



Health in **Rural** Missouri

Minority Health

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Introduction

Minorities have systematically experienced a greater number of health disparities based on their racial or ethnic group.¹

As a nation, minorities tend to experience a disproportionate burden of disease, specifically; asthma, cancer, diabetes, obesity, chronic liver disease, Hepatitis and HIV/AIDS.¹¹

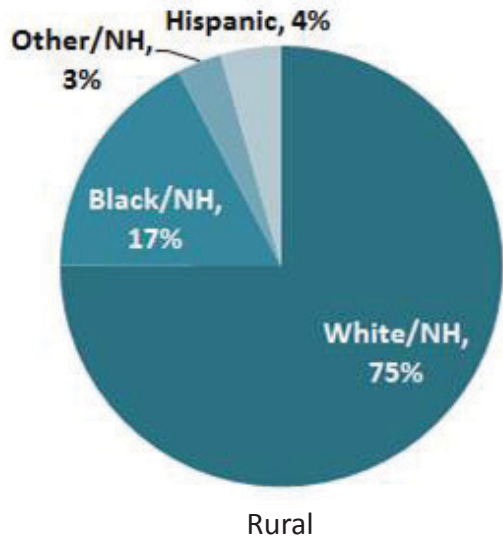
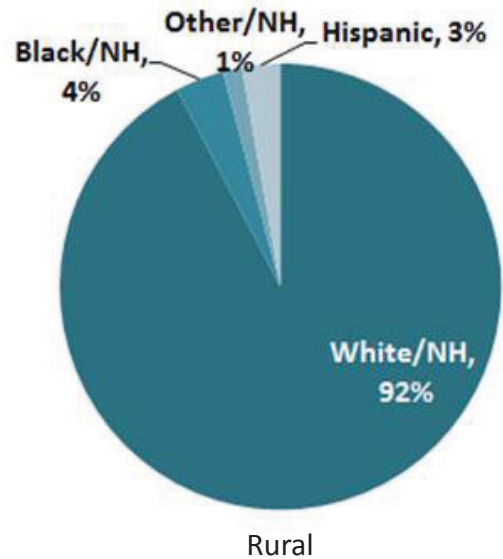
Higher rates of health conditions and disease among Black/Non-Hispanics are often attributed to lower incomes, higher poverty rates, and less insurance coverage. Such factors impact the health status of this population by making it more difficult to access high quality and timely care. The minority population of Missouri is not as large as many other states, subsequently resulting in greater obstacles for minorities in Missouri; including a significant lack of health care and services tailored to their specific needs. This report highlights the prominent minorities and regions with the largest minority populations; Missouri minority health; rural minority health disparities; and the health consequences of minorities who are incarcerated.



Racial and Ethnic Diversity in Missouri

- Missouri's urban counties are more racially and ethnically diverse than rural Missouri counties (Figure 1).²
- Eight percent of rural Missouri residents are minorities compared with 25% of urban residents.²
- Black/Non-Hispanics represent the largest minority group in both rural and urban counties; 4% of the population in rural Missouri, and 17% in urban areas.²
- Southeast Missouri houses the largest rural clusters of Black/Non-Hispanic populations.⁷
- Three percent of Missouri's rural population is Hispanic. The Hispanic urban population is only slightly higher with 4%. Both are considered small compared to the U.S. Hispanic population of 16.6%.⁸
- Nearly 78% of the total Black/Non-Hispanic population reside in St. Louis County, St. Louis City and Jackson County.⁷
- Other Non-Hispanic racial groups (including American Indians, Asians, Native Alaskans, Native Hawaiians, and others) comprise 1% of the rural population and 3% of the urban population.²

