

**BOLLINGER COUNTY
HEALTH CENTER**

**2012 COMMUNITY HEALTH
ASSESSMENT**



Public Health

**NOVEMBER, 2012
(REVISED JANUARY, 2013)**

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Section 1: POPULATIONS AT RISK

A. Demographics

Bollinger County is located in Southeast Missouri and was officially organized in 1851, formed from portions of Wayne, Stoddard, and Cape Girardeau Counties. The county is named in honor of Colonel George Frederick Bollinger

Marble Hill is both the county seat and the largest city in Bollinger County. In 2010, the county consisted of 617.91 square miles in land, with 0 square miles of water.

Population and Age Distribution

As of the 2010 census, Bollinger's population was 12,363, an increase of 2.8% since 2000. During this same time frame, Missouri's population increased 7%. The population density in 2010 was 20.0 persons per square mile, compared to the State average of 87.1 people per square mile.

Table 1.1 compares the annual growth of Bollinger County to the State during the years of 2000 to 2010.

Table 1.1

Estimated Population: 2000-2010 for Bollinger County		
	Bollinger County	Missouri
Year	Number	Number
2000	12,029	5,596,692
2001	12,239	5,643,986
2002	12,248	5,680,852
2003	12,212	5,714,847
2004	12,176	5,758,444
2005	12,148	5,806,639
2006	12,115	5,861,572
2007	12,124	5,909,824
2008	11,958	5,956,335
2009	11,841	5,987,580
2010	12,363	5,988,927

Source: DHSS Population MICA

Over a ten year period (2000 to 2010), Bollinger experienced a slight population increase of 2.8% compared to the state’s 7.0% change, as shown in Table 2.1.

Table 2.1

Population Change 2000 - 2010

County/State	2000 Census Population	2010 Census Population	Population Change	Percentage Change
Bollinger	12,029	12,363	334	2.8%
Missouri	5,595,211	5,988,927	393,716	7.0%

Source: U.S. Census Bureau, Census 2010

During 2005-2009, the age distribution of people in Bollinger County (under 44) was slightly below the state’s percentages. However, beginning with people age 45 to 64 and 65+, we see an increase that is higher than Missouri’s rates. Table 3.1 shows the population by age categories.

Table 3.1

Population Estimated for 2005 - 2009 By Age				
	Bollinger	% of	Missouri	% of
Age	Number	Total	Number	Total
Under 15	11511	19.1	5888272	20
15 to 24	7642	12.7	4213514	14.3
25 to 44	14837	24.7	7805865	26.4
45 to 64	16995	28.2	7628272	25.8
65 and over	9201	15.3	3986027	13.5
All ages	60186	100%	29521950	100

Source: DHSS MICA

Racial Diversity

The population of Bollinger County is primarily white, non-Hispanic. As of the 2010 census, the makeup of the county is 97.9% white, 0.3% African American, 0.6% American Indian & Alaska Native, 0.2% Asian, 0.8% Hispanic, and 0.8% claiming two or more races. Table 4.1 compares the racial diversity of Bollinger County to Missouri using 2010 Census Data.

Table 4.1

2010 Race & Ethnicity for Bollinger County & Missouri by Percentage		
	Bollinger County	Missouri
White	97.9%	82.8%
African American	0.3%	11.6%
American Indian & Alaska Native	0.6%	0.5%
Asian	0.2%	1.6%
Multiracial	0.8%	2.1%
Hispanic	0.8%	3.5%

Source: US Census, Quick Facts

Households and Income

According to the 2006-2010 American Community Survey, Bollinger County has an estimated 4,807 households, with an average household size of 2.57 persons compared to 2.45 for the state of Missouri. The average family size for Bollinger County residents was 3.12 persons per household. Table 5.1 compares household types between Bollinger County and the state of Missouri. While percentages are close in most categories, Bollinger County is 3.6% lower than the state average of 7.3 % of households headed by females with no husband. Also, Bollinger has slightly more seniors (65+) that are the household head as compared to the state.

Table 5.1

Types of Households in Bollinger County, 2006-2010

Household Category	Bollinger	Missouri
Married couple family with children	21.8%	20.0%
Female householder, no husband, With children	3.7%	7.3%
Male householder, no wife, with Children	1.6%	2.2%
Householder living alone	26.4%	28.5%
Householder 65 years and over	12.3%	10.0%

Source: American Communities Survey 2006-2010

Education and Poverty

Education

The level of educational attainment and poverty are indicators for economic and health risks. Bollinger County residents have a higher poverty rate than the state and less educational attainment. However, according to Kids Count 2011, Bollinger's dropout rate (2.2%) for grades 9-12 is below the 2006/2010 average of 3.5% for Missouri. Table 6.1 shows gaps between rates for Missouri and Bollinger County

Educational Attainment 2006 – 2010

Table 6.1

Education	Bollinger	Missouri
<9 th grade	12%	4%
High School Graduate	75.1%	86.2%
Some College	15.8%	22.0%
Bachelor Degree	6.0%	15.8%
Graduate or Professional Degree	4.1%	8.2%

Source: American Communities Survey 2006-2010

Poverty

Bollinger's poverty rate of 19.7%, for all people, is above the Missouri average of 14.0% for the period 2006-2010. Table 7.1 illustrates the sizable percentage margin between Bollinger and the state in all categories. However, the greatest margin of almost 20% is found among families headed by females.

