

| HEALTH INDICATORS 1999---2001 | Cape County | | Scott County | | Missouri | |
|--|--------------------|-------------|---------------------|----------------------------|-----------------|-------------|
| | 1999 | 2001 | 1999 | 2001 | 1999 | 2001 |
| KIDS COUNT | | | | | | |
| Births to Teens/1000, ages 15-19 | 31.5 | 38.2 | 67.7 | 66.1 | 49.6 | 46.0 |
| Births to Moms/no HS Diploma | 14.9 | 12.4 | 28.6 | 24.7 | 19.3 | 18.9 |
| Low Birth Rate/100 | 6.5 | 7.0 | 9.6 | 9.8 | 7.6 | 7.7 |
| Infant Mortality/1000 live births | 7.7 | 7.2 | 7.9 | 9.7 | 7.6 | 7.5 |
| Child Deaths/100,000, ages 1-14 | 18.1 | 22.6 | 47.6 | 43.7 | 27.2 | 25.2 |
| Violent Deaths/100,000/ages 15-19 | 35.2 | 31.9 | 43.1 | 34.0 | 74.6 | 75.9 |
| Public Clinic Immun. Rates/100 | 91.1 | 87.9 | 82.9 | 80.3 | 85.9 | 77.9 |
| Kids w/ elev. blood lead levels/100 | 4.8 | 4.3 | 3.4 | 1.3 | 9.2 | 5.9 |
| Kids rec pub SED men health ser** | 360 | 360 | 116 | 518 | 20687 | 25491 |
| Kids on MC or MC+/100 | 22.7 | 37.3 | 38.5 | 44.9 | 27.6 | 32.8 |
| MICA | | | | | | |
| Death Rates/100,000 - leading causes | | | | | | |
| Heart Disease | 375.6 | 325.1 | 323.1 | 246.7 | 300 | 272.6 |
| Cancer | 189.6 | 178.6 | 195.5 | 216.7 | 207.8 | 206.5 |
| Cerebrovascular Disease - stroke | 78.9 | 62.7 | 99.2 | 61.8 | 66.7 | 62.5 |
| Chronic Lower Respiratory | 54.5 | 47.6 | 63.9 | 55.7 | 51.6 | 47.7 |
| Accidents | 20* | 25* | 14* | 19* | 30.6 | 42.4 |
| Pneumonia/Influenza | 36.5 | 37.5 | 16* | 11* | 27.7 | 26.2 |
| Diabetes | 17* | 14* | 9* | 7* | 26.3 | 25.4 |
| Suicide | 5* | 7* | 8* | 1* | 12.5 | 13.0 |
| TOTAL - all causes | 911.6 | 858.0 | 981.2 | 840.0 | 941.0 | 913.0 |
| Hospital Admissions/10,000 | 922.2 | 953.5 | 1260 | 1366 | 1124 | 1151 |
| Hosp Adm-mental disorders/10000 | 69 | 72.5 | 71.7 | 111.9 | 100 | 106.9 |
| Tobacco Exposed Newborns/100 | 20.2 | 21.4 | 24.0 | 25.9 | 18.3 | 18.3 |
| Aids/HIV Cases-currently living | 41** | 46** | 20** | 23** | 7771** | 8616** |
| CROSS TRAILS/CAPE OFFICE | All ages | | | Population under 19 | | |
| Uninsured Individuals | 16% | | | 10% | | |
| Private Insurance | 38% | | | 32% | | |
| Medicaid | 25% | | | 58% | | |
| Medicare | 21% | | | 0% | | |
| US rate for uninsured population in 2002 - 15.2% (up 6%) and 11.6% children under 19 | | | | | | |
| HIGH SCHOOL STUDENTS | Area 21 | | | Missouri | | |
| Lifetime Alcohol Use | 66.4% | | | 60.3% | | |
| Lifetime Tobacco Use | 59.9% | | | 50.2% | | |
| Lifetime Other Drugs | 32.1% | | | 33.4% | | |

