

2017

Community Health Assessment

Pulaski County, Missouri



Public Health
Prevent. Promote. Protect.



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Pulaski County Health Department

2017 Health Status Report

Community Health Assessment Summary of Findings

The priority risk factors and priority disease/condition report for Pulaski County indicate we have higher mortality and morbidity rates than the state rates. Many of the illnesses and deaths experienced by the adult population are in part a culmination of lifestyle choices such as smoking, lack of physical activity and proper diet, lack of regular prevention and screening services.

Sexually Transmitted Disease (STD) rates have begun to fall but remain significantly higher than the state rate.

Maternal and Child Health issues in Pulaski County are about average with the state. We continue to be slightly lower and equal to the state in many MCH health concerns. Child abuse rates in Pulaski County were 4% higher in the previous assessment and are now comparable to the state-wide average.

The general health in Pulaski County is poor. Behavioral risk factors are now slightly lower than the statewide rates, whereas they previously were considerably higher. The trend has remained that some chronic disease cases continue to be higher with screening rates still lower.

Physical inactivity, elevated blood pressure, elevated cholesterol, diabetes among adults are now below or comparable to state rates but are still a concern with the continuation of the obesity epidemic in the county, state, and country. Obesity is a risk factor for almost all the leading causes of death for Pulaski County. Obesity paired with tobacco use only continues to escalate the prevalence of chronic disease.

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
- Smoking-Attributable Disease

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

Chart A: depicts top leading causes of death in Pulaski County from 2003-2013

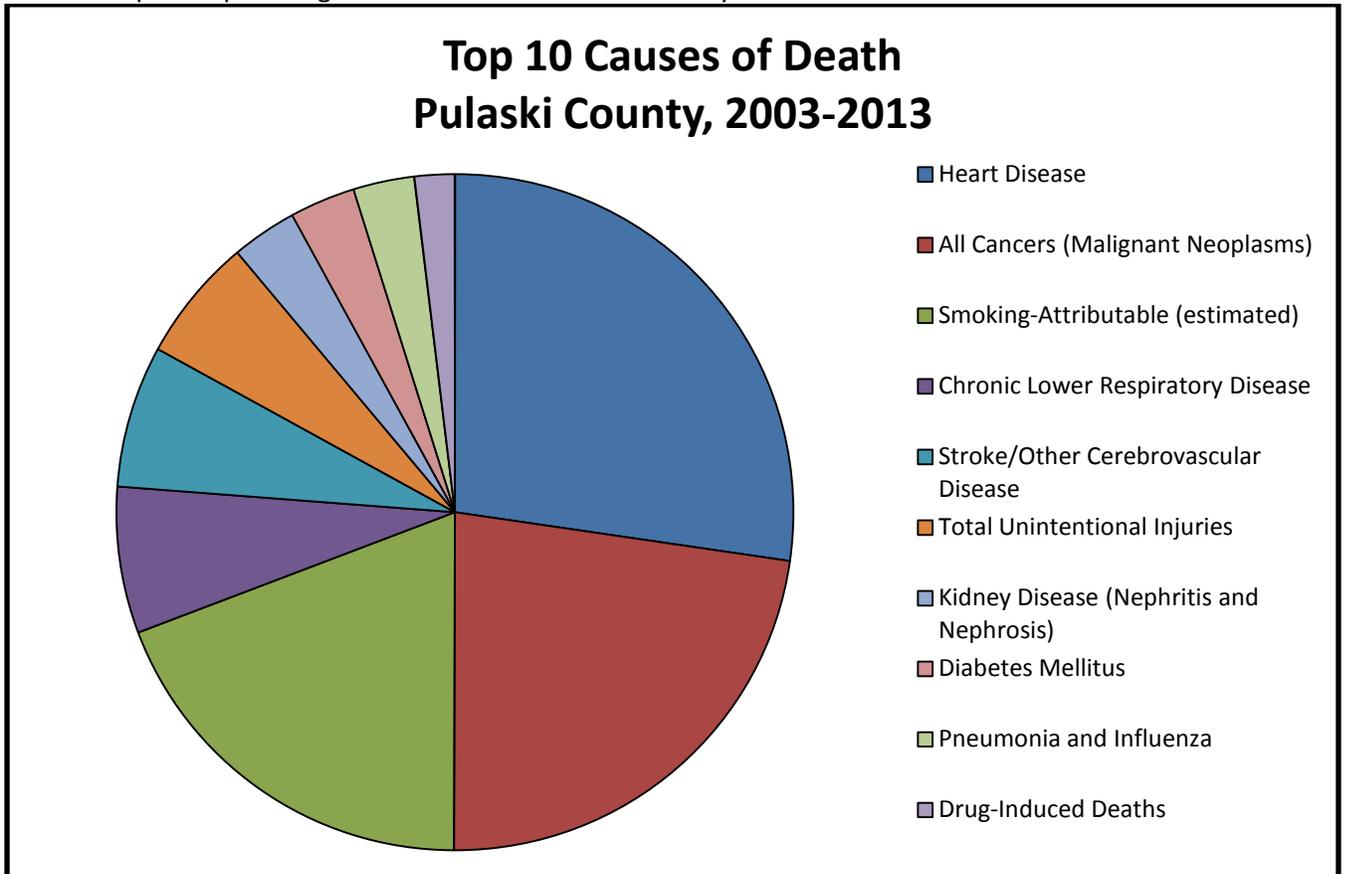


Chart A: Source: MODHSS Community Health Profiles; Leading Causes of Death Profile, Pulaski County, 2003-2013, Rates are per 100,000 population.

Demographic/Educational/Socioeconomic Indicators

Population and Change:

Pulaski County is one of the fastest growing counties in Missouri. The population had steadily increased each year from 2006 until 2013 where the population started to experience a slight decline. Between 2006-2015, Pulaski County's population increased by 9,479, by going from 43,742 in 2006 to 53,221 in 2015. This population doesn't include the population of Ft. Leonard Wood which adds approximately 7,300 additional people. The population on the Army installation is transient and is always fluctuating. The gender breakdown of the population shows 62 percent being male and 38 percent female. The largest growth incline occurred within the timeframe of 2009 to 2010 with a change of approximately 12.5 percent compared to Missouri change of ½ percent respectively. Strategic growth planning of funds and programs is vital in preparing for future health care and environmental demands. See Chart 1.1 and 1.2 for populations trends in Pulaski County and the State of Missouri.