According to the U.S. Census Bureau, in 2010, 21 million people lived in working-poor families. This means almost 9.6% of all families living below 100% of poverty have at least one family member working. The Feeding America network (Hunger in America 2010, Feeding America, February 2010) provides the following working poor facts:

- Female-headed households were more than twice as likely to be among the working poor as male-headed households in 2008.
- Families with at least one member working at least half a year and who had children were 4 times more likely to live in poverty.
- Thirty-nine percent of adults served by Feeding America had completed high school with no further education beyond high school.
- Thirty-four percent of households served by Feeding America have had to choose between paying for food and paying for medical care.
- Sixty-five percent of working families that received SNAP were single-parent families.

Table 7.1

Poverty Rates 2006-2010

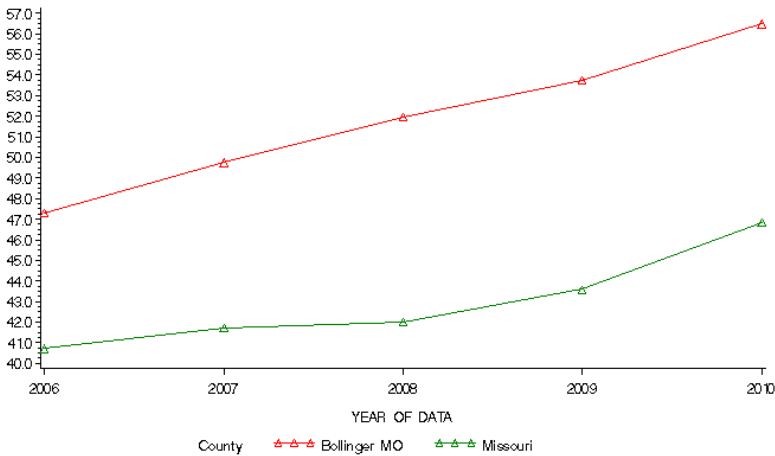
Category	Bollinger	Missouri
All People	19.7%	14.0%
Under 18 years	27.6%	19.3%
Children 5 to 17 years	24.2%	17.1%
18 to 64 years	16.1%	12.9%
65 years and older	20.9%	9.3%
Married couple families	9.9%	4.5%
Families with female Householder, no husband	51.6%	30.8%

Source: U.S. Census Bureau, 2006-2010 American Community Survey

Another effect of poverty and low income is seen by the number of children receiving free and reduced price lunches. From 2006-2010, Bollinger County has remained way above the state in the number of children receiving free and reduced lunches, as seen in Figure 1.1.

Figure 1.1

Percent Eligible for Free & Reduced Price Lunch



Source: Kids Count, 2011

Employment/Unemployment

From July, 2010 to July, 2012, Bollinger's unemployment rate has remained slightly higher than the state rate, as shown in Table 8.1. Of the county's top four employment categories, 21.8% work in education, healthcare, and social services; 18.9% in manufacturing; 12.7% in construction; and 11.0% in retail trade. The median household income from 2006-2010 was \$33,938, compared to \$46,262 for the state.

According to the 2006-2010 American Community Survey, the average commute for Bollinger County residents was 33-minutes compared to 23.2 minutes for the state.

Table 8.1

Unemployment Rates 2010-2012

Month/Year	Bollinger	Missouri
July, 2010	9.5%	9.3%
July, 2011	8.7%	8.6%
July, 2012	8.0%	7.2%

Source: U.S Bureau of Labor Statistics

Disabled Populations

The Table 9.1 shows that Bollinger County has a high proportion of disabled persons, as compared to the state. A disability may include physical, mental, and/or emotional impairments.

Table 9.1

Disability of Persons By Age, 2000	Number	Bollinger	MO
Disabled Persons Over 5 Years of Age	2,700	24.1 %	19.0%
Disabled Persons Over 65 Years of Age	838	49.0 %	42.6 %
Persons 16-64 with work disability	1,052	14.1 %	10.8%

Source: Office of Social and Economic Development

Crime

According to “Sperling’s BestPlaces,” violent crime in Bollinger County, on a scale from 1 to 10 is a 3 (low crime). Violent crime is composed of four offenses: murder and non-negligent manslaughter, forcible rape, robbery, and aggravated assault.

Property crime, on a scale of 1 to 10 is a 5 (low crime). Property crime includes the offenses of burglary, larceny-theft, motor vehicle theft, and arson. In Bollinger County, property offenses are the most prevalent crime, followed by theft and burglary.

Table 10.1

2010 Crime Data for Bollinger	
<u>Crime</u>	<u>Numbers</u>
Violent Crimes	15
Murder	0
Rape	1
Robbery	3
Aggravated Assault	11
Burglary	40
Theft	51
Motor Vehicle Theft	9
Arson	8
Property Offenses	108

Source: Missouri Crime Statistical Analysis Center

Access to Care and Coverage

Coverage

Access to care may be characterized by medical care coverage and service availability. Bollinger's access to medical care has not been impacted as greatly as other rural areas, due to the number of health resources that neighbor the county. According to Community Health Status Indicators 2009, there were 2,001 uninsured individuals under age 65 in Bollinger County. Using this 2009 data, Bollinger County has 18% of its population under age 65 uninsured, compared to 15% for Missouri. Bollinger County is considered a medically underserved area with 8.3 physicians and dentists per 100,000 populations, according to Community Health Status Indicators 2009.