* actual number, numerator too small for rate calculation

**actual number

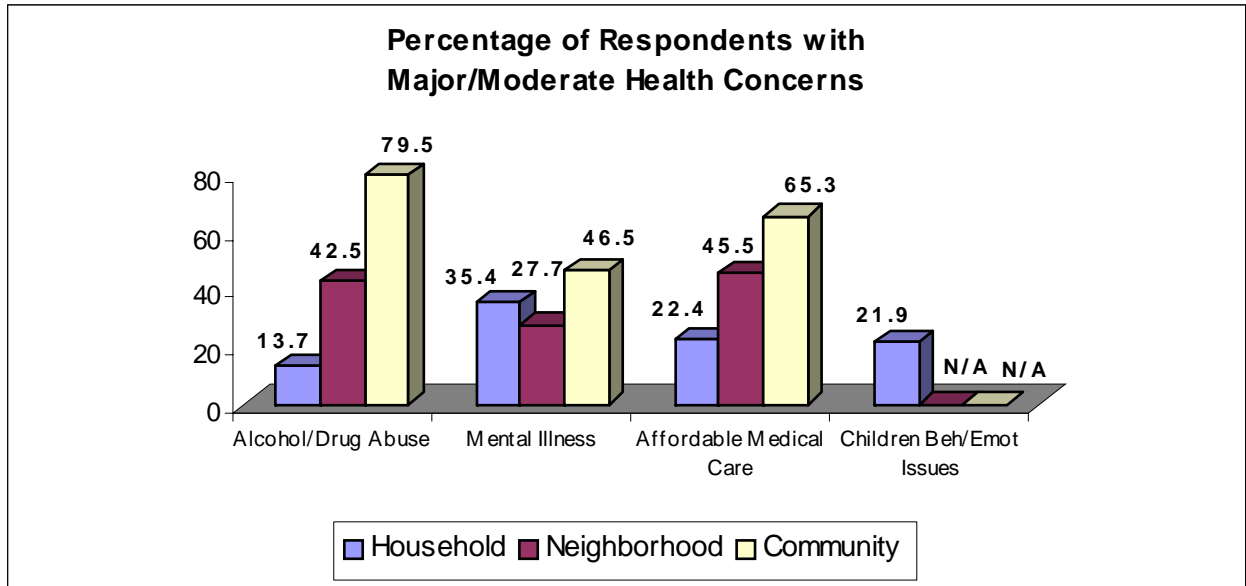
SOURCES: KIDS COUNT IN MISSOURI 2000 and 2002, www.oseda.missouri.edu/kidscount/00/ and /02/,

MICA - Missouri Information for Community Assessment-www.health.state.mo.us/MICA/nojava/html,

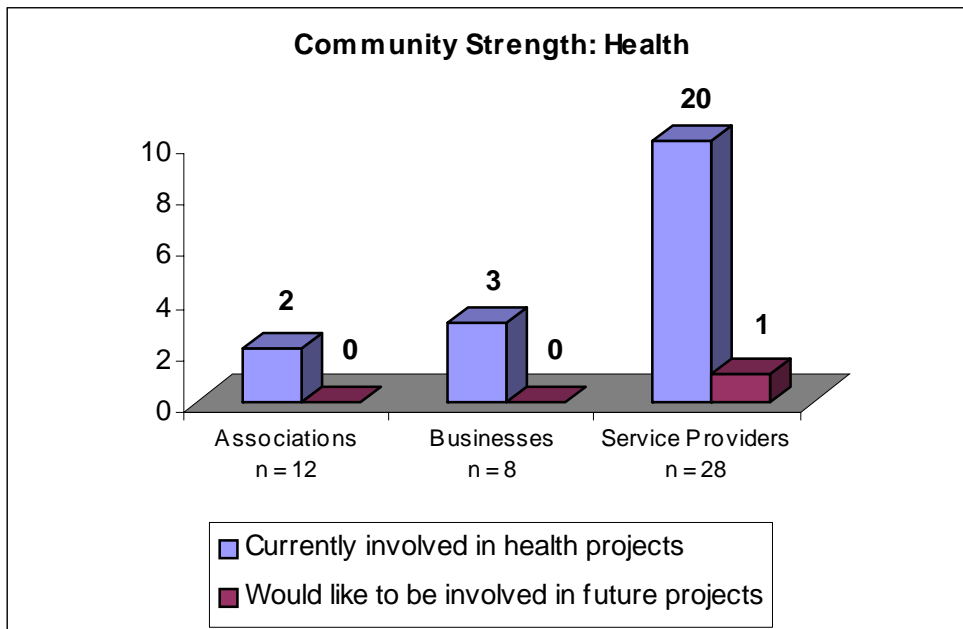
www.dhss.state.mo.us/HIV_STD/HIVstatsheet.html, Cross Trails Medical Center, M0 DMH