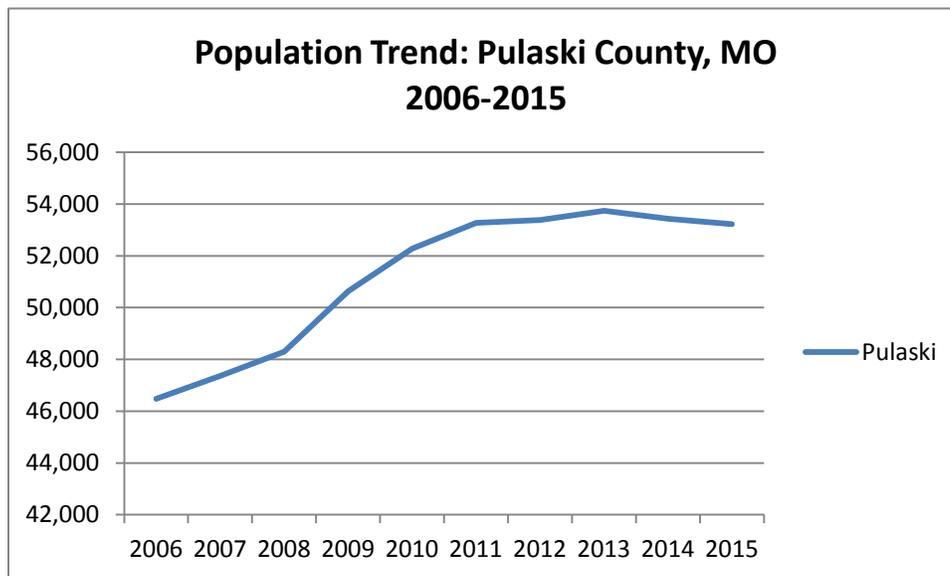


Chart 1.1: Source: MODHSS, Population MICA, Census Bureau

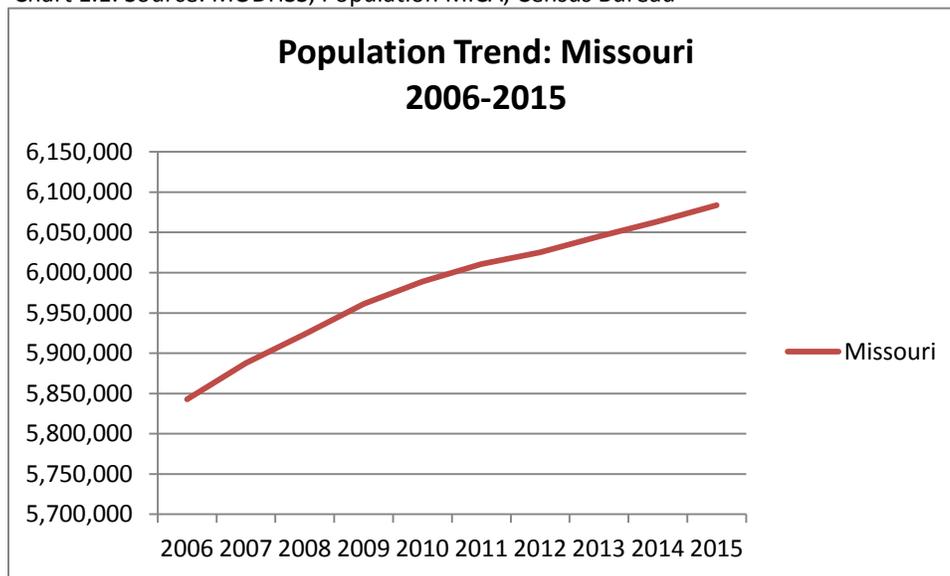


Chart 1.2: Source: MODHSS, Population MICA, Census Bureau

The age breakdown of Pulaski County shows that children under the age of 18 have the largest population rate of 22.72 percent as compared to the State rate of 22.97 percent. Our smallest population is the number of residents over the age of 85 with a total percentage of .82 compared to the State rate of 2.06 percent. Pulaski County is considered to have an overall young population. Although the highest percentage of the population is children under the age of 18 when taken into consideration as a conglomerate, these are still vastly outnumbered by all age groups between 18 to 64 when considered individually. See Chart 1.3 below for further details.

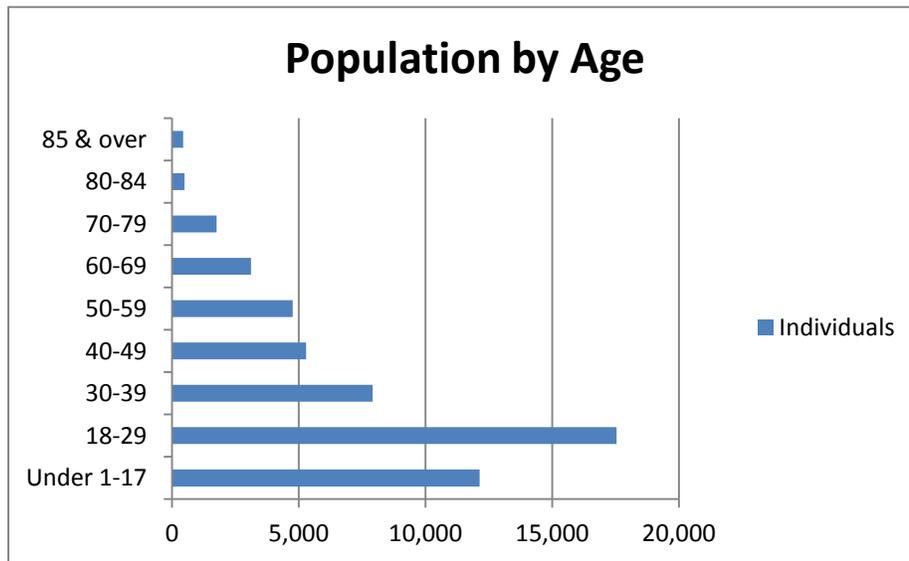


Chart 1.3- Source: MODHSS, Population MICA, Census Bureau

Racial Diversity:

There has not been a significant change in the race and ethnicity population from 2013 to 2015. Since 2013 there has been a slight decline in White Population by 1.9 percent, yet continue to be the largest racial group in the County at 77.3 percent. Blacks are the second largest racial population at 12.9 percent with a 1 percent increase since 2012. Although the percentages of the other racial and ethnic groups are relatively small for Pulaski County, they are approximately twice the statewide rate for all races and ethnicities other than blacks. See Table 1.1

Population by Race and Ethnicity, 2015	County	State
	Percentage of Population 2015	Percentage of Population 2015
White Alone	77.3	83.3
Black Alone	12.9	11.8
Am. Indian & Alaskan Native Alone	1.1	.5
Asian and Pacific Islander Alone	3.2	2.0
Multiracial	4.7	2.2
Hispanic	11.0	4.1

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

Educational Attainment:

Per the Bureau of the Census, American Community Survey (completed 2011-2015), 2015, the graduation rate for Pulaski County was 89.8 percent as compared to the statewide rate of 88 percent. The Survey also showed that 24.2 percent of the population over the age of 25 attained a Bachelor's Degree or higher. See Table 1.2 for the breakdown of educational attainment for persons' over the age of 25.

Educational Attainment of Percent of Persons age 25 years+, 2011-2015	Percentage
<9 th grade	2.9
9 th -12 th grade, no diploma	7.3
High school graduate or equivalent	31.3
Some College, no degree	23.3
Associates degree	11.2
Bachelor's degree	15.8
Graduate or Professional degree	8.4

Table 1.2- Source: Bureau of the Census, American Community Survey, detailed tables for 2011-2015

Housing, Household, and Families

Per the US Census Bureau's estimates, there were 18,799 housing units in Pulaski County in 2015. Of the total units, 52.5 percent are owner occupied. The median value of an owner-occupied housing unit in 2014 was \$126,000 as compared to the 2011 value of \$122,600 and 2014 statewide value of \$136,700. Pulaski County offers a wide range of housing with only about 7.6 percent of the units being built before 1950. In 2014, there were 15,528 households in the county.

According to the Installation Community Health Status Assessment (CHSA) there are 2,146 individuals residing in on-base housing as of November 2016. Of those living on base, 70 percent are living in single-family housing and the remainder living in barracks or shared living spaces. All other individuals currently stationed at Ft. Leonard Wood utilize off-base housing.

Income & Poverty:

The 5-year estimate of the county's poverty rate in 2015 was at 13.2 percent which is a bit lower than the state rate of 14.8 percent. Of those living in poverty, 18 percent are children; this rate is slightly lower than the State-wide average of 20 percent. Median household income in 2015 was \$47,931 which was a decrease from the previous year at \$49,604. The unemployment rate for Pulaski County, MO as of February 2017 was 5.6% compared to the state unemployment rate of 3.3%. Of the current population under the age of 65, 12.1 percent is living with a disability and 14 percent have no health insurance.

Environmental Health Risk Factors

Lead Testing:

Pulaski County is a non-high risk area for lead screening. As listed in the previous section, only eight percent of the housing was built before 1950, reducing the risk of lead exposure from home. Medicaid children are tested at 12 months and 24 months. The county lead screening reporting rates are low but are steadily increasing. Our rates are low mostly due to the number of military children being tested at the General Leonard Wood Army Community Hospital (GLWACH). FLW is not a part of the Missouri Department of Health and Senior Services reporting system. Although reporting rates are relatively low, the testing outcomes are excellent.