Figure 1. Population by Race/Ethnicity Missouri, 2013²



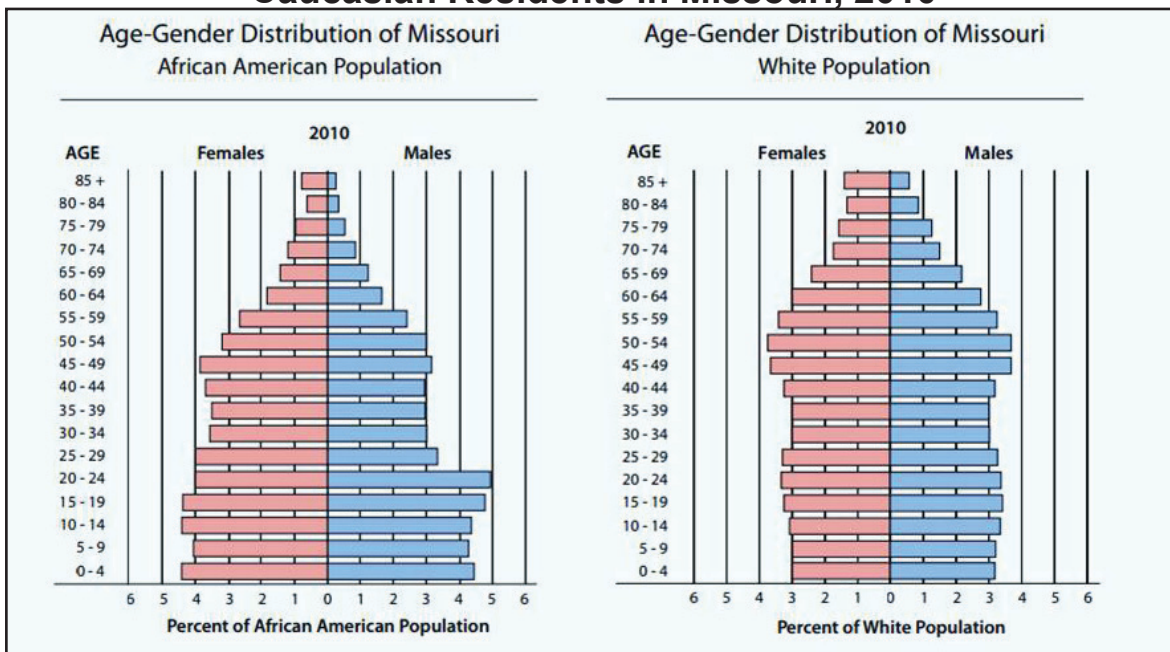
*Different sources use varying language when referring to race/ethnicity. For this report Caucasian, Black/Non-Hispanic, and Hispanic will be used.



Minority Demographics in Missouri

- There are significant differences in the age groups of Black/Non-Hispanic Missourians and Caucasian Missourians.
- Missouri's Black/Non-Hispanic population consists of much higher numbers of people under 25 years of age.
- The majority of Missouri's Caucasian population are in the middle and upper age groups.
- Residents 65 years of age and older make up 8% of the Black/Non-Hispanic population compared with 15% of Missouri's Caucasian residents.
- Missouri's age-gender distribution for both Black/Non-Hispanic and Caucasians is displayed in figure 2.
- The median household income in Missouri is 55% lower for Black/Non-Hispanics than Caucasians.
- The ratio of the population below the poverty level for Black/Non-Hispanics and Caucasians in Missouri is 2.3:1.
- The unemployment rate for Black/Non-Hispanics in Missouri in 2011 was 20.1 compared with a 7.9 unemployment rate for Caucasians.
- The Black/Non-Hispanic high school graduation rate in Missouri was 73 for the 2011-2012 school year, compared with a rate of 89 for Caucasian students.
- The ratio of Black/Non-Hispanics to Caucasians who are either self-pay/no charge or Medicaid in Missouri is 1.5:1.
- Approximately 70% of Black/Non-Hispanic Missourians report being either self-pay/no charge or Medicaid compared with 46.8% of Caucasians.
- 18.3% of Black/Non-Hispanics report access to commercial insurance while 30.9% of Missouri Caucasians report access.

Figure 2. Age-gender Distribution for Black/Non-Hispanics and Caucasian Residents in Missouri, 2010

