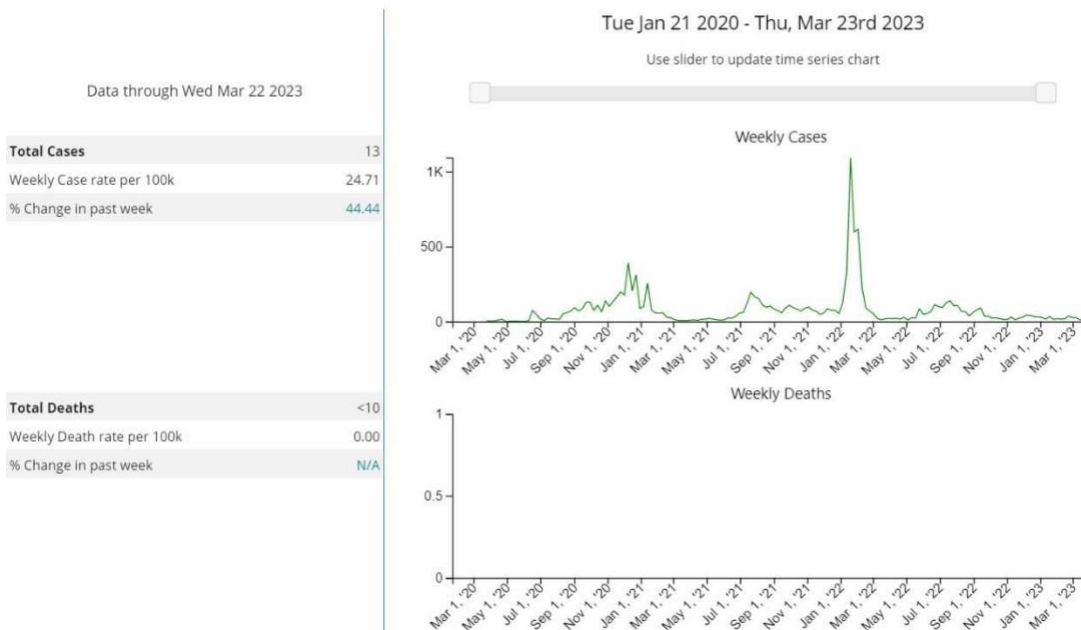


Notes:  
Sexually transmitted infections should only be compared across states with caution.

## COVID-19

In March 2020, Pulaski County was hit with COVID-19 and so began the epidemic and the demand it put on public health and the health care system. It wasn't until January 2021, that the vaccine was available to the area.

