

# Missouri Public Health System *at a Glance*



Health Health Profile for Senate District 16 (Crawford, Dent, Gasconade, Maries, Montgomery, Osage, Phelps, Pulaski)

Several health indicators in Senate District 16 are worse than those of the state of Missouri as a whole. For example, the death rate of stroke is 16% higher than the rate of the entire state of Missouri and 29% higher than the national rate. Although the death rate due to lung cancer is comparable to that of the entire state, it is still 11% higher than the national rate. More notably, the death rate of motor vehicle accidents is 57% higher than the rate of the state as a whole and more than twice the national rate.

Among the health risk factors, adults in the District are 19% less likely to exercise while 11% more likely to be obese than all adults statewide. Pregnant women in the District are 30% more likely to smoke than those statewide and more than twice as likely to smoke as those nationwide. The utilization of Pap test and Sigmoidoscopy in the District is less than both the state and national levels (see Table below).

## **Senate District 16 (Crawford, Dent, Gasconade, Maries, Montgomery, Osage, Phelps, Pulaski)**

|   | Senate District 16 | MO    | US   | Year                           |
|---|--------------------|-------|------|--------------------------------|
| <b>Diseases and Conditions</b>                                |                    |       |      |                                |
| <i>Age-Adjusted Death rate (per 100,000)</i>                  |                    |       |      |                                |
| Chronic Lower Respiratory Diseases                            | 46.1               | 44.1  | 41.1 | 2004                           |
| Heart Disease   | 262.1              | 246.4 | 217  | 2004                           |
| Stroke  | 64.4               | 55.5  | 50   | 2004                           |
| Cancer of Trachea/bronchus/lung                               | 60                 | 61.7  | 54.1 | 2003                           |
| Motor Vehicle Accidents                                       | 32.6               | 20.7  | 15.3 | 2003                           |
| Birth Rate among Teen Girls aged 15-17 years (per 1,000)      | 23                 | 21.9  | 22.1 | 2004                           |
| <b>Risk factors (%)</b>                                       |                    |       |      |                                |
| No Exercise among Adults Aged 18+ Years                       | 28.6               | 24    | 23.1 | 2003                           |
| Current Smoker among Adults Aged 18+ Years                    | 28                 | 27.2  | 22   | 2003                           |
| Smoking during Pregnancy                                      | 23.5               | 18.1  | 10.2 | 2004                           |
| Obesity (BMI>=30) among Adults Aged 18+ Years                 | 26.1               | 23.6  | 22.8 | 2003                           |
| <i>Cancer Screening</i>                                       |                    |       |      |                                |
| No Mammogram in the Past Two Years among Women Aged 40+ Years | 28.5               | 31.1  | 25.4 | District: 2003<br>MO, US: 2004 |
| No PapTest in the Past Three Years among Women Aged 18+ Years | 18.4               | 15.2  | 14.1 | District: 2003<br>MO, US: 2004 |
| No Sigmoidoscopy or Colonoscopy among Adults Aged 50+ Years   | 52.8               | 47.2  | 47   | District: 2003<br>MO, US: 2004 |

## Selected Public Health Activities, Senate District 16 (Crawford, Dent, Gasconade, Maries, Montgomery, Osage, Phelps, Pulaski)

### Cancer Screening

Missouri's Show Me Healthy Women Program (SMHW) provides free breast and cervical cancer screenings to women meeting age, income, and residency criteria throughout the state. Health care providers delivering the SMHW services within Senate District 16 can be located through a clickable county map at [www.dhss.mo.gov/BreastCervCancer/ProviderList/ProviderListMap.html](http://www.dhss.mo.gov/BreastCervCancer/ProviderList/ProviderListMap.html).

### Heart Disease and Stroke

Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) program helps underinsured, low-income women aged 40-64 years gain access to health screenings and lifestyle education that can reduce the risk of heart disease and stroke. The health care provider delivering the WISEWOMAN services within the District is Community Health Center of Central Missouri in Osage County.

### Health Disparities Collaborative

The National Health Disparities Collaborative (NHDC) is dedicated to eliminating health disparities for different minority populations, poor people, and women. The federally qualified health centers (FQHCs) enroll in the NHDC and implement disease management activities to reduce the secondary complications related to diabetes and cardiovascular disease. The FQHC participating in the diabetes health disparities collaborative located in the District is Central Ozarks Medical Center in Pulaski County.

### Tobacco Smoking

The Missouri Tobacco Quitline offers telephone counseling and resource materials to help Missourians stop tobacco use. Quitline number is 1-800-QUIT-NOW (1-800-784-8669). Missouri Model for Brief Smoking Cessation Intervention trains health care professionals throughout the state in the 5A's technique as a means to reduce smoking among pregnant and women of child-bearing age.

### Home Visitation

The Missouri Community-Based Home Visiting Program utilizes nurses and paraprofessionals and provides intensive sustained visits and community services to address the needs of families who are most at risk of infant mortality or morbidity, and child abuse or neglect. Counties of Maries and Phelps are within the MCBHV services areas.

### Fetal Alcohol Syndrome (FAS)

The Missouri Fetal Alcohol Syndrome Rural Awareness and Prevention Project (MOFASRAPP) aims to develop and implement an integrated systems framework for prevention of and surveillance for alcohol-exposed pregnancies and FAS. Women 18-44 years of age looking for help in cutting down or quitting drinking can call a toll-free number (1-800-645-6164) for the Self-Guided Change phone and mail intervention. Senate District 16 is within the areas covered by the project.

### Youth Health

Missouri's Federal Abstinence Education Program directly supports abstinence education throughout the state, to delay sexual activity until marriage and to decrease out-of-wedlock pregnancy and frequency of

sexually transmitted diseases among adolescents. The program reaches approximately 30,000 adolescents and their parents annually.

#### Communicable Diseases

Communicable diseases have been investigated and controlled by the local health agencies in collaboration with the Missouri Department of Health and Senior Services. One public health activity that they take pride in is that Gasconade - Osage County Health Department recently successfully investigated and managed a rabid bat and its contacts and prevented potential rabies in humans and animals.