

Preventing disease and promoting healthy behaviors improves lives, lowers health care costs and improves quality of life.

The COMPASS NOW Report identified these key health issues:

- Alcohol Use
- Health Care Access and Cost
- Mental Health
- Obesity

Emerging issues in the region are:

- Dental Care Access and Cost
- Illegal Drug Use

Health Highlights

- There is a high rate of binge and excessive drinking in the Great Rivers Region by adults and youth. In 2010, between 20-25% of 9-12th graders in the region reported binge drinking in the past 30 days. Between 23-27% of adults reported excessive drinking in the past 30 days.
- The Great Rivers Region has high quality health care providers; however, focus group participants indicated that rising health care costs, specifically high deductibles and reduced health benefits result in people avoiding health care.
- Mental illness is the leading cause of disability in the US for people ages 15-44. Spending for mental health care in our region reached more than \$27 million in 2010, a nearly 11% increase from the previous year. The suicide rate in the Great Rivers Region is higher than the state and national average.
- Adult obesity is associated with several serious health conditions including heart disease, diabetes, and some cancers. Obesity rates in adults and children have dramatically increased over the past decade. In the last 5 years alone, the adult obesity rate in the Great Rivers Region increased by 16%. Nearly 30% of adults in the region are obese and about 35% are overweight.
- Oral health is essential to overall health yet 54% of those surveyed rated the affordability of dental care in their community as fair or poor. The Great Rivers Region has a shortage of dentists who provide services to Medicaid patients; only one-quarter of those receiving Medicaid receive dental services.
- Illegal drug use is a concern with 67% percent of survey respondents expressing high concern.

health