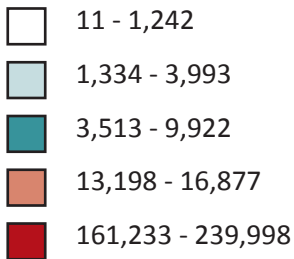
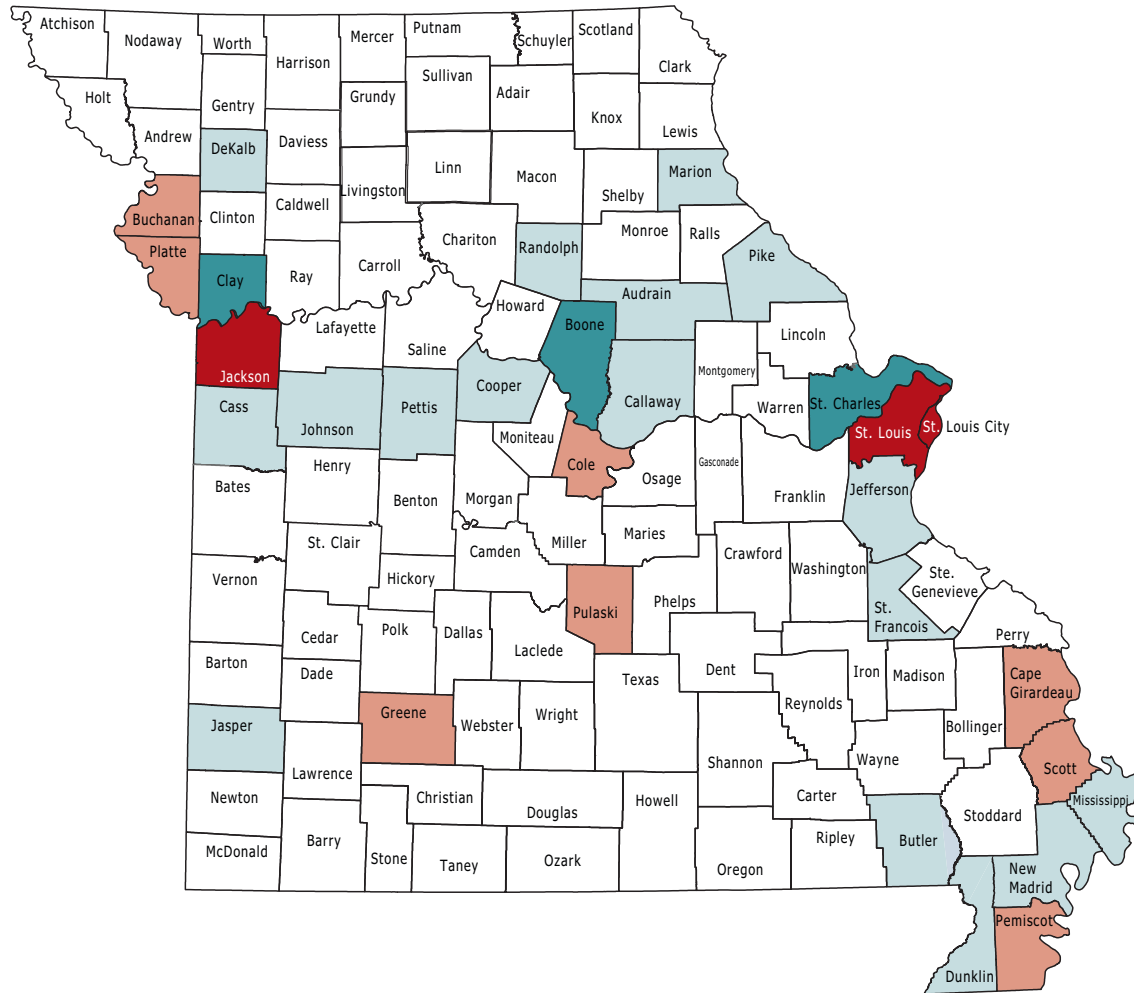


Minorities in Rural Missouri

In general, there is a relatively small minority population in Missouri, especially in rural areas (Figure 3).² The Hispanic population is more evenly dispersed throughout Missouri than Black/Non-Hispanics.⁸