The Pulaski County Health Center has continued its efforts to educate on lead. 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. Efforts are continuously made to improve the reporting process and rates.

Public Water Supplies:

Pulaski County is well within the normal and safe range of standards for water. The drinking water supply is fluoridated in Waynesville, St. Robert and Ft. Leonard Wood. Most of the citizens of Pulaski County have access to public water supply systems. The water is tested for lead and other contaminants and is not an issue in public water available in Pulaski County. The populations consuming public water are those living in an incorporated area. Those in unincorporated areas consume water from private wells.

Private Water Supplies:

The Pulaski County Health Center opened a new water lab in its main office in Crocker this past spring to test the private well water. Our new water laboratory offers water testing for the presence or absence of bacteria for a fee. We also offer the New Well Series, which is 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. This test can help residents with private wells determine a baseline for drinking water quality. In 2016, 96 private water samples have been processed through the lab.

Recreational Water Sampling:

The Health Center monitors streams and rivers located in Pulaski County for the presence of E. coli bacteria. Samples are collected from eight area swimming locations weekly 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.

We use the Environmental Protection Agency's (EPA) established water quality criteria for monitoring bacteria, which states that no single water sample should have an E. coli count that exceeds 235 CFUs (colony forming units) per 100 ml of water.

The current sampling results from April through September 2016 show that the E. Coil counts were well below the Environmental Protection Agency's (EPA) established water quality criteria of 235 CFUs (colony forming units) per 100 ml of water. There were a few samples during this period that were above the 235 CFUs but this was due to heavy rain events. During this sampling period, the

Environmental staff collected and analyzed 203 samples.

Environmental Health Risk Factors:

In early 2015, complaints were filed with multiple government agencies on the cleanliness of our local rivers and current e-Coli levels. From a public health standpoint, the Health Center worked on a plan to help protect residents, patrons, and tourists from potential e-Coli infection. A partnership was formed with the Pulaski County Commission to launch a Water Monitoring Program to test a total of 8-10 local public access points on the Gasconade, Big Piney, and Roubidoux. The program has been fully implemented since April 2016.

Food, Lodging, and Day Care Safety:

Pulaski County has seen a continued growth of restaurants, lodging facilities and day cares due to the increase of military personnel at Ft Leonard Wood. During 2016 the environmental staff conducted 571 food inspections, 120 lodging inspections, and 38 child care inspection. The environmental staff worked 49 food recalls requiring calls and visits to grocery stores, schools, and other facilities. The Environmental Public Health Staff conducted a total of 965 inspections in 2016.

Public Safety/Domestic Violence

Crime Rates:

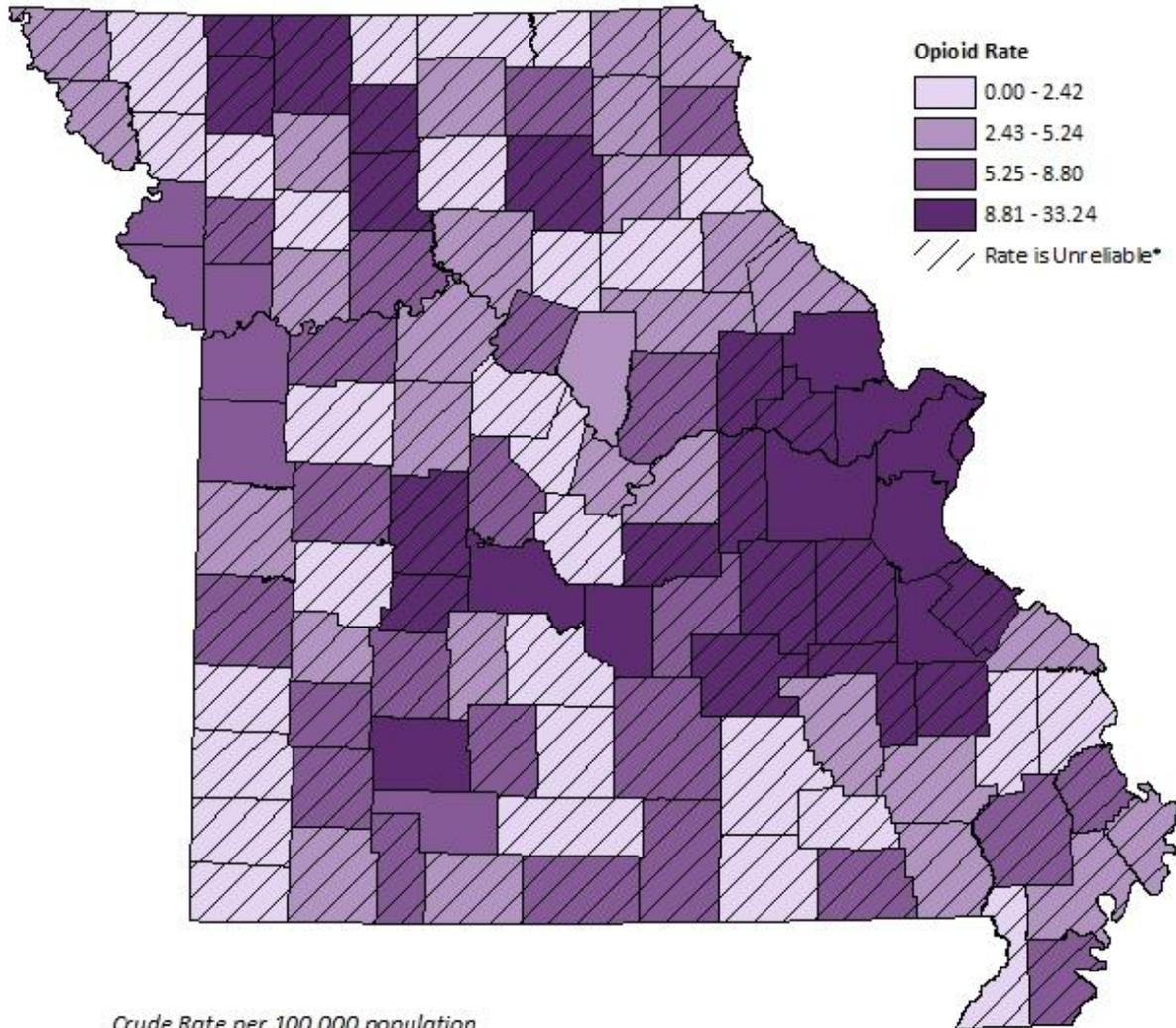
The health of the community is negatively impacted by crime and substance abuse for stress, fear, injuries, and addictions that prevent some county residents from reaching their fullest potential. In 2016, law enforcement made 1,750 total arrests to include: 238 driving under the influence, 75 disorderly conduct, 89 aggravated assault, 141 larceny/theft and 611 drug-related arrests.

Among the leading causes of death for Pulaski County from the years of 2003-2013, some causes of interest were Homicide at 7.11, alcohol-induced deaths at a rate of 5.54, drug-induced deaths a 17.09, and injury by firearm at 13.66. None of these rates are statistically significantly different than the respective state rates.

Drug Use

The illicit drug continues to rise and plague Pulaski County just as it has across the nation. There was one methamphetamine laboratory seizure in Pulaski County in 2016. The following graphs depict the opioid and heroin crisis in Pulaski County and across Missouri.

