September 2025

MOPHIMS NEWSLETTER

ISSUE 35

FEATURED ARTICLE

WHAT'S NEW?

NEW MOPHIMS DATA AND FEATURES

We are excited to announce new data uploads and features on the Data MICAs!

POLLEN AND MOLD DASHBOARD

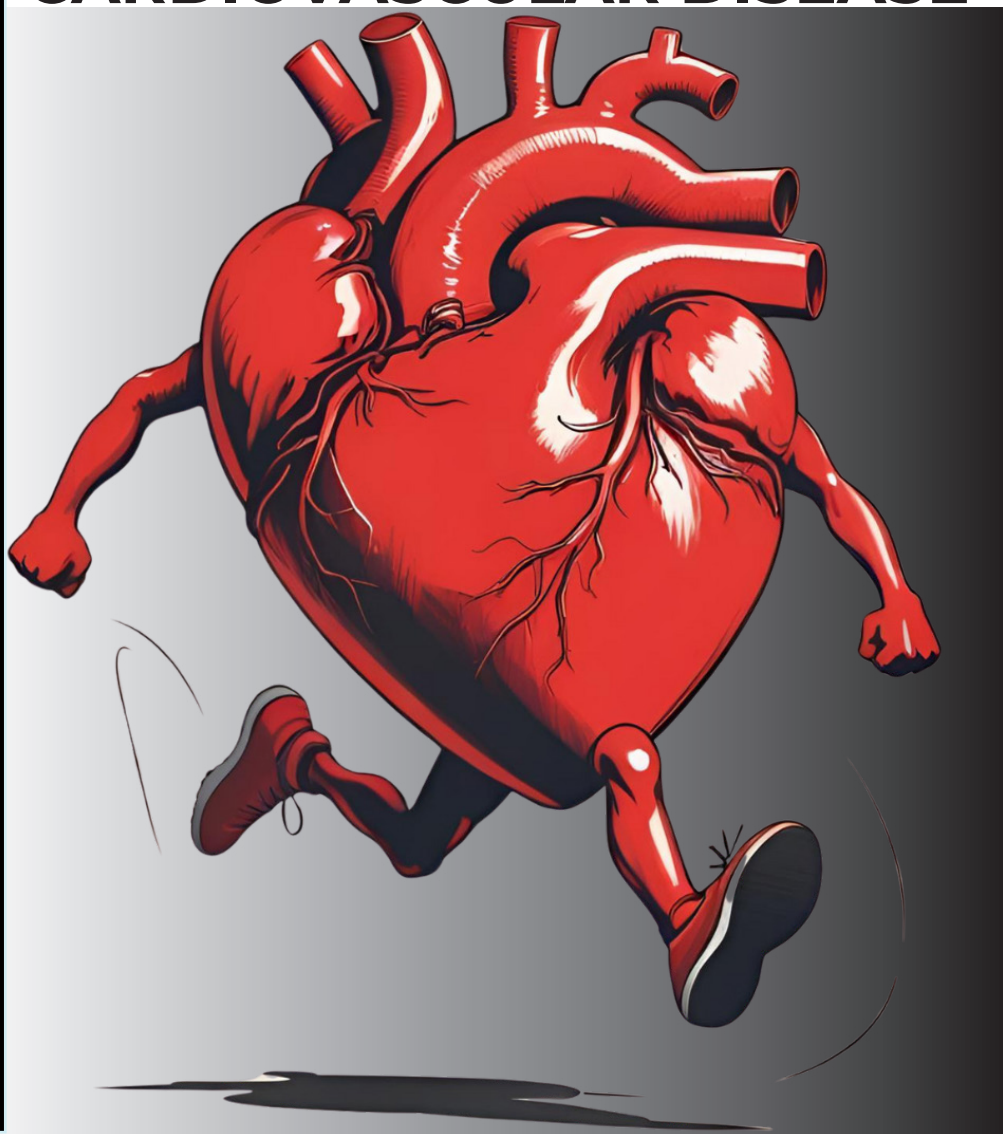
Check out this new dashboard featuring pollen and mold trends in Missouri.