Transportation

Bollinger County's stats for commuting to work are closing in line with Missouri percentages. Workers 16 and over make up 81.2% of those who drove a vehicle alone, compared to 80.7% for Missouri. Carpooling is 11.3% for Bollinger and 10.3% for Missouri. Mass transportation serves less than 1% for Bollinger residents and 1.5% for the state. Because most households have access to a vehicle, distance traveled for health care is not as great of a challenge as it is in most rural areas, where residents must travel out of the county and a much greater distance.

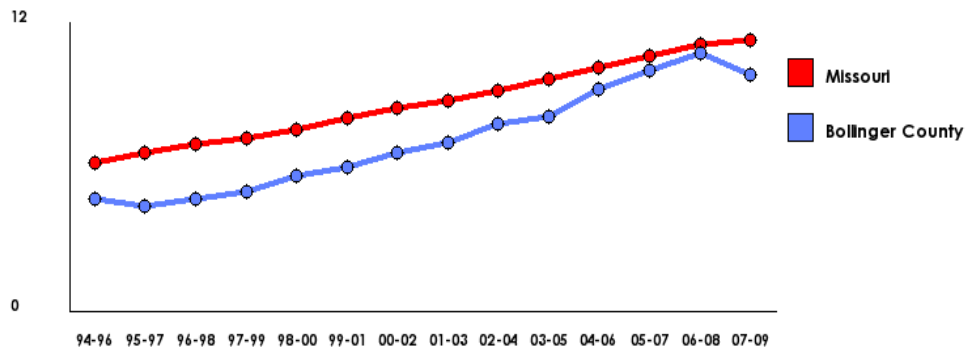
Mental Health

From 1994 to 2009, Bollinger County's rate of emergency room visits for mental disorders has consistently remained below the state rates, despite a continuous increase from 1996-1998 to 2006-2008, as demonstrated in Figure 2.1. In state fiscal year 2011, 258 residents of Bollinger County received treatment for serious mental illness at publicly funded facilities, with mood disorders being the most common diagnosis category. Mood disorders include mania, major depression, and bipolar disorder. Anxiety and psychotic disorders were the next most common diagnosis category.

In Southeast Missouri, 20% of those 18 and older had serious psychological distress. Missouri estimates that 19.1% of the population aged 18-25 and 12% of those 26+ have had serious psychological distress.

Bollinger County students (6th-12th grade) were asked about their mental health. 13.0% had considered suicide in the last year, 9.8% made a plan, and 2.8% actually attempted, resulting in an injury. In 2009, one resident committed suicide. Nation-wide, males are about four times more likely to commit suicide than females.

Figure 2.1 ER Visits for Mental Disorders (Source: DHSS MICA, Emergency Room Visits)



Barriers to Care in Bollinger County

SoutheastHEALTH and Saint Francis Medical Center released a Community Health Needs Assessment for Bollinger County in January of 2013. The assessment contained the following community needs findings that may represent barriers:

- Lack of health care education
- Health care affordability
- Health care availability—primary care for senior citizens and specialty care
- Access to health care specialists—especially Orthopedics for Medicaid patients
- Access to health foods
- Public Transportation
- Unemployment
- Racism
- Highway safety—motor vehicle accidents
- Nursing home care
- Emergency preparedness
- Elder daycare
- Education—high percentage of residents that did not graduate from high school
- High poverty rate—including senior citizens
- High public assistance participation—WIC, Medicaid, Food Stamps/SNAP, and Free/Reduced Lunch Program

When the population of Bollinger County is analyzed, several groups of people are more likely to be affected by barriers than the general population. The following groups are most affected by barriers:

- Less than high school education
- Low socioeconomic status
- Children
- No insurance, underinsurance, or high deductible
- No transportation
- Elderly
- Disabled
- Minority, multi-ethnic
- Unemployed or unskilled
- Single parent households

Populations Affected

Barrier	Special Population Affected
Lack of health care education	Less than a high school education, low socioeconomic status, children
Health care affordability	No insurance, underinsurance, or high deductibles
Health care availability	Low socioeconomic status, no transportation
Access to health care specialists	Elderly population, disabled
Access to healthy foods	No transportation, low socioeconomic status, children
Public Transportation	No transportation, low income
Unemployment	Less than high school education, unskilled labor force, low socioeconomic status
Racism	Minority, multi-ethnic
Highway safety	Low socioeconomic status, minor drivers
Nursing home care	Elderly, disabled
Emergency preparedness	Low socioeconomic status, disabled
Elderly Daycare	Elderly, disabled
Education	Elderly, low socioeconomic status
High poverty rate	Unemployed, disabled, single parent household, low socioeconomic status, children
High public assistance participation	Low income, low socioeconomic status

Behavioral Risk Factors

Indicator	Bollinger County Weighted%*	State of Missouri Weighted %*
Did not get medical care	8.9%	7.5%
Current cigarette smoking	27.6%	23.2%
No leisure-time physical activity	32.0%	25.3%
Less than 5 fruits & vegetables per day	76.6%	76.1%
Obese (>=30 BMI)	29.7%	29.1%
Current high blood pressure	23.8%	19.6%
Has high cholesterol – age 35 and older	28.2%	20.2%
Never had a mammogram – women age 40+	11.7%	8.7%
Never had a blood stool test – men & women age 50+	60.9%	58.5%
Never had a sigmoidoscopy or colonoscopy – men And women age 50+	43.3%	36.6%

Source: DHSS, Community Health Profiles, Health & Preventative Practices

*Weighted Percent: The proportion (usually a percentage) of a population that has a defined risk factor, disease, or condition at a particular point in time.