Deaths Due to Opioid Overdoses 2012-2016

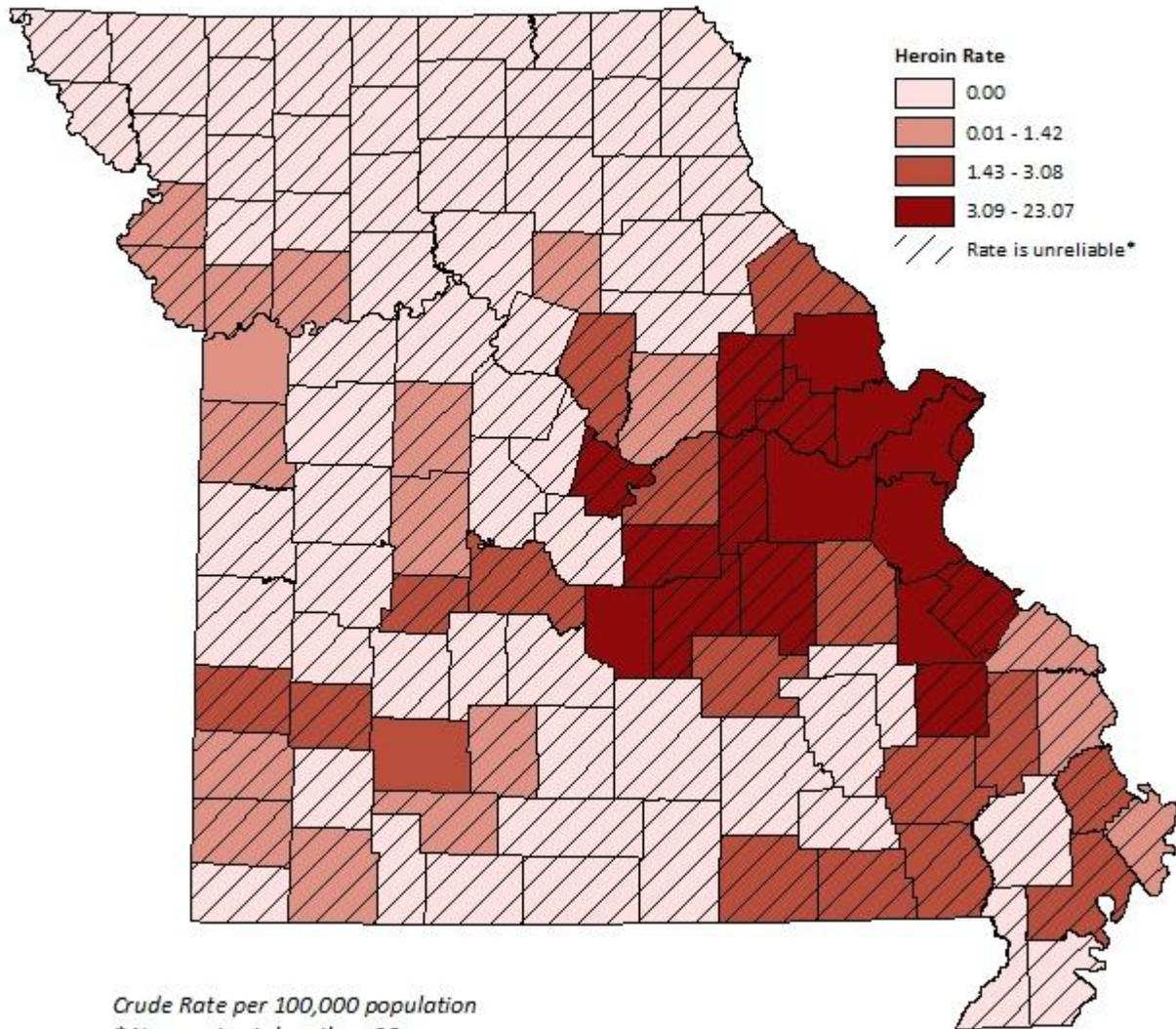


Crude Rate per 100,000 population
** Numerator less than 20*

*Source: Bureau of Vital Statistics,
Missouri Department of Health and Senior Services*

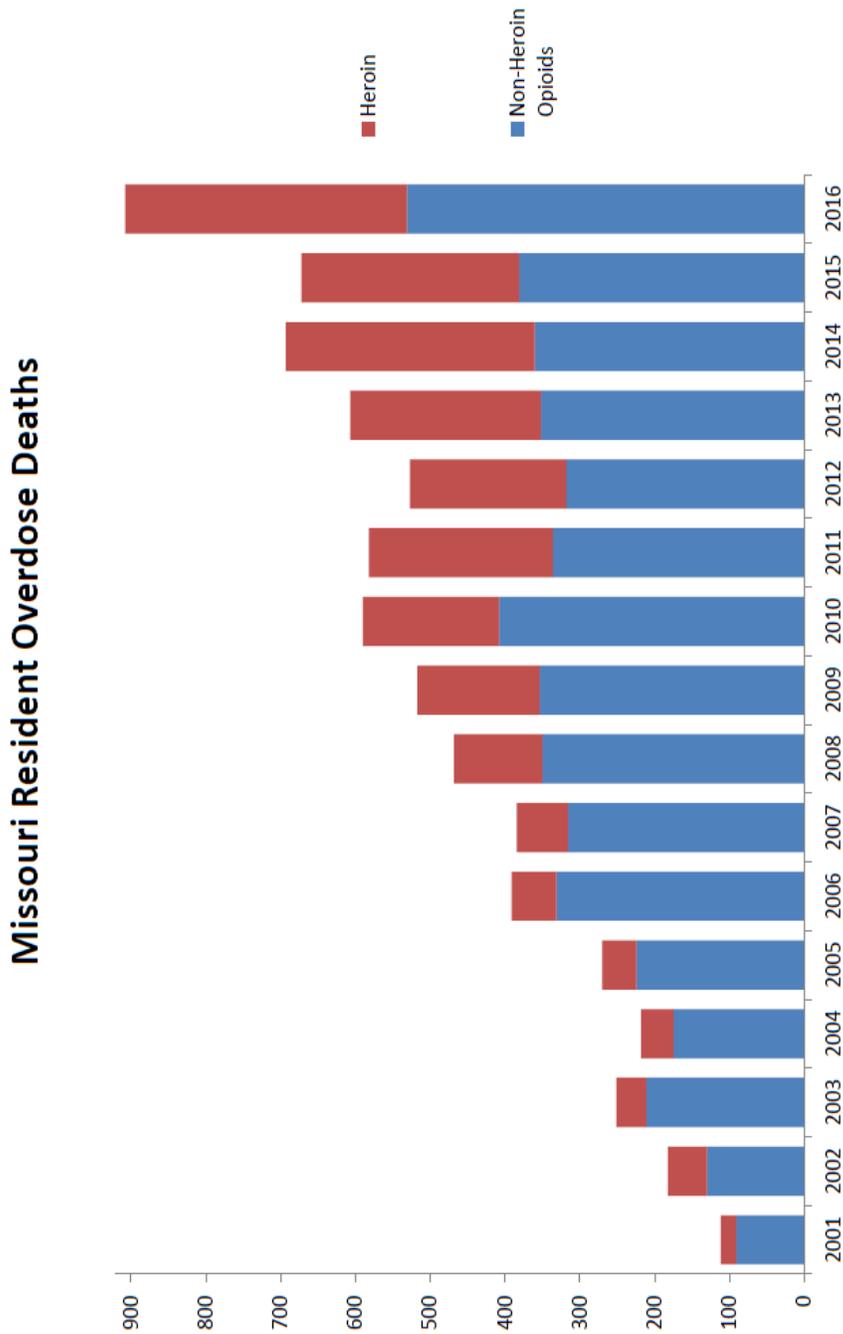
The majority of counties with high opioid-involved mortality rates are clustered in and to the south of the St. Louis metropolitan region, though some additional counties with high opioid-involved death rates can be found across the state. Opioid-involved emergency room discharge rates follow a similar statewide distribution with the greatest rates in the St. Louis area; however, there is an additional cluster in the southwest region of the state.