SOCIAL DRIVERS OF HEALTH DASHBOARD

Designed to leverage data to help address Missouri's health disparities.

MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES
Health Care Analysis and Data Dissemination

MOVE YOUR HEART: HOW EXERCISE FIGHTS CARDIOVASCULAR DISEASE



HEART DISEASE IN MISSOURI

Heart Disease is the leading cause of death in Missouri. Over the past decade, heart disease has claimed the lives of more than 150,000 Missourians. In this issue, we explore the benefits of physical activity and how you can strengthen your heart and reduce cardiovascular diseases (CVD).

Cardiovascular Disease

Cardiovascular disease (CVD) refers to a group of disorders affecting the heart and blood vessels, including coronary artery disease, heart failure and hypertension. CVDs are the leading cause of health problems in Missouri and the United States.

- In 2019, 48% of U.S. adults (121.5 million) had at least one CVD condition, and 46% had hypertension (American Heart Association, 2023).

- CVD accounted for 1 in 4 deaths nationwide, with about 20% of those deaths occurring in adults under 65 (CDC, 2022).

- By age 80, 90% of individuals have some form of CVD (Stlouis-MO.GOV).

Controllable and Uncontrollable Factors

Controllable factors include obesity, physical inactivity, high blood pressure, smoking, poor diet, excessive alcohol consumption and some forms of diabetes. Uncontrollable factors include age, race or ethnicity and gender.

WHY EXERCISE IS IMPORTANT

Even with risk factors for heart disease, such as high blood pressure, diabetes or high cholesterol, people who regularly exercise have lower death rates than people who have no risk but do not regularly exercise. Whether you're preventing CVD or managing it, physical activity is a powerful tool.

Benefits of Exercise:

- Lower blood pressure
- Reduce feelings of stress
- Improve quality of sleep
- Lessen risk of developing diabetes
- Sustain healthy body mass
- Reduction in bad (LDL and total) cholesterol
- Reduce inflammation
- Increased self-esteem

WAYS TO IMPROVE HEALTH

What is the best type of exercise for heart health? Good news, any kind of physical activity that activates your muscles strengthens your heart- because your heart is a muscle too. For maximum benefits, experts recommend a mix of aerobic exercises and strength training (American Heart Association, 2023)

Even small amounts of movement add up!

MOPHIMS

Missouri Public Health Information Management System

The Missouri Public Health Information Management System (MOPHIMS) provides a common means for users to access public health related data to assist in defining the health status and needs of Missourians.

Community Data Profiles

Community Data Profiles are available on various subject areas and provide data on 15-30 indicators for each geography selected.

- Maternal, Infant and Child Health Profiles
- Chronic Disease Profiles
- Injury Profiles
- Death Profile
- Hospital and Emergency Room Visit Profiles
- Special Demographic Profiles
- County-Level Study Profiles

Data MICAs

The Missouri Information for Community Assessment (MICA) allows users to summarize data, calculate rates, and prepare information in a graphic format.

- Maternal, Infant and Child Health MICAs
- Chronic Disease MICAs
- Injury MICA
- Death MICA
- Hospital and Emergency Room Visit MICAs
- Population MICA
- Medicaid/TANF MICAs

Environmental Tracking

The Missouri Environment Public Health Tracking (EPHT) program was developed to assist the public, communities, policymakers, and scientists, answer fundamental questions about the relationships between environmental exposures and health effects. Data on this site also include hazard and disease surveillance.

- Health Data
  - Blood Lead Levels
  - Asthma
  - Birth Defects
  - Myocardial Infarction
  - Carbon Monoxide Poisoning
- Environmental Data

For this example. we are going to graph the chronic disease death rates in the 7 BRFSS regions in 2023. Users can make the following changes on the Chronic Disease Death MICA.