Preventable Hospitalizations

Under the ICD-9 codes, MICA defines preventable hospitalizations as those “diagnoses for which timely and effective outpatient care can help to reduce the risks of hospitalization by either preventing the onset of an illness or condition, controlling an acute episodic illness or condition, or managing a chronic disease or condition.” Those communities where very limited access to primary care exists have a tendency to have higher rates of preventable hospitalizations.

Because hospitalizations tend to be considerably more costly than outpatient care, than often preventable hospitalizations are used as markers to measure the efficiency of our health care system. As communities are able to estimate the number and cost of excess preventable hospitalizations, than these estimates can help in identifying potential cost savings associated with improving primary care and reducing the number of hospitalizations.

The four most common causes of preventable hospitalizations in Bollinger County are pneumonia, COPD, dehydration, and kidney/urinary infection, as shown in Table 11.1. From 2005-2009, Bollinger’s rates exceed those of the state in all categories.

Table 11.1

Preventable Hospitalizations For Bollinger				
Year=2005--2009				
	Bollinger		Missouri	
Diagnosis	Number	Rate	Number	Rate
Bacterial pneumonia	120	21.1%	53,425	19.9 %
Chronic obstructive pulmonary	68	10.6 %	29,675	10.1 %
Dehydration - volume depletion	203	36.4 %	95,335	35.4 %
Kidney/Urinary infection	49	9.4 %	21,983	8.4 %
Total for Selection	440	77.5	200,418	73.7

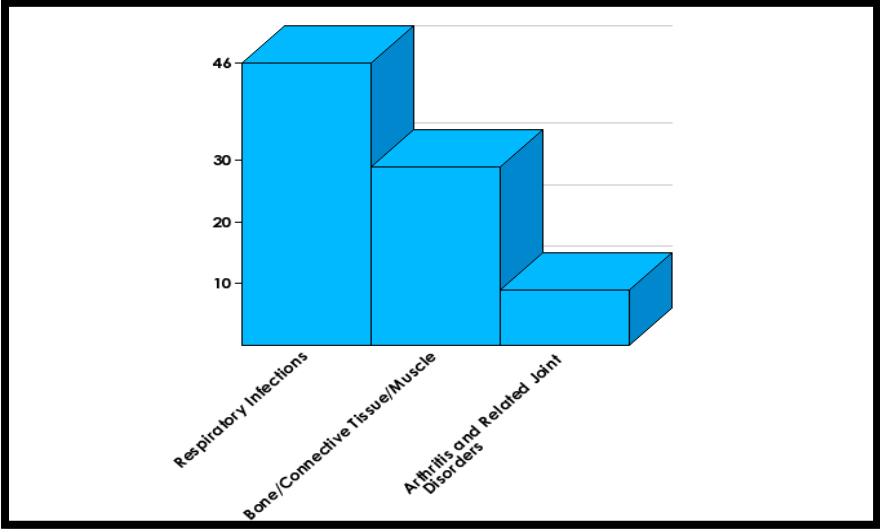
Source: DHSS MICA, rates are per 10,000 and age adjusted

Emergency Room Visits

The indicators for emergency room visits show that respiratory infections and bone/connective tissue/muscle conditions are the leading cause for residents going to the emergency room. Arthritis and related joint disorders, which fall under the category of bone/connective tissue/muscle, is the third leading cause of ER visits.

Figure 3.1

Bollinger County ER Visits, 2009



Source: DHSS MICA

Chronic Diseases

According to the Robert Wood Johnson Foundation County Health Rankings, 20% of Bollinger County residents reported having “poor or fair” health, compared to 16% for the state. As a result, residents used 5.5 health days compared to Missouri’s 3.6.

Table 12.1 shows from 2006-2010; Bollinger County saw heart disease emerge as the leading cause of death, followed by cancer as the number two killer. This trend is consistent with Missouri.

Table 12.1

Leading Causes of Death 2006-2010

Disease	Number	Bollinger	Missouri
Heart Disease	206	312.4	210.4
Cancer	165	219.6	188.4
Kidney Disease	25	36.9	18.2
Alzheimer’s Disease	27	42.9	26.2
Chronic Lower Respiratory Disease	43	60.2	50.9
Pneumonia and Influenza	16	25.0	19.4
Essential Hypertension	5	7.9	6.5

Source: DHSS MICA, rates are per 100,000 and age adjusted

Table 13.1 shows that injuries are the leading cause of death for ages 15-44, compared to cancer and heart disease for ages 45-65+. Most of the injuries are due to motor vehicle accidents.

Table 13.1

Causes of Death by Age Categories

Cause of Death	Ages 15 – 24	Ages 25 – 44	Ages 45 – 64	Ages 65+
Injuries	64%	19%	*nrf	*nrf
Cancer	* nrf	14%	35%	20%
Heart Disease	* nrf	14%	29%	42%
Suicide	12%	13%	*nrf	*nrf