Figure 3. Black/Non-Hispanic Population Counts by County, 2010⁷

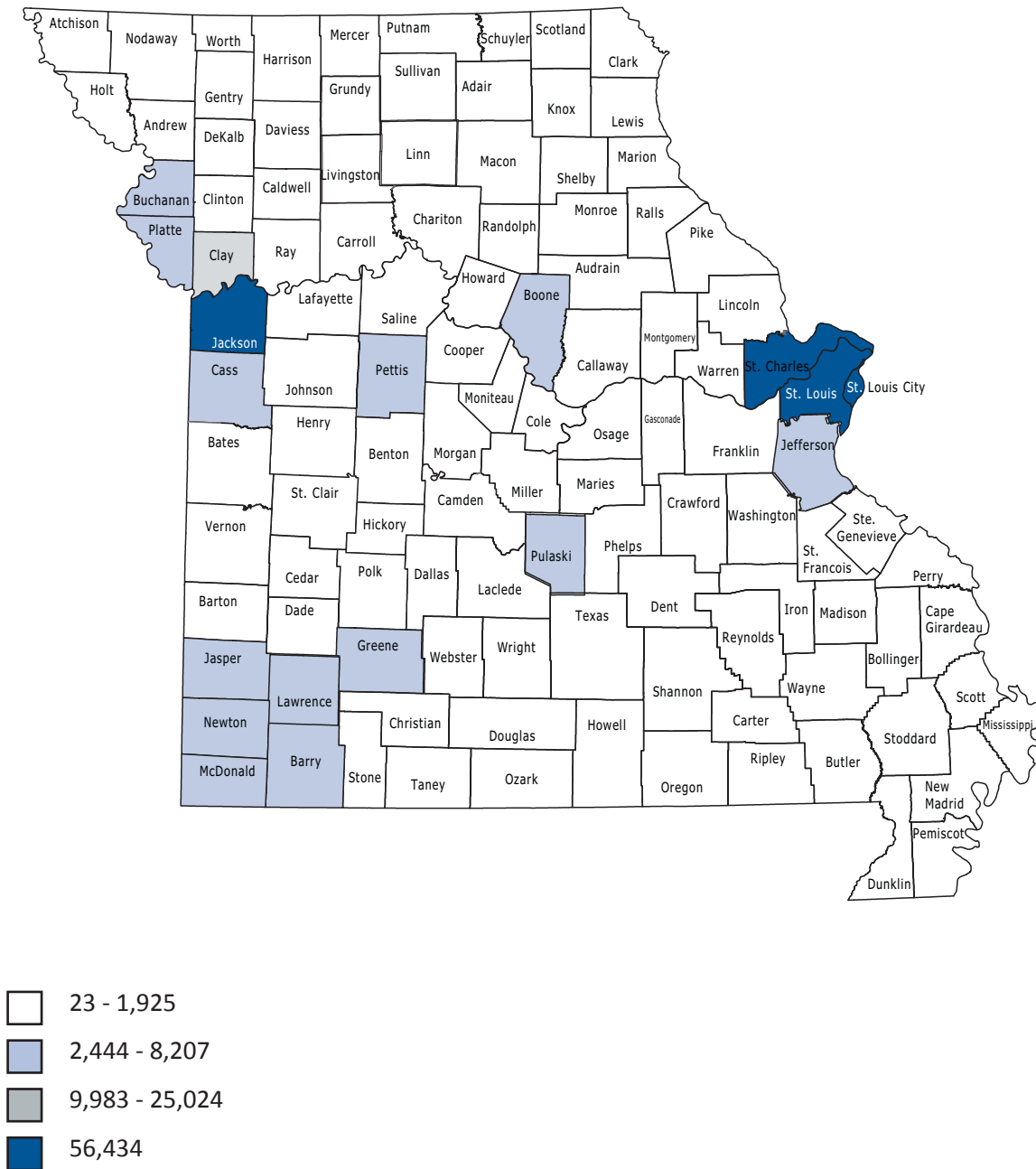
2010 African American Population Counts in Missouri*



(Figure 4). Counties with the largest population of Hispanics in Missouri are; St. Louis City, St. Louis County, St. Charles, Clay, and Jackson County.⁷ As of 2010, Jackson County was the home to 56,434 Hispanics.³ The rural counties with the largest Hispanic populations are; Pettis, Pulaski, McDonald, Barry, and Lawrence County.⁸ The majority of the rural counties have between 23 and 1,925 Hispanic residents.³ The dispersion results in a lack of available data for groups of Hispanics in rural Missouri.

Figure 4. Hispanic Population Counts by County, 2010⁸

2010 Hispanic Population Counts in Missouri*



Target Counties and Demographic

The 5 rural counties with the largest minority populations are; Dunklin, Mississippi, New Madrid, Pemiscot, and Scott. (Figure 5).³ All 5 of these counties are located in the “Bootheel” of Missouri. Minorities in these five counties (specifically African-Americans as they represent the highest percentage) will be the main focus of this report due to the fact that they provide the most comprehensive look at minorities in rural regions of Missouri.³ This being said, further research is needed on minority health in rural Missouri.