Deaths Due to Heroin Overdoses 2012-2016



Source: Bureau of Vital Statistics,
Missouri Department of Health and Senior Services

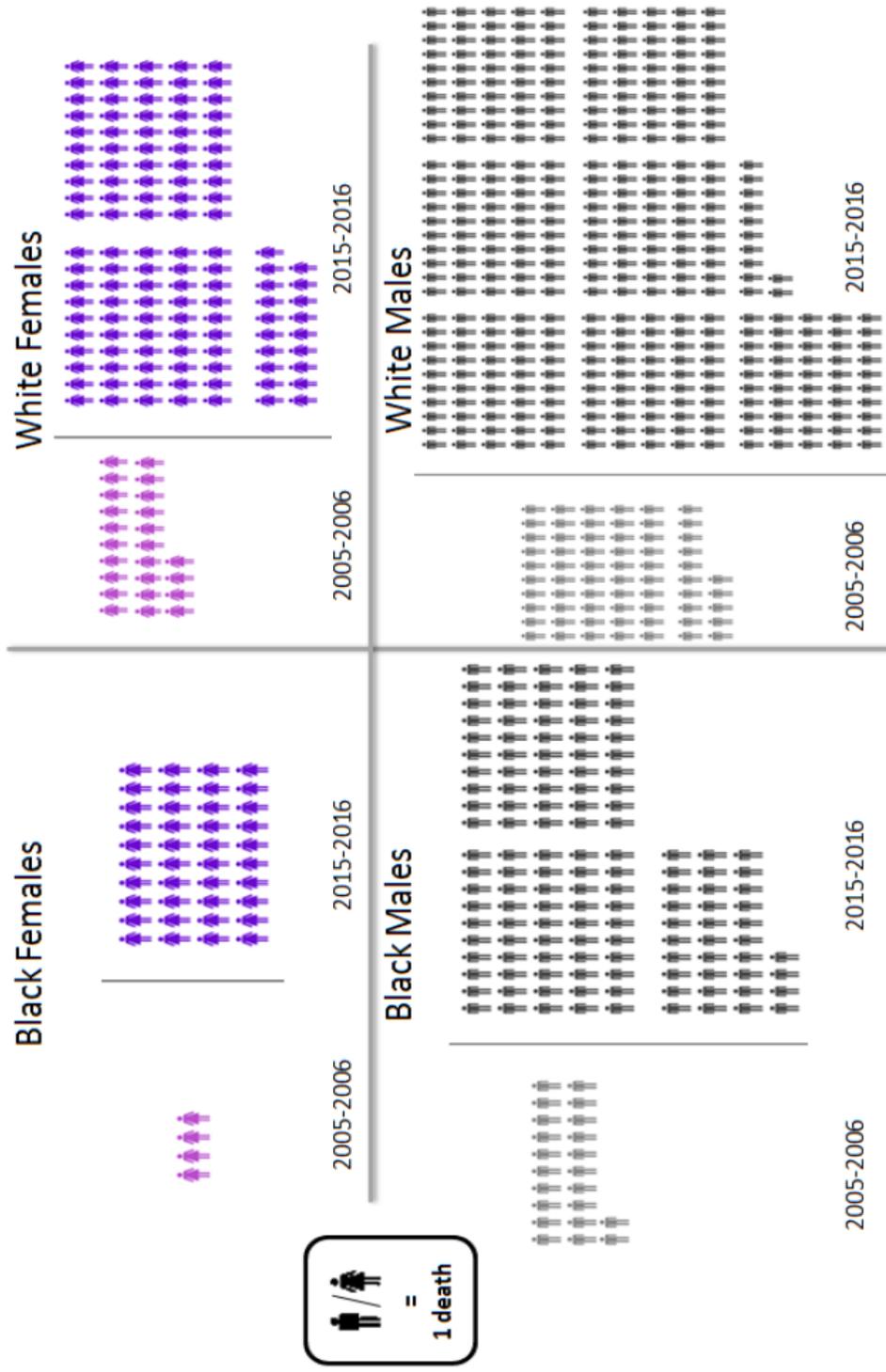
High rates of mortality due to heroin-involved overdoses (a subset of opioid-involved overdoses) are strongly concentrated in the St. Louis metropolitan region and surrounding counties with a secondary cluster in the southeast corner of Missouri. This is a markedly different distribution than a non-heroin opioid-involved overdoses as will be shown in the following map.



Source: Bureau of Vital Statistics, Missouri Department of Health and Senior Services

Opioid-involved overdose deaths in Missouri have been steadily climbing over the last 15 years. While overdose deaths due to non-heroin opioids remained relatively stable between 2006 and 2015, a large increase was observed in 2016. The number of heroin deaths has continued to increase rapidly.

Heroin Overdose Deaths



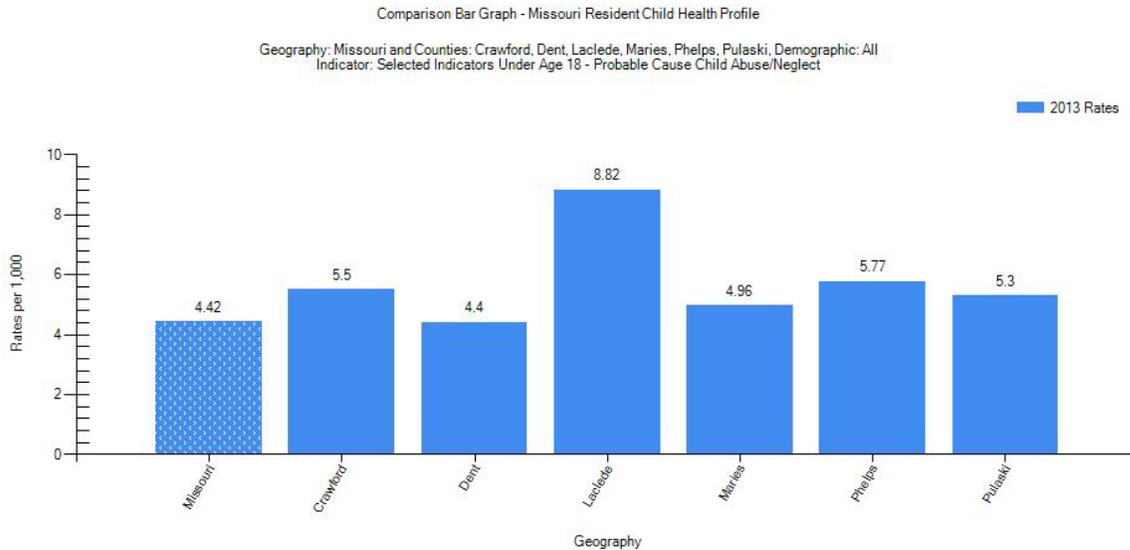
Source: Bureau of Vital Statistics, Missouri Department of Health and Senior Services

This infographic shows the number of heroin-involved overdose deaths in 2005-2006 compared to 2015-2016 (one figure equals one death) by race and sex. All demographic groups experienced large increases in mortality. Females, regardless of race, experienced a larger percent increase compared to males, with Black females showing the most severe increase.

Note: Due to small numbers and confidentiality, all other races have been excluded from the counts.

Abuse and Neglect:

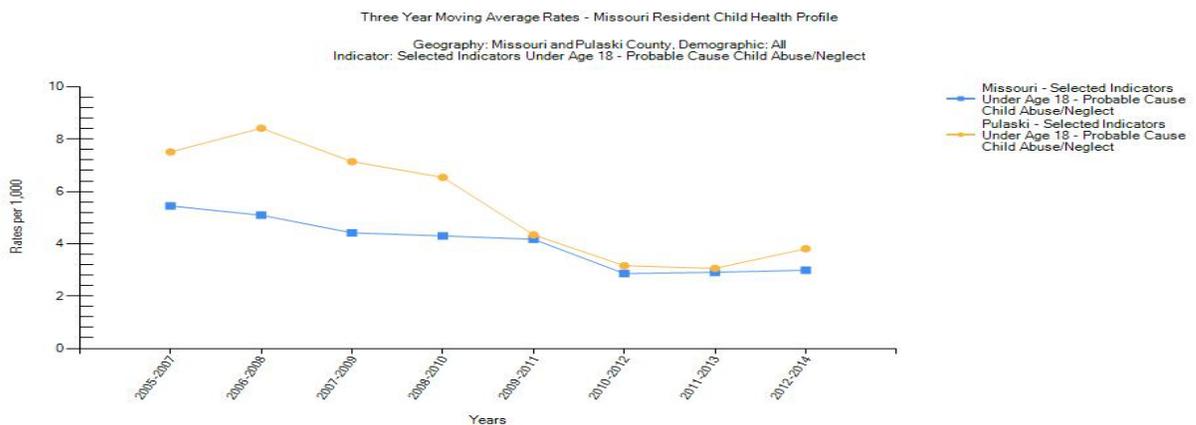
The abuse and neglect of the children in our community impacts everyone. Pulaski County's rate of child abuse/neglect had continued a decline since 2005 until the period of 2012-2014 when the county experienced a slight increase. Pulaski County has also maintained a slightly higher trend than the statewide average rates. Chart 3.1 shows a comparison of the rate of child abuse/neglect in 2013 of Pulaski County, Missouri, and surrounding counties. Chart 3.2 depicts the average moving rates for Pulaski County and the State of Missouri. There are currently two shelters for battered women and children in Pulaski County.