### Cases & Deaths in Pulaski County, Missouri



Source: CDC COVID Tracker – Pulaski County

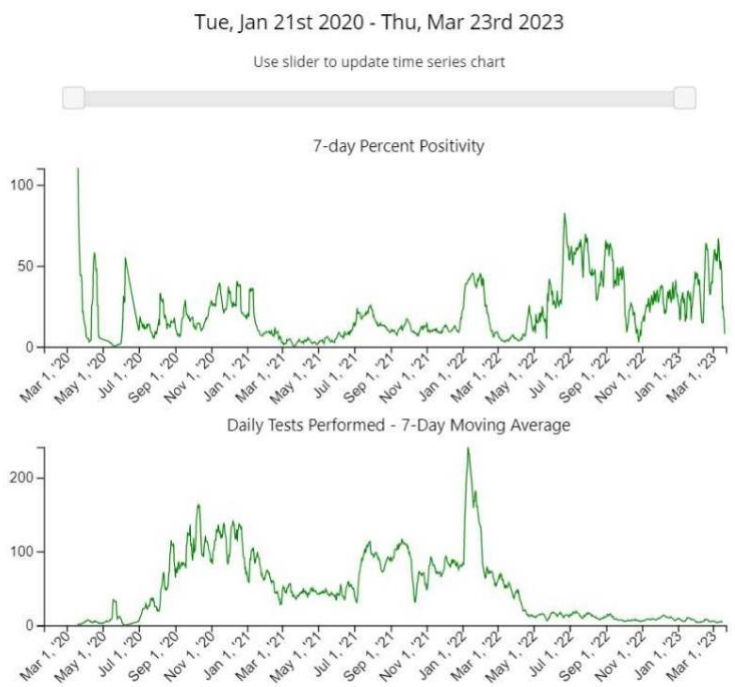
## Testing in Pulaski County, Missouri

Data through Tue Mar 21 2023

<b>% Positivity</b>	7.14
% Change (last 7 days)	-41.14

Data through Fri Mar 17 2023

<b>Tests Performed</b>	24
Test Rate per 100k	45.53
% Change (last 7 days)	-14.29



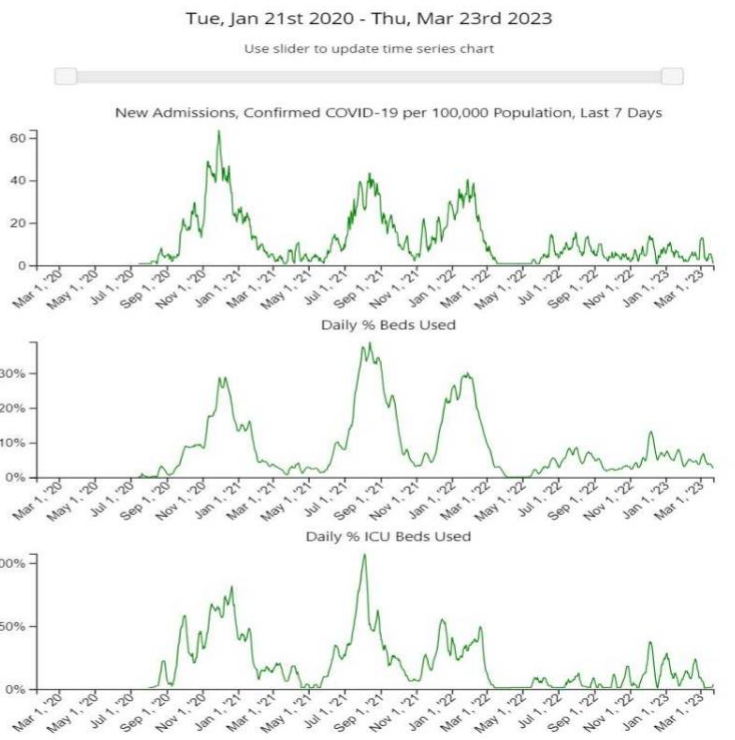
## Hospitalizations in Pulaski County, Missouri

Data through Wed Mar 22 2023

<b>New admissions of confirmed COVID-19 among county residents (estimated)</b>	1
New admissions of confirmed COVID-19 per 100,000 population	1.7
% Change in new admissions of confirmed COVID-19 from previous 7 days	-60.00

<b>% Staffed inpatient beds in use by patients with confirmed COVID-19</b>	2.6
Absolute change, % staffed inpatient beds in use by patients with confirmed COVID-19 from previous 7 days	-0.9

<b>% Staffed ICU beds in use by patients with confirmed COVID-19</b>	1.7
Absolute change, % staffed ICU beds in use by patients with confirmed COVID-19 from previous 7 days	1.7



Source: CDC COVID Tracker – Pulaski County

## Immunization Coverage

### COVID Vaccination Coverage for Pulaski County

People Vaccinated	At Least One Dose	Completed Primary Series	Updated (Bivalent) Booster Dose
Total	35,967	32,779	3,130
% of Total Population	68.4%	62.3%	5.9%
Population ≥ 5 Years of Age	35,878	32,745	3,129
% of Population ≥ 5 Years of Age	73%	66.6%	6.4%
Population ≥ 12 Years of Age	34,975	32,078	3,107
% of Population ≥ 12 Years of Age	78.4%	71.9%	7%
Population ≥ 18 Years of Age	32,809	30,192	3,029
% of Population ≥ 18 Years of Age	79.7%	73.3%	7.4%
Population ≥ 65 Years of Age	4,674	3,982	1,447
% of Population ≥ 65 Years of Age	95%	83%	30.2%

Source: CDC COVID Data Tracker- Pulaski County

Photo: Pulaski County Health Center staff following a Mass COVID -19 Vaccine clinic at the St. Robert Municipal Center in Spring 2021.



### Vaccinations for School Aged

The following table gives the percentage of students, Kindergarten through 12<sup>th</sup> Grade, who are fully vaccinated. There are children in each district with religious or medical exemptions with overall rates very low county-wide. Pulaski County Health Center has a mobile unit that holds vaccine clinics across the county to make children's, flu and COVID vaccinations more accessible to all residents.

<b>Vaccine Series</b>	<b>School Year</b>	
	<b>21-22</b>	<b>22-23</b>
<i>DTAP/DT/TD/TDAP</i>	94.35%	97.29%
<i>Tdap</i>	91.49%	95.99%
<i>Meningococcal</i>	92.21%	95.10%
<i>Polio</i>	97.04%	97.30%
<i>MMR (Measles, Mumps, Rubella)</i>	97.10%	97.11%
<i>Hepatitis B</i>	95.18%	97.19%
<i>Varicella</i>	96.65%	96.84%

Table 4.6: Source MO DHSS- Immunization Assessment Survey

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104 Ashley May Ln  
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