Figure 5. Percentage Comparison of Caucasian, African-American and Hispanic Residents for Five Missouri Counties.³

Rural Missouri County	2014 Population	Percent of Caucasian	Percent of African-American	Percent of Hispanic
Dunklin	31,344	87.1%	10.4%	6.3%
Mississippi	14,232	73.6%	24.7%	2%
New Madrid	18,272	81.6%	15.8%	1.6%
Pemiscot	17,650	71.1%	26.7%	2.2%
Scott	38,903	85.7%	11.7%	2.2%

Missouri Minority Health Disparities

- The percent of Caucasian Missourians who self-reported a fair or poor general health status is 19.1%, in comparison with 26.4% of Black/Non-Hispanics, and 22.7% of Hispanics.⁴
- General health comparisons between Caucasian, Black/Non-Hispanic, and Hispanic Missouri residents who have ever been told they have; asthma, kidney disease, diabetes, obesity or high blood pressure are listed in Figure 6.
- The combination of the determinants of minority health as well as limited access and care in rural areas proves to be detrimental for minorities living in rural Missouri.¹
- A significantly larger percent of the Black/Non-Hispanic population is on Medicaid. In some instances, more than double of the white population (Figure 7).³

Figure 6. Missouri General Health; Comparisons Between Caucasian, Black/Non-Hispanic, and Hispanic Residents⁴

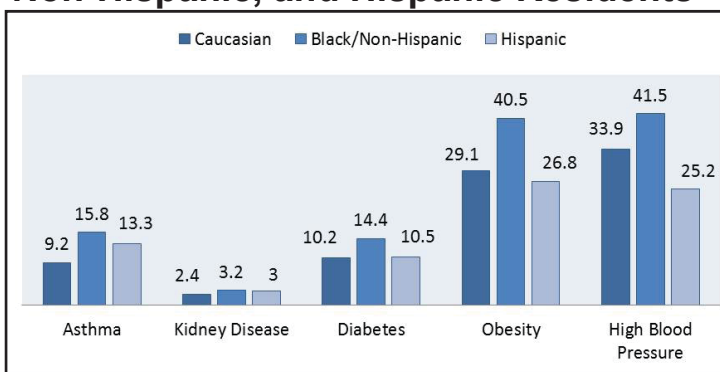
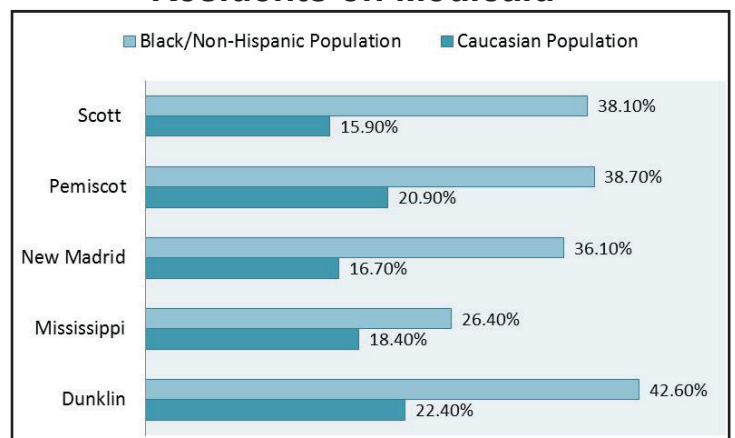


Figure 7. Percent of Caucasian and Black/Non-Hispanic Missouri Residents on Medicaid³