Rates are considered unreliable when based on less than 20 events. Please check corresponding event counts before interpreting the rates shown here.

Source: DHSS-MOPHIMS Community Data Profiles - Child Health
Generated On: 11/02/2017 03:00:37 PM

Chart 3.1-Rates for Child Abuse/Neglect indicators are per year per 1000 population.
Source: Community Data Profiles - Missouri Department of Health and Senior Services



Rates are considered unreliable when based on less than 20 events. Please check corresponding event counts before interpreting the rates shown here.

Source: DHSS-MOPHIMS Community Data Profiles - Child Health
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Chart 3.2-Rates for Child Abuse/Neglect indicators are per year per 1000 population.
Source: Community Data Profiles - Missouri Department of Health and Senior Services

Injuries

Indicators Related to Injury:

In 2013, there were a total of 2,396 injuries reported in Pulaski County. This represents a decrease from 2614 reported injuries during 2011. The reported injuries in 2013 include the following categories:

- Assault-101
- Legal Int./War- 0
- Self-Injury- 46
- Unintentional- 2228
- Unknown- 21

Indicators Related to Traffic Safety:

Pulaski County's motor vehicle accident death rate mean was 19.8 from 2003 to 2013 per 100,000. Motor vehicle crashes cause about one-quarter of Missouri's unintentional deaths to children age 1-14. This holds true in Pulaski County. For the period of 2001-2011, the Pulaski County's rate was 20.6 per 100,000 populations, which is not significantly different than the statewide rate of 17.6 per 100,000 populations. The rate motor vehicle deaths in children 15-19 in Pulaski County was 21.2 compared to the state rate of 23.7. The Pulaski County rates are unstable due to less than 20 events, and thus a statically significant difference cannot be determined. The overall motor vehicle death rate for all ages combined was 19.7 in Pulaski County compared to a statewide rate of 13.6. The rate, though slightly higher than the state, has no statistical difference.

Although child seats can significantly reduce fatal injury to children, they are often misused or not used at all. In focusing on decreasing the prevalence of motor vehicle crash-related injury and death, the first step to prevention is increasing awareness and knowledge. The use of restraint devices and improving environmental dangers are another step in decreasing these injuries. Environmental changes include: eliminating drinking and driving, improving driver skills and behaviors, and increasing social support interventions. Child Safety Seat installation and inspections are available at the Pulaski County Health Center. Seats may be provided if available for eligible children.

Maternal & Child Health

Maternal & Child Health:

The indicators of a child's wellbeing include many factors such as socio & economic and environmental. There are currently 16,167 children under the age of 19 in Pulaski County. Chart 5.1 shows the breakdown of the children & adolescent population ages by gender.

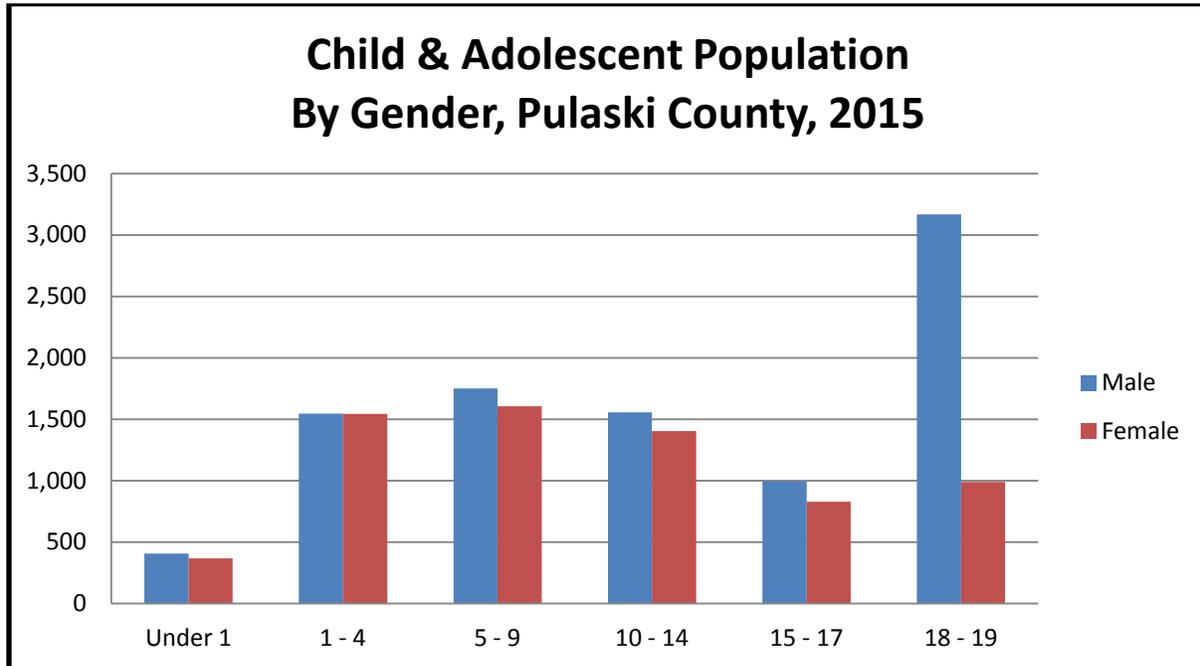


Chart 5.1- Source: MO DHSS, Population MICA

The 2017 County Health Rankings shows multiple areas that impact family health. Table 5.1 shows some of these areas and how well we are doing as compared to the State of Missouri and our 2015 Rates.

Health Factor	Pulaski Co 2015	Pulaski Co 2017	Missouri 2015	Missouri 2017
Adult Smoking	23%	23%	23%	22%
Adult Obesity	34%	28%	31%	26%
Food Environment Index	6.6	6.7	7.0	6.9
Physical Inactivity	27%	24%	26%	25%
Access to exercise opportunities	62%	63%	77%	76%
Excessive drinking	22%	21%	17%	18%
Teen Births	33	30	40	35
Uninsured	16%	14%	16%	14%
High School Graduation	85%	92%	86%	90%
Unemployment	7.5%	5.8%	6.5%	5.0%
Children in Poverty	17%	18%	22%	20%
Children in single-parent households	26%	23%	34%	24%
Severe housing problems	12%	13%	14%	15%

Table 5.1- Source: County Health Rankings, 2015 and 2017

According to the 2015 Youth Risk Behavior Survey, 12.1% of middle school and 13.3% of high school students in Missouri were overweight. Additionally, it showed that 8% of middle school and 13.1% of high school students were obese. Overweight for youth is defined as having a BMI between the 85th and 95th percentile on the CDC Growth Chart. Obese for youth is defined as having a BMI at or above the 95th percentile on the CDC growth chart. Through a local survey of first through fifth grade students in Pulaski County, it was found that an average of 24.5% of elementary students were overweight or obese.

Indicators Related to Prenatal Risk:

Several factors contribute to birth outcome and child health. Among those is a lack of education, late care received during pregnancy, inadequate prenatal care, smoking during pregnancy and births to teens.