Title:	**Missouri Resident Chronic Disease Deaths**
Data selected in addition to rows and columns below:	Chronic Cause: Heart disease, Other cardiovascular/circulatory c Information for testing only: Count Threshold: 5, Minimum Conditions: 3, Zero Is Smallest Tot 2 Confidentiality Triggers: Single Year(s), Chronic Cause

Year:	2023	2023	2023	2023
Statistics:	Count	Rate	Lower 95% Conf Limit	Upper 95% Conf Limit
BRFSS Region	↓↑	↑		
Southeast	1,923	249.52	238.37	260.67
Southwest	2,986	224.91	216.85	232.98
Northwest	652	216.19	199.59	232.78
Northeast	730	205.41	190.51	220.31
Total for selection	15,712	195.89	192.82	198.95
Missouri	15,712	195.89	192.82	198.95
Central	1,735	187.76	178.92	196.59
St. Louis Metro	4,978	179.48	174.50	184.47
Kansas City Metro	2,708	173.92	167.37	180.47

Rate:	**Death rates are annualized per 100,000 residents and are age adjusted to the U.S. 2000 standard population.**
Source:	**DHSS - MOPHIMS - Chronic Disease Deaths MICA**
Generated On:	**7/17/2025 12:38:55 PM**
Confidence Intervals:	**95% confidence intervals are displayed.**
Chronic Disease:	**The Chronic Disease categories shown here do not include all types of chronic disease.**

Choose your data

Geography: BRFSS Region
- all selected (7)
Cause: Heart Disease and Other cardiovascular/circulatory conditions
-2 causes selected

Build your results

Main Row: Geography
Main Column: Year
Confidence Interval:
95% Confidence Interval

Submit Query

The table shows the Southeast Region had the highest CVD death rate of 249.52 per 100,000 population, followed by the Southwest (224.91), Northwest (216.19), Northeast (205.41), Central (187.76), St. Louis Metro (179.48) and Kansas City Metro (173.92) Region. For 2023, Missouri had 15,712 CVD deaths, with a rate of 195.89 per 100,000 population.

The confidence intervals to the right determine if each region's rate is statistically significantly different. When comparing these to the state, if the confidence intervals OVERLAP, there is no significant difference. If they DO NOT OVERLAP, there is a significant difference.

The Kansas City and St. Louis metro regions had CVD death rates that were statistically significantly lower than the state. In contrast, the Southeast and Southwest regions experienced CVD death rates that were statistically higher than the state in 2023. The other three regions did not show a statistically significant difference compared to the state.

Next, users can create a trend line to compare the two regions that have significantly higher rates than the state rate. To create a trend line, make the following changes to the query:

Choose your data

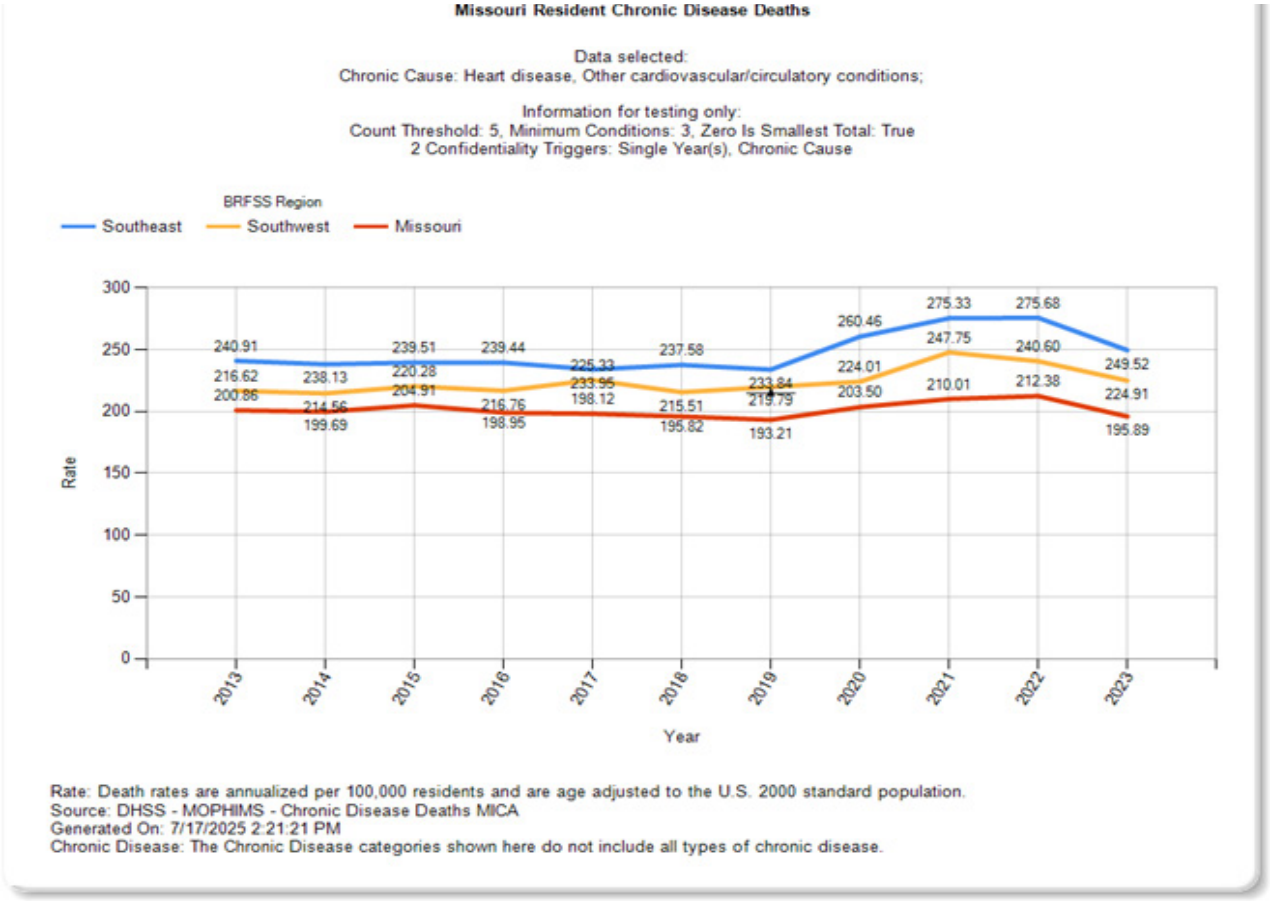
Year: Single Year(s)
- Select 2013-2023

Geography: BRFSS Region-
Select only Southeast and Southwest

Build your results

Type of chart: Trend Line
Variable Axis: Year
Variable Axis: Geography

Submit Query



The data indicates that CVD rates in both the Southeast and Southwest regions have increased since 2019. Notably, both regions have consistently recorded rates above the state average for each year across the decade, with the Southeast region having the highest rate every year.

American Heart Association, 2023. https://www.heart.org/
Cardiovascular Data Brief. https://www.stlouis-mo.gov/government/departments/health/documents/briefs/cardiovascular-disease-january-2021.cfm
Exercise and Cardiovascular Health. https://www.ahajournals.org/doi/10.1161/01.cir.0000048890.59383.8d#:~:text=Evidence%20from%20many%20scientific%20studies,use)%2C%20can%20be%20dramatic.

NEW MICA DATA AND FEATURES

New Hospital Data

Injury, ER, Inpatient Hospitalizations, Preventable Hospitalizations and Procedure MICAs have all new 2022 data.

Updated Birth and Death Data

Birth and Death MICA data have been updated to 2023.