Missouri Minority Health Disparities Continued

- The rate of abuse/neglect/rape per 100,000 residents for the five target counties are often higher for the Black/Non-Hispanic population than the Caucasian population (Figure 8).
- The total rate for all five counties for abuse with a firearm is significantly higher for Black/Non-Hispanics at 70.4 compared with 15.3 for Caucasians, per 100,000 residents.
- Per 1,000 residents; the rate of fetal death for Black/Non-Hispanic residents in the five counties is 7.3, compared with 6.7 for Caucasian residents.
- The rate of abortions was higher for Black/Non-Hispanic women in the five counties (48.4 compared with 37.4) per 1,000.
- The rate of preventable hospitalizations in Missouri is generally higher for the Black/Non-Hispanic population than the Caucasian population, per 10,000 residents (Figure 9).
- Using the combined rates per 100,000 residents for the 5 target counties highlighted earlier; it was found that the African-American population had higher death rates of heart disease, diabetes, cancer, stroke and essential hypertension. Heart disease has the highest rate of death for both race groups (Figure 9).
- The percent of residents receiving Temporary Assistance for Needy Families (TANF) as of 2013, is higher for African Americans in Mississippi County (12.4% vs.10.7%), Pemiscot County (27.2% vs. 14.5%) and New Madrid County (13.6% vs. 11.5%). The percent is lower in Dunklin County (21.5% vs. 36.1%) and Scott County (25.2% vs. 27.3%).

Figure 8. Preventable Hospitalization Rates Per Target County and Race³

Rural County	Caucasian Preventable Hospital Rate	Black/Non-Hispanic Preventable Hospital Rate
Dunklin	208.4	242.1
Mississippi	173.5	169.0
New Madrid	160.6	297.5
Pemiscot	250	446.6
Scott	166.9	347.8

Figure 9. Missouri Death Rate per Target County and Race³

Chronic Disease	Death Rates Caucasians	Death Rates Black/Non-Hispanic
Heart Disease	280.9	401.3
Diabetes	16.1	50.2
Cancer	233.1	284.1
Stroke	44.0	103.5
Essential Hypertension	4.1	9.2

The percent of residents receiving Temporary Assistance for Needy Families is higher for African Americans living in Mississippi, Pemiscot and New Madrid counties.

Health Care Resources⁵

The health care resources of the 5 highlighted rural counties consist of county health departments, hospitals, rural health centers and federally qualified health centers. Details of county resources are listed below. It is important to note the high risk, low income, rural minorities when reading about the minimal health care access in the five counties with the largest Black/Non-Hispanic populations.

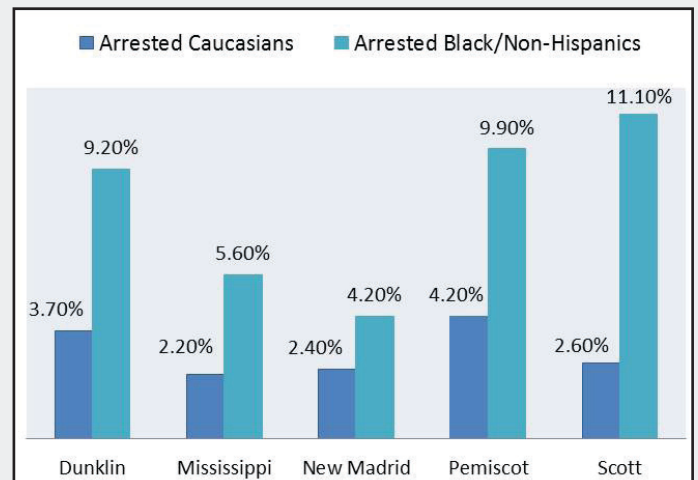
There is a lack of health care resources in each county as highlighted by the physician and nurse-to-population ratios and the number of hospitals, rural health centers and federally qualified health centers. Scott County has the highest physician and nurse-to-population ratios. Mississippi and New Madrid Counties do not have a hospital, only one rural health center each, and one federally qualified health center in New Madrid County.⁵ The lack of resources result in health disparities for rural Missouri minorities; who have been shown to have a lower socioeconomic status than urban non-minorities.¹

Name	Location	# of Hospitals	# of Rural Health Centers	# of Federally Qualified Health Centers	Ratio of Physicians per Population	Ratio of RNs per Population	Total 2014 Revenue	2014 Local Contribution
Scott County Health Department	Sikeston	1	2	0	1:592	1:98	\$1,138,217.00	\$566,068.00
Dunklin County Health Department	Kennett	1	9	0	1:781	1:172	\$860,155.00	\$387,857.00
Mississippi County Health Department	Charleston and East Prairie	0	1	0	1:2793	1:177	\$922,268.00	\$184,916.00
New Madrid County Health Department	New Madrid	0	1	1	1:4785	1:172	\$896,251.00	\$458,247.00
Pemiscot County Health Department	Hayti	1	0	0	1:1045	1:195	\$643,462.00	\$242,377.00