Pulaski County rate for prenatal care beginning in the first trimester at 77.8 percent is slightly higher than the statewide average rate of 74.5 percent. Prenatal smoking rates are slightly higher in Pulaski County than statewide. County rate for inadequate prenatal care is slightly lower than statewide. The two greatest statistical differences to consider are the prenatal WIC and Prenatal Food Stamps rates which are significantly higher statewide than those of the county. See Table 5.2 for the prenatal profile for Pulaski County.

	Data Years	Count	Rate	State Rate
Care Began First Trimester	2013	630	77.78	74.53
Late Care (2nd/3rd Trimester)	2013	177	21.85	24.34
No Prenatal Care	2013	3	0.37	1.14
Inadequate Prenatal Care - Missouri Index	2013	139	17.35	18.56
Prenatal Medicaid	2013	208	25.43	43.04
Prenatal WIC	2013	390	47.39	45.15
Prenatal Food Stamps	2013	152	18.79	33.13
Weight Gain less than 15 Pounds - Term Singleton	2009 - 2013	402	11.1	10.83
Weight Gain greater than or equal to 45 Pounds - Term Singleton	2009 - 2013	754	20.82	20.24
Gestational Diabetes	2013	44	5.28	5.07
Pre-Pregnancy Diabetes	2013	2	0.24	0.7
Mother Smoked During Pregnancy	2013	154	18.62	17.61

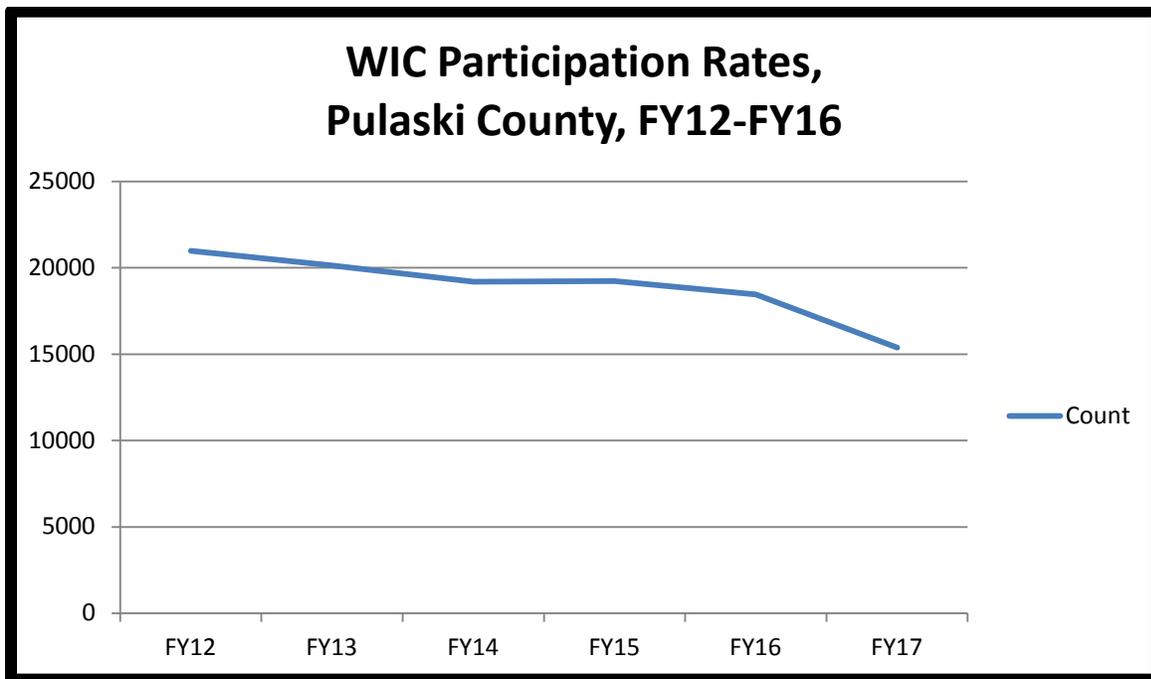
Table 5.2- Source: MO DHSS Community Health Profiles, Prenatal; * Fewer than 20 events in the numerator; rate is unstable.

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 continues to decline despite efforts to recruit new eligible clients.



Chart 5.4 below shows the trend of participation since FY2011. Note: The WIC fiscal year (FY) runs October 1 – September 30.



Source: Pulaski County Health Center Board Report, October 2017

Prevalence of Infectious Disease

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 information about reporting requirements, methods of reporting, and recognition of, and response to critical incidents.
- Provide the community with information on community health risk.
- Provide health education information on specific diseases to individual clients.

The total number of communicable diseases reported to the health department in 2016 is 377 plus 139 animal bites that were investigated.

Communicable Disease Prevention:

The prevention and spread of disease are a major public health concern. Prevention programs by education and screenings are provided throughout the community via presentations, display boards, news releases, and public health updates.

Disease surveillance of local doctor's offices, schools, nursing homes and child care facilities is collected and analyzed by the health department's CD nurse and is forwarded to the Region Epidemiologist. The environmental specialist and community health nurse investigate any disease with an abnormal amount of increase.

The leading communicable disease in Pulaski County is sexually transmitted diseases, which includes Chlamydia and Gonorrhea.

Sexually Transmitted Disease: The health department does testing and treatment for sexually transmitted diseases during walk-in clinics on Mondays and by appointment Tuesday through Thursday. Treatment is provided to all positive cases and their partner(s). There were 157 office visits in 2016 for STD testing and treatment. Services for testing and treatment are on a sliding scale fee and waived if the patient cannot pay. There were 314 cases in 2016.

Tuberculosis: The Pulaski County Health Department offers TB skin testing, TB medications (if indicated) and TB counseling / prevention education for residents of the community. When indicated (positive case), the health department offers case management to the clients – this includes monthly health assessments, medications as ordered, interaction with physician concerning the health status of the client, and frequent follow care with the patient and/or family. Visits related to the prevention and treatment of tuberculosis in 2016 was 297.

Prevalence of Chronic Risk Factors Leading Causes of Mortality

Health Outcomes:

Per the 2017 County Health Rankings, Pulaski County is ranked 40 out of 115 counties overall for Health Outcomes. This ranking is scored based on a county's mortality and morbidity rates. The county's ranking for mortality or length of life was 55 out of 115. Mortality looks at premature death rate or the number of years of potential life lost before the age of 75. Every death that occurs before the age of 75 will add to the total number of potential years of life lost. Our quality of life ranking was 64 out of 115. The quality of life ranking looks at the reported number of quality of health days and low birth-weight. For a more in-depth look at the details, see Table 7.1.

Health Factors:

The 2017 County Health Rankings shows Pulaski County at a ranking of 34 out of 115 for Health Factors. Four different categories were looked at to obtain the overall Health Factors ranking; Health Behaviors (ranked 86), Clinical Care (ranked 39), Social & Economic Factors (ranked 28) and Physical Environment (ranked 1). The lower ranking of the Health Behaviors category is associated with our adult smoking rates (23%), adult obesity rates (28%), physical inactivity (24%) as well as motor vehicle crash death rate STD rates and teen birth rate (rates discussed in previous sections). See Chart 7.1 for Health Risk Factors, Chart 7.2 for the Missouri Health Factors Ranking Map.

