Healthy communities are strong communities

Poverty and public health in Boone County

The Boone Impact Group reports that 12.7% (nearly 3,600) of children enrolled in Columbia Public Schools in 2019 were in families who incomes below the federal poverty level.

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Poverty affects everything from heart disease to diabetes and cancer. It is linked to chronic illnesses, including asthma and diabetes, and to mental health issues. Poverty also affects overall health, including nutrition, education, and access to health care. Poverty and chronic illness are interconnected.

Children, in particular, are at risk with poor health. They are more likely to suffer from many chronic conditions and to die younger than adults. Poverty is linked to poor health outcomes throughout life, including education, income, and even life expectancy. Children who grow up in poverty have a higher risk of developing chronic conditions, such as obesity and diabetes, and are more likely to experience chronic illnesses later in life. Poverty is also associated with poor mental health, including depression and anxiety, and with behavioral health problems, such as substance use disorder and suicide.

In Boone County, 63% of children have at least one chronic condition. Nearly 1 in 4 children have a chronic condition that affects their daily life, and 1 in 5 children have a chronic condition that affects their academic performance. Nearly 1 in 5 children have a chronic condition that affects their socialization, and nearly 1 in 5 children have a chronic condition that affects their emotional development.

Poverty is also linked to poor health outcomes for adults. Adults who live in poverty are more likely to experience chronic illnesses, including heart disease, cancer, and diabetes, and are more likely to experience mental health issues, including depression and anxiety. Adults who live in poverty are also more likely to experience behavioral health problems, such as substance use disorder and suicide.

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Poverty is also linked to poor health outcomes for the elderly. The elderly who live in poverty are more likely to experience chronic illnesses, including heart disease, cancer, and diabetes, and are more likely to experience mental health issues, including depression and anxiety. The elderly who live in poverty are also more likely to experience behavioral health problems, such as substance use disorder and suicide.

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Mental illness is a public health issue that makes its mark on all of us and our families and communities. Mental illness, be it minor or major, is something that everyone experiences or knows someone who does. Everyone has the potential to help keep their pain from becoming a long-term problem. There is a long history of public health issues that need to be treated and managed, and many of those illnesses are preventable, conditions.

Mental illnesses are also treatable, and many times preventable, conditions. How common are they? How many are affected individuals, their families, help, but treatment must be tailored to the individual needs, educate future health care professionals, and address social factors that contribute to health. These organizations are valuable resources to programs to improve people’s health before, during, and after they need our care.

We should all be fortunate to live in a healthy community. Boone County has two major medical centers and one of the best ratios of primary care physicians to residents in the nation, yet some members of our community have limited access to treatment or mental health care. Mini-Missouri offers abundant opportunities to engage physical activities or eat healthy foods, but obesity and related conditions are still areas of concern. Heart of Missouri United Way’s health team of local organizations help individuals contribute their unique assets and strengths, and collaborate to give more community members the best possible health outcomes.

According to the National Association for Mental Illness, about one in five adults in the US experience a MI (mental illness) in any given year, and nearly one in 25 live with a serious mental illness (SMI) that substantially limits their activities. According to the National Association for Mental Illness, about one in five adults in the US experience a MI in any given year, and nearly one in 25 live with a serious mental illness (SMI) that substantially limits their activities.

Among youth age 13-18, one-fifth of homeless people and 1 in 6 NAMI - https://www.nami.org/Learn-More/Treatment
ter to barriers that include stigma, and substance abuse also have SMI. Half of all lifetime cases begin by age 14, and 3/4 (1). During October-December 2015 (most recent data), almost 2,700 people in poverty (1). They can help prevent early mental illness in our community. A unique role in addressing mental illness in our community. A unique role in addressing mental illness in our community.
Are you a health coach, nurse, or dietitian with a passion for helping people overcome their health challenges? We are looking for compassionate caregivers to join our vibrant community. Whether you specialize in weight management, heart health, or diabetes, our team needs you to make a positive impact in people's lives. If you believe in empowering others through personal transformation, this could be the perfect opportunity for you. Contact us today to learn more about the rewarding career opportunities we have available.
HEART OF MISSOURI UNITED WAY JULY, 2018

UNITED WE WIN

Heart of Missouri United Way

Health - Funded Agencies

Community Impact: Basic Needs - Education - Health - Financial Stability

BOYS & GIRLS CLUBS OF THE COLUMBIA AREA

Project Learn

We provide a safe place for children to learn and grow. The Club now serves more than 700 kids at four sites within the Columbia region. The Club is open during hours that kids are most likely to need a safe place to go.

COLUMBIA CENTER FOR URBAN AGRICULTURE

Opportunity Gardens

Our Opportunity Gardens Program empowers low-income families in Columbia to grow food for themselves. We provide mentoring services and garden supplies to participants, as each family works to establish a new vegetable garden at their home and receives mentoring over a three-year period.

FAMILY HEALTH CENTER

Children’s Dental Care Access & Caries Prevention Program

Our program provides oral health education, oral health status screening and fluoride application twice yearly. We also offer referral of children with early and urgent dental care needs to Family Health Center providers and to other community-based oral health providers.

LUTHERAN FAMILY AND CHILDREN’S SERVICE OF MISSOURI

Early Childhood Education & Care

We provide high-quality care and educational programs at an affordable rate to families in Boone County. We use the High Scope Approach curriculum to prepare children as they transition to Columbia Public Schools (CPS). Additionally, High Scope is coupled with Positive Behavior Support, the behavioral system implemented at CPS, as a classroom management tool.

CITY OF REFUGE

Refugee PTSD Counseling Services and Community Health Advocate Services

Both Refugee PTSD Counseling and Community Health Advocates Services programs complement and increase current community-led prevention efforts for improved health of the refugee community. Programs will also increase critically needed, non-medical mental health screenings in Boone County. Our refugee relationships will reduce the hesitation many have with addressing mental health issues, greatly increasing the health of families and individual community members.

FAMILY COUNSELING CENTER

School-Based Programming & Outpatient Services

Our program provides school-based services to kids in Boone County schools. We target school-aged children with mental health and/or substance abuse issues that are sufficient to interfere with their ability to maximally benefit from school. Our outpatient services target low-income families who need health care services but lack financial resources necessary to access treatment. We want to empower these children and families to make healthy and effective choices.

GREAT CIRCLE

Impact US

Our Impact Us program provides psychoeducational support groups for youth ages 12 to 19 who are in the foster care system. We focus on their behavioral and mental health needs, helping them learn coping skills in dealing with the grief and loss they have suffered. We also help prepare them for adult independence by providing practical life skill-building.

PHOENIX PROGRAMS, INC.

Enhanced Opioid Treatment for Young Adults

Our program targets children from 6 weeks to 7 years of age. We provide quality and affordable childcare services using the High Scope curriculum to prepare our children for kindergarten. We work to help and prepare these children for their transition into Columbia Public Schools.

4,066 children received free preventative dental care and referrals for necessary dental services last year