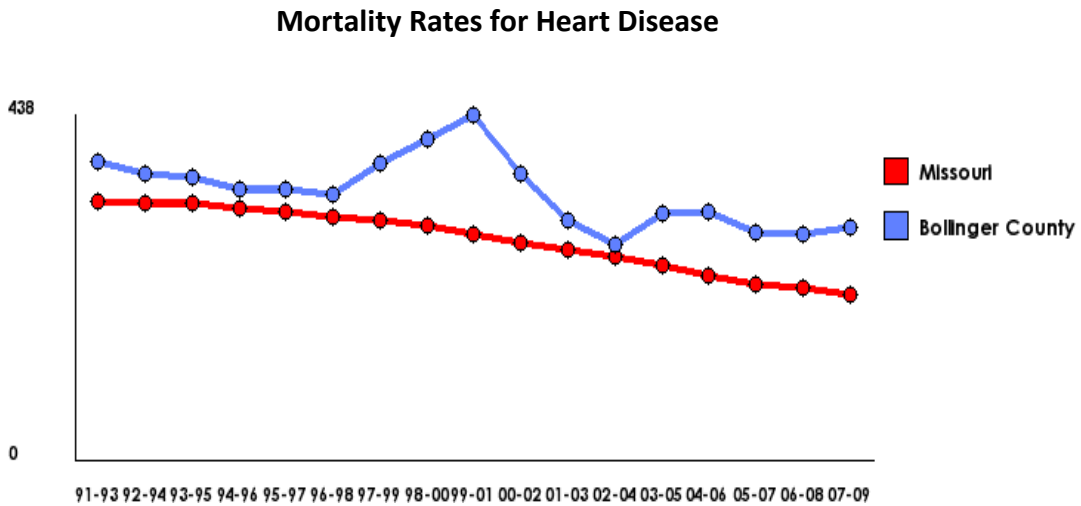
Source: DHSS 2009 Community Health Status Indicators

*nrf = No report, fewer than 20 deaths

Heart Disease

Heart disease was found to be the leading cause of deaths in Bollinger County. Figure 4.1 shows the mortality rate, using three-year moving average rates. From 1991 through 2010, not once has Bollinger County been below the state rate. The Missouri rate trend shows a statistically significant decrease compared to Bollinger County rates.

Figure 4.1

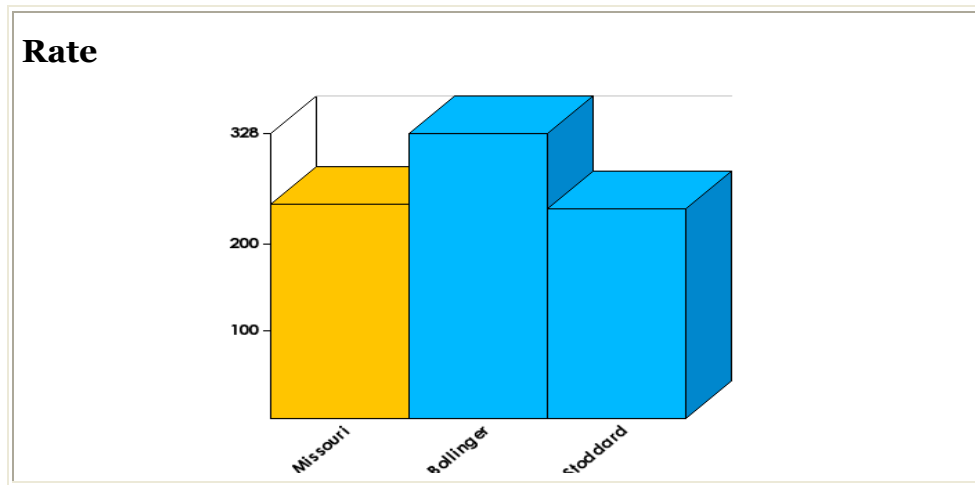


Source: DHSS County Profile

The bar graph, Figure 5.1, compares heart disease mortality rates of Bollinger County with those of Stoddard County. Here we see that Stoddard’s rates closely mirrors Missouri rates, while Bollinger rates exceed both.

Figure 5.1

1999-2009 Deaths by Heart Disease

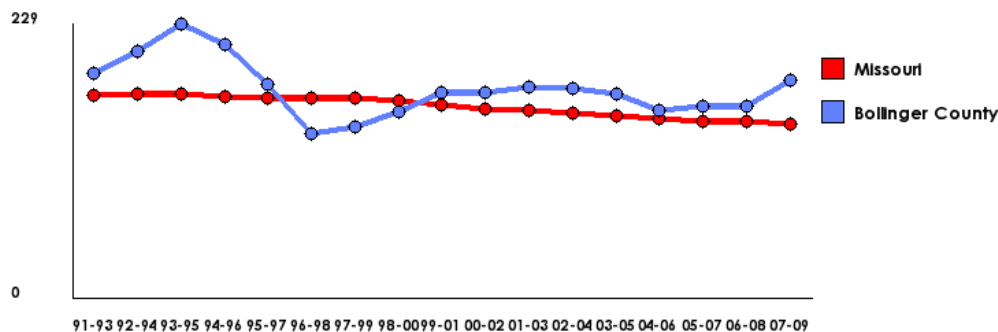


Source: DHSS Chronic Disease Comparisons Profile

Smoking attributable deaths are estimated based on smoker’s increase likelihood of dying of various diseases. For example, male smokers are 22 times more likely to die of lung cancer than male non-smokers (12 times for females). Smokers are about 10 times more likely to die of chronic airway obstruction than non-smokers. Figure 6.1 shows that for almost 20 years, Bollinger County has exceeded the state rates for deaths attributable to smoking.

Figure 6.1

Mortality Rates for Smoking-Attributable (estimated)



Source: DHSS MICA, Leading Cause of Death Indicators (rates are per 100,000 & age-adjusted)

Cancer

Bollinger’s three most common forms of cancer are breast, colon, and lung cancer. While breast cancer rates are below the state rates, Bollinger County far exceeds Missouri rates for both colon and lung cancer.