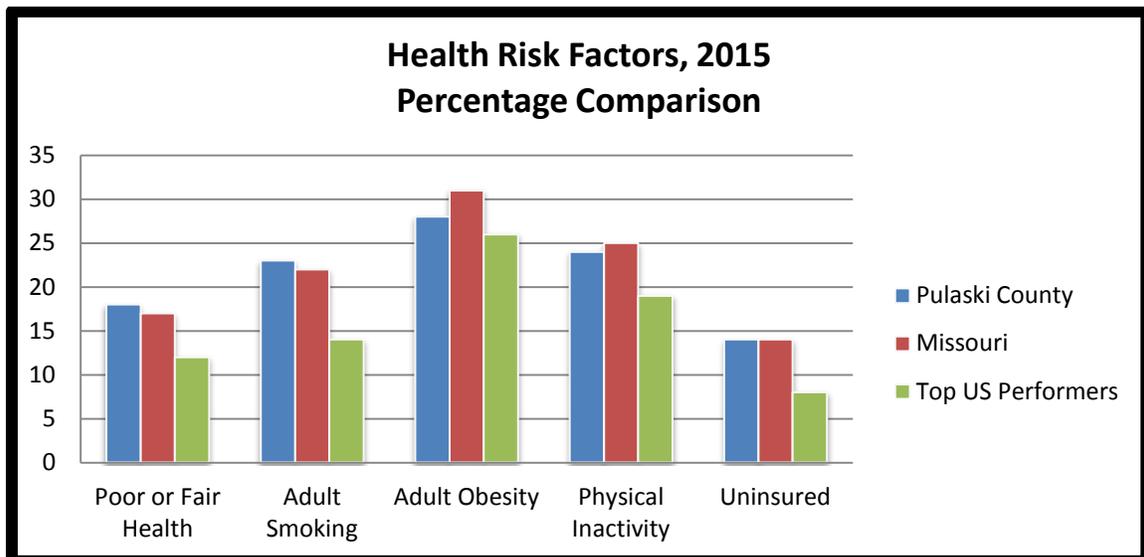


Chart 7.1- Source: County Health Rankings, 2017

Missouri Health Factors Ranking Map, 2017

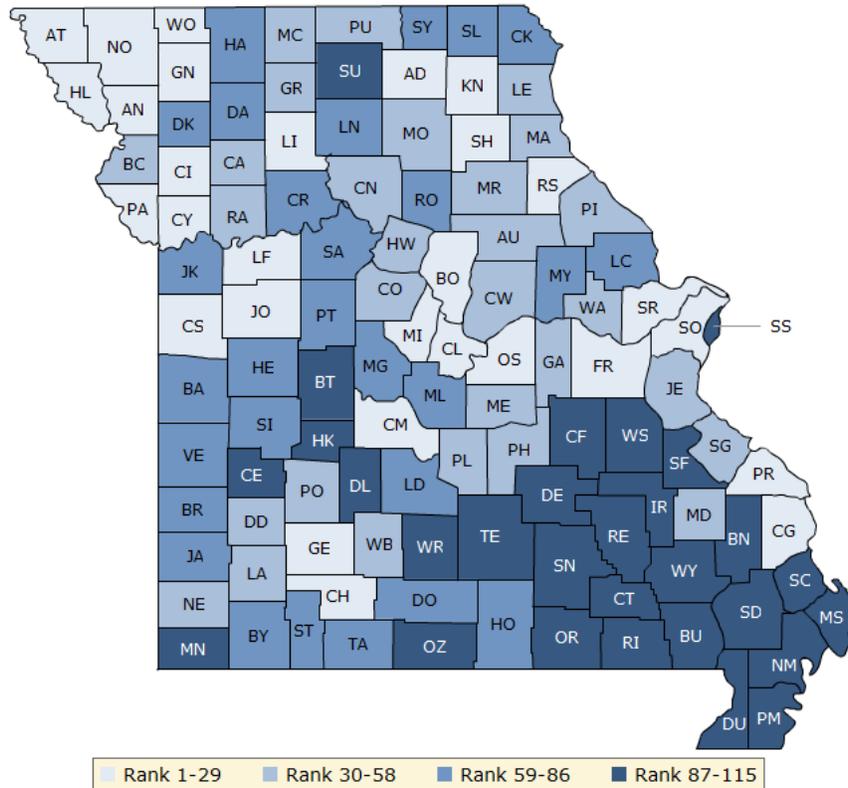


Chart 7.2- Source: County Health Rankings, 2017

Chronic Disease Risk Factors:

Chronic Disease Risk factors are a significant concern in Pulaski County. For the period ending 2014, the leading causes of death related to disease for the county were:

- Heart Disease
- Cancer (All Types)
- Chronic Obstructive Pulmonary Disorder (COPD)
- Stroke
- Diabetes

Ongoing program activities help to educate and increase screening opportunities for the residents in and around Pulaski County.

Disabilities:

According to the 2015 American Community Survey, the average number of civilians living with a disability was at 6,357. Of this population, approximately 10% are under the age of 18, 60% are between 18 and 64 years of age and 30% are age 65 or older. As of June 2013, there were 857 totally and permanently disabled people receiving MO Healthnet benefits in Pulaski County of the total 5,832 recipients.

Health Care System Indicators

The health care system in Pulaski County has a somewhat lower rate than the state rate. The county is a physician shortage area with only five health care clinics. There are two additional clinics with only one physician, but with limited hours. The only hospital in the county is General Leonard Wood Army Community Hospital, which sees military personnel and dependents only. Mercy Clinic-St. Robert has extended their clinic hours to include weekend walk-in clinics. There are six dental offices; two that will accept Medicaid patients and patients with no insurance.

Table 8.1 depicts the residents to primary care physician per 100,000 throughout each County within Missouri, 2013

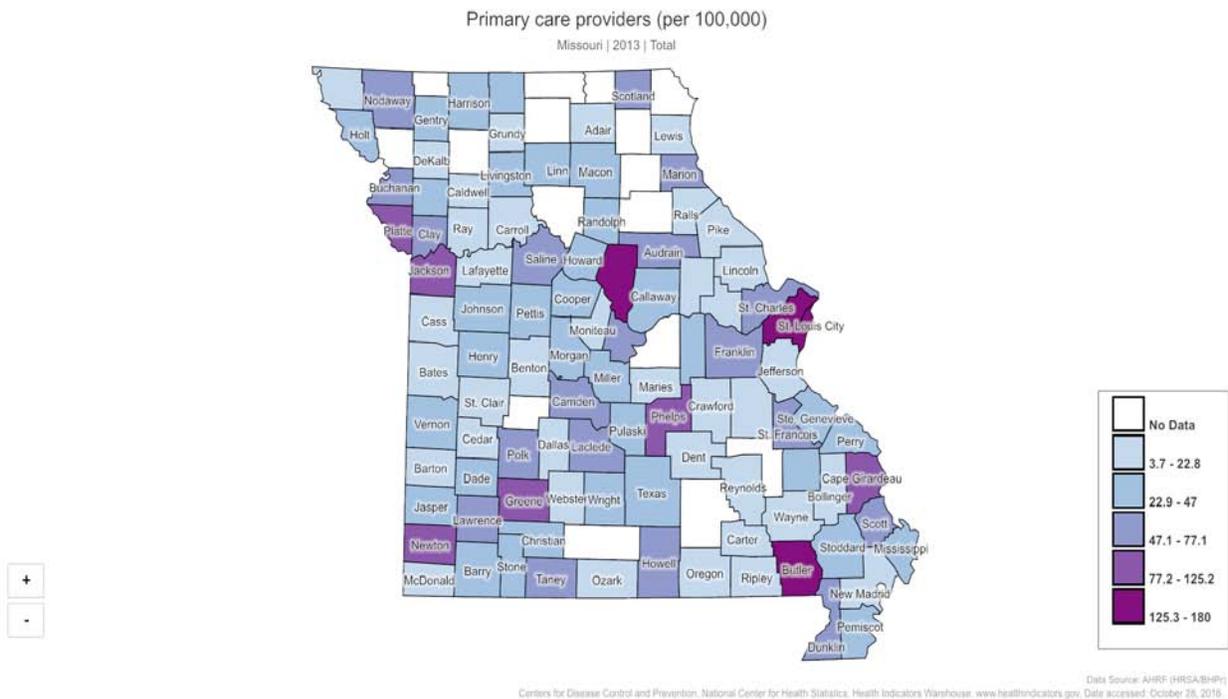


Table 8.1

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