Incarceration and Health Care

- Little research has been conducted on the health of incarcerated minorities in Missouri.
- This is a significant issue due to the fact that the majority of prisons in Missouri are in rural areas.
- The percent of Black/Non-Hispanic residents arrested in 2015 is higher in each of the target counties when compared with the percent of the Caucasian population arrested in 2015 (Figure 10).^{3,9}

Figure 10. Percent of Caucasians and Black/Non-Hispanics arrested in 2015 in Five Missouri Counties^{3,9}



Incarceration and Health Care



- Figure 11 shows the state percentages of incarcerated Black/Non-Hispanic and Caucasian populations in Missouri’s prisons and jails (Figure 10).¹⁰
- Figure 12 displays incarceration numbers per 100,000 people by race/ethnicity overall in Missouri.¹⁰
- There are 31,247 people incarcerated in Missouri.¹⁰
- When divided by race/ethnicity; 2,337 African Americans are incarcerated compared with 495 white citizens, per 100,00.¹⁰
- A report provided by the Missouri Foundation for Health has determined that prisoners have a higher incidence of mental health issues, substance abuse, and disease than people who are not incarcerated.⁶
- Offenders are unable to receive Medicaid while incarcerated, and often after release.⁶
- There is a lack of funding for treatment and follow-up in Missouri’s correctional healthcare.⁶
- Once an offender re-enters the community; barriers such as unemployment, limited housing, and poor access to healthcare may be present.⁶
- Rural areas in Missouri tend to have less access to health care than urban areas; creating more obstacles to health and wellness for the recently incarcerated minority population.¹

Figure 11. Percent of Total Black/Non-Hispanic Missouri Population in Comparison to Percent of Incarcerated Black/Non-Hispanic Missourians¹⁰

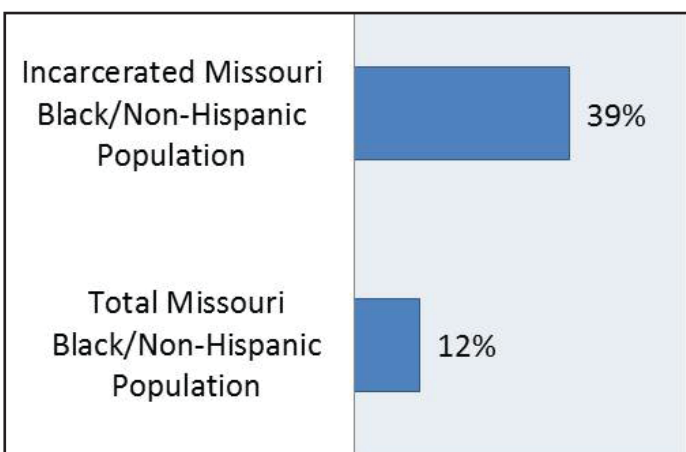
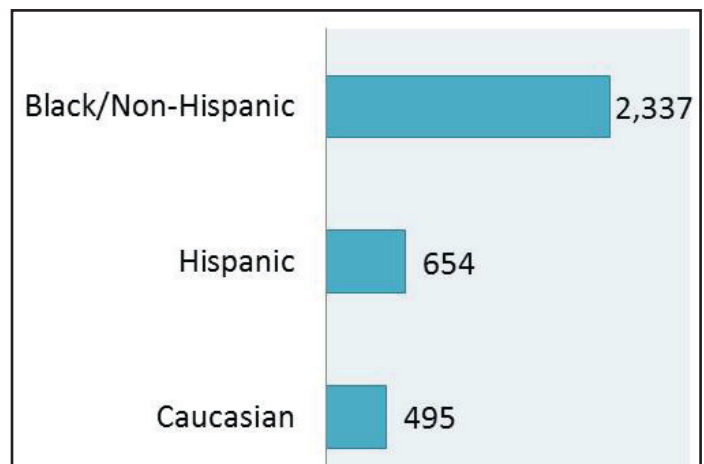


Figure 12. Number of Incarcerated Peoples in Missouri per 100,000, Divided by Race/Ethnicity¹⁰



Sources

- ¹Healthy People 2020. Disparities. Accessed February 25, 2016 at <http://www.healthypeople.gov/2020/about/foundation-health-measures/Disparities>.
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