Table 14.1

Cancer Registry Incidence for Bollinger County				
Year=2004-2009				
<u>Stage: Invasive</u>				
	Bollinger County		Missouri	
Site	Number	Rate	Number	Rate
Breast	47	52.3	25,336	66.4
Colon, rectum and recto sigmoid	43	51.9	19,125	49.5
Lung and bronchus	91	100.6	30,710	79.4
Total for Selection	181	204.8	75,171	195.3

Source: DHSS MICA Cancer Registry, rates are per 100,000 and age adjusted

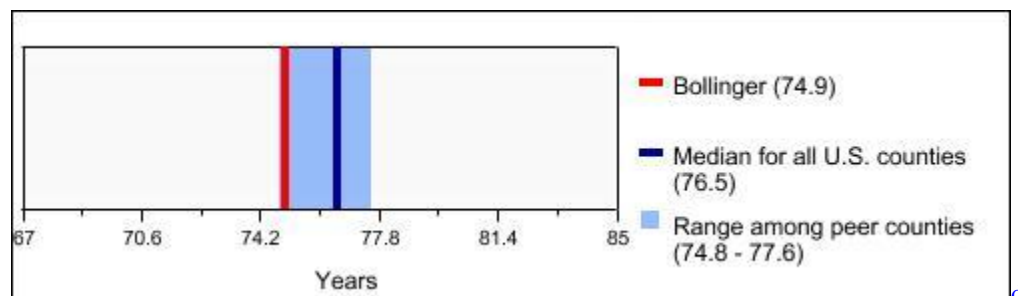
Life Expectancy

The County Health Rankings created by the Robert Wood Johnson Foundation and the University of Wisconsin's Population Health Institute measure premature death by the years of potential life lost before age 75 (YPLL). Every death occurring before the age of 75 contributes the total number of years of potential life lost, so someone that dies at age 25 contributes 50 years of life lost to the county's YPLL.

According to the 2009 Community Health Status Indicators, residents living in Bollinger County have an average life expectancy of 74.9 years, compared to 75.6 for Missouri, and 76.5 for all U.S. counties.

Figure 7.1

AVERAGE LIFE EXPECTANCY¹



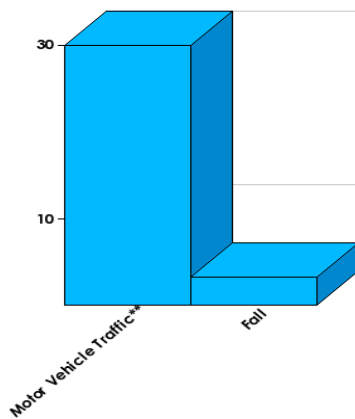
Source: 2009 Community Health Status Indicators

Injury Profile

Unlike many areas of the state, Bollinger County has low rates overall for unintentional injuries. However, motor vehicle accidents stand out as the leading cause for unintentional injury deaths and hospitalizations. **Motor vehicle deaths (excludes those not traffic-related) account for a rate of 30.3 compared to 18.16 for the state; and 14.9 for hospitalizations compared to 11.04 for Missouri. See Figures 8.1 and 9.1. Falls are a distant second to motor vehicle accidents in unintentional deaths. In fact, the number of events in all other categories is fewer than 20, meaning those rates are unstable.

Figure 8.1

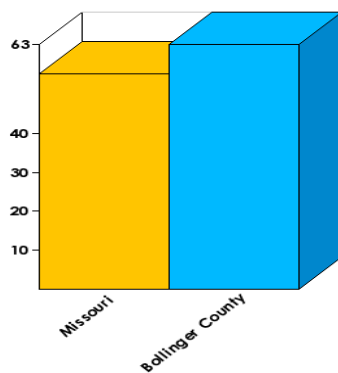
Unintentional Injury Deaths, 1999-2009



Source: DHSS MICA, rates are per 100,000 and age adjusted

Figure 9.1

Hospitalizations: Total Unintentional Injury, 1999-2009



Source: DHSS MICA, rates are per 10,000 and age adjusted

From 2005-2009, Bollinger County's rates for intentional injury has remained below Missouri rates for both assault and self-injury.

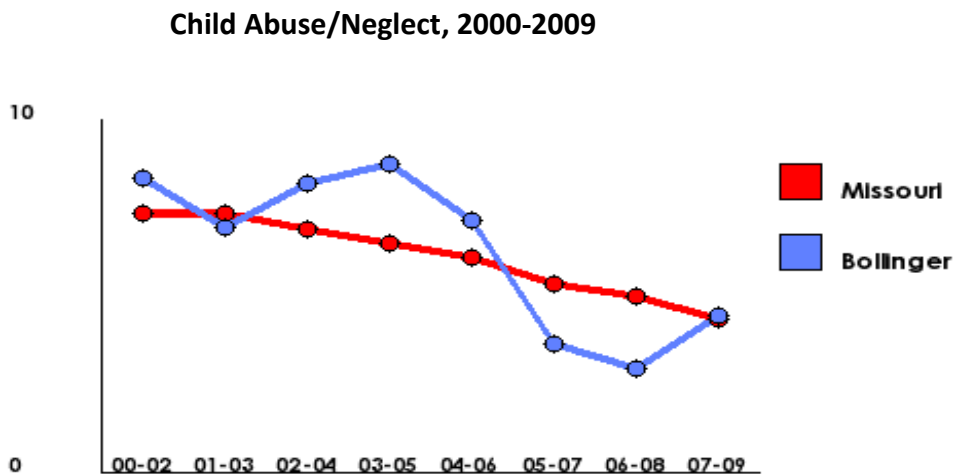
Table 15.1

Injuries: Intentional				
Year=2005-2009				
Injury Location: = All Injury Locations				
	Bollinger County		Missouri	
Intent	Number	Rate	Number	Rate
Assault	135	249.4	122,193	425.3
Self-Injury	72	123.4	37,635	131.0