COMPASS Survey Results

Household Results



Community Strength: Health



STRENGTHS

- 1. Two regional hospitals provide over 500 hospital beds, innovative medical technology, education and outreach services to residents of southeast Missouri.**
- 2. Cross Trails Medical Center provides medical and dental services for Cape, Bollinger and Stoddard counties. All forms of insurance are accepted and a sliding fee is used for the uninsured and underinsured population.**
- 3. County Health Departments (Cape and Scott Counties) and Rural Health Clinic offer wide range of health services to residents.**
- 4. Over 400 private physicians serve this region.**
- 5. United Way's SE Missouri Youth Substance Abuse Coalition has received \$10,000 in grants to conduct a comprehensive survey of available resources, hire 2 part-time consultants, and develop a community action plan.**
- 6. Community has gender-specific substance abuse treatment centers - Family Counseling Center for females and Gibson Center for males.**
- 7. Cape Girardeau is one of four state sites for the C-Star substance abuse program for women. Program is Medicaid-funded and provides holistic approach - education, housing, employment, parenting, etc.**
- 8. Cross Trails Medical Center is now providing a maintenance program of wrap-around services for diabetes patients. Participants are seen at the clinic every 91 days to monitor their illness and address accompanying health issues. The center hopes to implement similar maintenance programs for cancer and cardiovascular clients in the near future.**
- 9. Missouri Foundation for Health is currently a source of funding for several health programs/initiatives in this area.**

CHALLENGES

1. According to MICA, the leading problems for Cape County are the high incident rates for cervical cancer (age-adjusted rate of 11.5 for the county vs. 4.2 for the state and stroke for women (age-adjusted rate of 76.5 for the county vs. 62.8 for the state).

The leading problem for Scott County is the high rate of assault injuries. County rate of 614 per 10,000 exceeds state rate of 429.

2. Number of individuals without health insurance is increasing.

3. Increasing cost of employer-sponsored insurance plans is leading to increased costs to employees, loss of covered services or elimination of the insurance plan.

4. Access to medical care - transportation/costs/education/awareness are issues needing attention.

5. Births to teens is increasing for Cape County, decreasing for Scott County (though still very high), the state and the US.

7. Higher rates of STD's for Cape County and Scott County than for the state. Data for 1997-99 shows county and state rates per 100,000 women ages 15-44 as:

Chlamydia - Cape County rate 1006---state 881

Gonorrhea - Cape County rate 462---state 356

Syphilis - Scott County rate 34---state 4

8. Infant mortality increased by 15% in the state for 2002. Cape County showed a slight decrease from 1999 to 2001, and Scott County' s rate increased 1.8%.

9. Lack of dentists who treat Medicaid patients and lack of dental insurance results in poor dental health. Cross Trails reports a large number of "no shows" for dental appointments at their Marble Hill clinic.

10. Mental health - anxiety, stress and depression was the #1 issue for community residents according to survey results.

- 11. According to local providers, substance abuse is a "huge" and "growing" problem in our community. An increase in co-occurring disorders of mental illness and substance abuse is being seen. Substance abuse cuts across all income and educational levels. The recidivism rate for clients after one treatment program is very high, citing need for more intensive programs and additional follow-up services after initial treatment.**
- 12. Many insurance plans do not cover the cost of mental health services or substance abuse services.**
- 13. Local treatment centers report a wait list of 30-90 days for residential treatment. Clients are often "lost" before they can be admitted (some move away, some go to jail, some change their mind).**
- 14. Allowing patients with a history of substance abuse issues to have a 90-day supply of prescription drugs leads to possible overdose/addiction.**
- 15. There is a lack of family primary care physicians in this area - approximately 85 % of practicing physicians are specialists, which are often hard to access even with a referral.**
- 16. Diabetes is becoming a bigger issue in the Bootheel and across the US (a 27% increase from 1997-2002). More education and awareness is needed as early diagnosis, diet and lifestyle are very important factors in treating diabetes.**
- 17. A large number of Medicare recipients avoid routine doctor visits, reduce RX drug dosage and ignore prescribed follow-up due to coverage limits. This is probably also true for the general population with increased co-pay amounts through private insurance coverage.**
- 18. Obesity is a growing national and local concern, and exacerbates many medical problems.**