Source: DHSS MICA Injury (rate per 100,000)

Probable cause child abuse/neglect has been a problem in Bollinger County for some time. Figure 10.1 shows that Bollinger's rates abuse have been up and down, and as of 2009 they are on the rise again. High rates for child abuse go hand-in-hand with out-of-home placement. According to the 2011 Kids Count Data Book, Bollinger has a rate of 8.2 (4.4 state) for out-of-home placement, and ranks 106 out of 115 for child abuse and neglect.

Figure 10.1



Source: DHSS Child Health Profile, rates are per 1,000 children under age 18

Environment

According to Sperling's BestPlaces to live, Bollinger County's air quality and water quality are better than the United States. Air quality is based on ozone alert days and number of pollutants in the air, as reported by the EPA, and water quality is based on EPA using 15 indicators. The superfund index is based on the number and impact of EPA Superfund pollution sites in the county, including spending on the cleanup efforts. On a scale of 100, Table 15.1 illustrates that Bollinger County is a good place to live.

Table 16.1

Health	Bollinger	United States
Air Quality (100=best)	96.8	82.8
Water Quality (100=best)	79	55
Superfund Sites (100=best)	89	71

Source: Sperling's BestPlaces

Section 2: Bollinger County Health System

A. Health Programs and Services

Chiropractic Physicians

- Woodland Chiropractic

Dental Offices

- Cross Trails Medical Center
- Milde Mark DDS PC

Food Assistance

- Marble Hill Food Pantry
- New Salem Baptist Church Food Pantry
- East Missouri Action Agency
- Bollinger County Health Center, WIC Program
- Missouri Department of Social Services, SNAP
- Marble Hill Senior Nutrition Center
- Salvation Army
- Southeast Missouri Mobile Food Pantry
- Summer Food Program

Emergency Personnel

- Bollinger County Ambulance
- Bollinger County Police Department
- Bollinger County Fire Department
- Marble Hill Police Department
- North County Fire District
- Leopold Volunteer Fire Department
- Zalma Fire District

Licensed Child Care Providers

- Family Home
 - Rumohr
 - Hoesli
 - Abbi's Place, LLC
 - James
 - Hotop
 - Bohnsack
 - Beal
 - Simmers

- Facility
 - Marla's Country Critters Daycare
 - East Missouri Action Agency
 - Meadow Heights R-II School District
 - First Baptist Church Learning Center

Long Term Care Facilities

- Diana's Boarding Home
- Heritage Hills
- Mary's Ranch
- Woodland Hills

Maternal, Child, and Family Wellness

- Building Blocks
- Missouri Mentoring Partnership
- East Missouri Action Agency
- Educare
- Headstart
- Parents as Teachers
- Positive Education Parenting Program
- Missouri Children's Division
- Bollinger County Health Center, WIC Program

Medical Centers

- Cross Trails Medical Center

Public Transportation

- Southeast Missouri Transit System

B. Public Health Capacity

Since June 1959, Bollinger County Health Center has provided public health services to the residents of Bollinger County. By partnering with the Missouri Department of Health and Senior Services and other agencies, additional funds are contracted to expand the scope of services offered.

Public health interventions have increased the life expectancy of Americans. Bollinger County Health Center has utilized many of these interventions and continues to do so today.

Services included:

Communicable Disease Control

- **Vaccine Preventable Diseases**
 - Adult and child vaccination
 - Seasonal flu vaccination
 - Pneumonia and Shingles vaccination
- **Surveillance and follow-up of specific communicable diseases that are reportable by Missouri law**
 - Screening for tuberculosis infection
 - Follow-up and monitoring of active TB cases and Latent TB Infection
 - Investigation and follow-up of food-borne illnesses and other communicable diseases
 - An active surveillance tool is used to assess reported symptoms of existing illness for potential health threats/outbreaks. This is part of a statewide surveillance system
- **Sexually Transmitted Diseases**
 - Educational material and information regarding prevention
 - STD testing
- **Environmental Public Health**
 - Routine inspections are conducted of food establishments, daycare centers, and hotels/motels to ensure public safety and prevent food-related illnesses
 - Information related to private water systems, sewage and environmental issues/questions
 - Issues sewage permits

Bioterrorism and Emergency Response

- The LPHA is actively involved in planning for all hazards, natural and manmade
- Bollinger County Medical Reserve Corp/Citizens Corp Council is active in CERT training as well as providing assistance when an event occurs.

Chronic Disease Control

- **Show Me Healthy Women Program** offers breast and cervical cancer screening and detection services for women age 35 – 64 who do not have health insurance, have Medicaid or Medicare and who meet income guidelines.
- **WISEWOMAN** is an extension of the SMHW program encouraging a healthy lifestyle.
- **Screenings** for early detection of hypertension, diabetes, and heart disease are available every Wednesday. Clinics are held monthly at the Marble Hill Nutrition Center, Hickory Hills, and at the Patton Saddle Club. *Blood pressure checks and blood glucose tests are provided free of charge. Cholesterol screening is available for a fee.*
- **Nutrition education and information** is available. Special events to increase awareness and motivate individuals to make healthier lifestyle choices are planned throughout the year.
- **In cooperation with the Bureau of Chronic Disease**, MODHSS, a walking trail is located in Marble Hill to increase individual opportunity for physical activity in a safe and comfortable environment.
- **In cooperation with the Arthritis Foundation**, Exercise classes are offered at the Senior Citizen Nutrition Center three days a week and at the City Pool during the summer.
- **Smokebusters**, a tobacco prevention program, is currently implemented in three Bollinger County schools.

Maternal Child and Family Health

- **Special Supplemental Nutrition Program for Women, Infants and Children, (WIC)** is offered throughout the month at the main office with satellite clinics monthly in Zalma and Patton
- **Breastfeeding Peer Counselors** educate WIC prenatal clients on breastfeeding issues as well as offer support to breastfeeding mothers.
- **Pregnancy Testing**
- **Hearing and Vision Testing**
- **Day Care Consultation** to childcare providers on health and safety issues
- **Lead Screening**
 - Educational material and information regarding prevention
 - Screening for elevated blood levels (age Appropriate)
 - Case Management
- **Prenatal Case Management**

Vital Records

- The Local Health Agency Administrator is the Local Registrar for Vital Records as described by Law
- Registers all county birth and death events
- Missouri birth and death certificates are available for a fee
- Assistance with obtaining certificates from other states

Section 3: Community Inventory of Strengths, Concerns, and Resources

In 2012, members of the Bollinger County Children and Youth Issues Committee and Bollinger County Health Center made a list of Community Strengths, Concerns, and Resources. Participants created the inventory using qualitative data gleaned from living and working in the community.

Strengths

- Strong tobacco policies in place at Zalma School District and Country Mart
- Smokebusters and All-Stars programs in schools
- Good county newspaper
- Many programs offered to community members: Parent's as Teachers, Missouri Mentoring Program, Positive Education Parenting Program, WIC, Building Blocks, Food Pantry, School Backpack Program
- Active community groups: Community Caring Council, Children and Youth Issues, Lion's Club, Friend's of Bollinger County, Grassy Neighborhood Watch, Happy Old People
- Library, Museum, Playgrounds
- Access to medical care
- Strong religious community
- Many youth are active with sports or extracurricular activities
- Adult athletic opportunities
- Low crime rate
- Rural, self-sufficient mentality
- Recreation (swimming, hiking, climbing)
- Strong local food production and preservation
- Low cost of living

Concerns

- Low job availability in county
- Low paying jobs in county
- Long commute to work and school
- No college in county
- Low socioeconomic status
- Generational poverty and dependence on social programs
- Few positive recreation choices, especially for teens
- High underage drinking rates
- Community views underage drinking as a norm and 'rite of passage'
- High teen pregnancy rates
- Family planning program cut
- High Meth use and production

- lenient police system
- growing trend in prescription drug abuse

Resources

- Library
- Museum
- Schools
- Churches
- Community and civic groups
- School activities, sports, and clubs
- Volunteer fire department
- Medical Center
- Local newspaper
- Police Department
- Programs

ACKNOWLEDGEMENTS

The Bollinger County Health Center would like to acknowledge and thank our many community partners for their support and input over the years. The completion of this community assessment involved many individuals and organizations. Sincere appreciation is given to the following community partners:

Community Caring Council

SEMO Cancer Control Coalition

Arthritis Foundation

Public Health Educators Coalition

Children & Youth Issues Committee

Bollinger County Citizen's Corp

Fatality Review Board

SE Health Educators Coalition

Public Health Nurse Council

Childcare Health Consultant Advisory Board

Pool Meeting

Methodology

Data for the 2012 Community Health Assessment was collected from a variety of sources, both primary and secondary. Every effort was made to collect and present accurate and reliable information. Efforts were made to update charts and graphs with the most recent information available from reporting agencies. Rate calculations were based on the methods utilized by the Missouri Department of Health and Senior Services (DHSS) and population estimates provided by the U.S. Census Bureau. All charts and graphs presented in the Community Health Assessment were developed using the data collected from the reference sources.

REFERENCES

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- Missouri Office of Social and Economic Data Analysis (OSED A)
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www.dss.mo.gov
- Missouri Department of Mental Health
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- U.S. Department of Health & Human Services, Community Health Status Indicators (CHSI 2009)
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- Sperling's BestPlaces
<http://www.bestplaces.net>

Community Health Assessment Summary Findings for Bollinger County

Review of community health status indicators, reveal the following problems:

- Heart disease and cancer leading causes of mortality
- Respiratory infections and bone/connective tissue/muscle conditions are leading causes for ER visits
- Increase in ER visits due to arthritis & joint disorders
- High rate of preventable hospitalizations
- Increase in ER visits due to mental health
- High rate of Probable cause child abuse/neglect
- High rate of students enrolled in free/reduced lunch program
- High poverty rates
- Number of individuals uninsured
- Health professional shortage area

Review of Risk Factors reveals the following concerns:

- 19.7% poverty rate
- 56.5% students enrolled in free/reduced lunch
- 8% unemployment rate
- High number of motor vehicle accidents
- High number of uninsured individuals under age 65
- High number of Preventable Hospitalizations
- High percentage of Smoking-Attributable Deaths
- Increase rate of Child Abuse/Neglect