Sorting Features

Create a table using the Data MICAs and use the arrows to sort by counts or rates.

Birth MICA

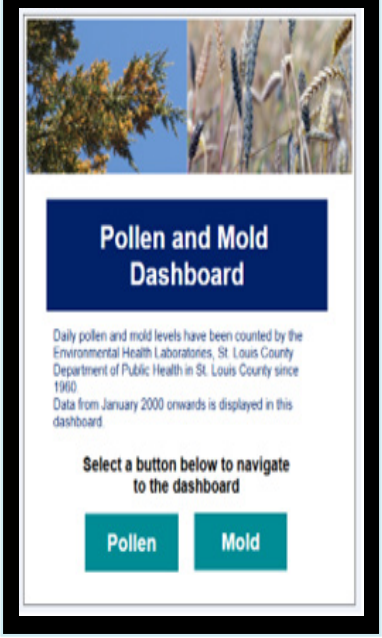
Use the new optional variables in Birth MICA to find data relating to birth place, gestational age and hypertension.

NEW FROM EPHT

POLLEN AND MOLD DASHBOARD

TAKE A LOOK

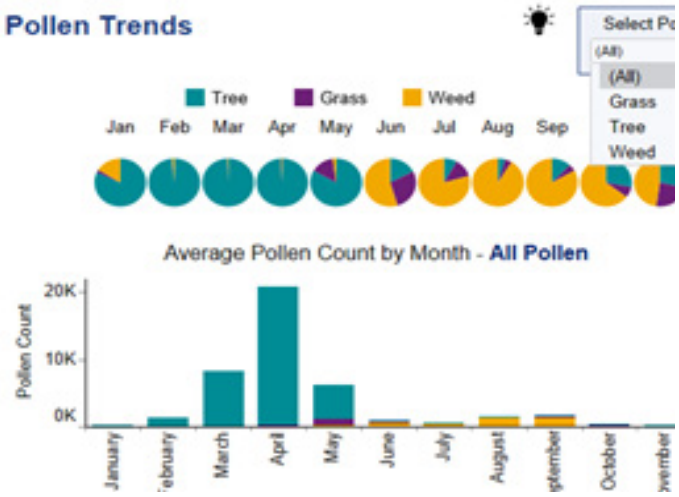
- POLLEN TRENDS
- POLLEN LEVELS
- ALLERGY LEVELS
- AND MORE!

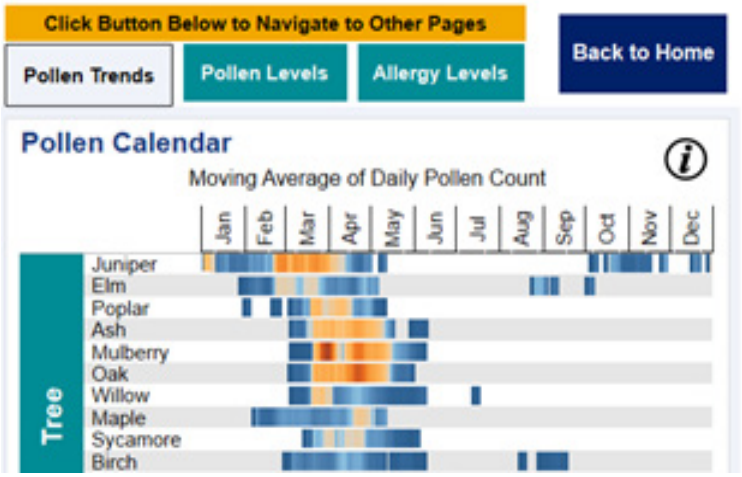


Many Missourians suffer with seasonal allergies caused by pollen and mold. Pollen grains and mold spores are released into the air as part of the plant or mold life cycle, which can cause allergy symptoms on contact or when breathed in. Allergy symptoms can include itchy or watery eyes, sneezing, runny nose, nasal congestion and a cough.

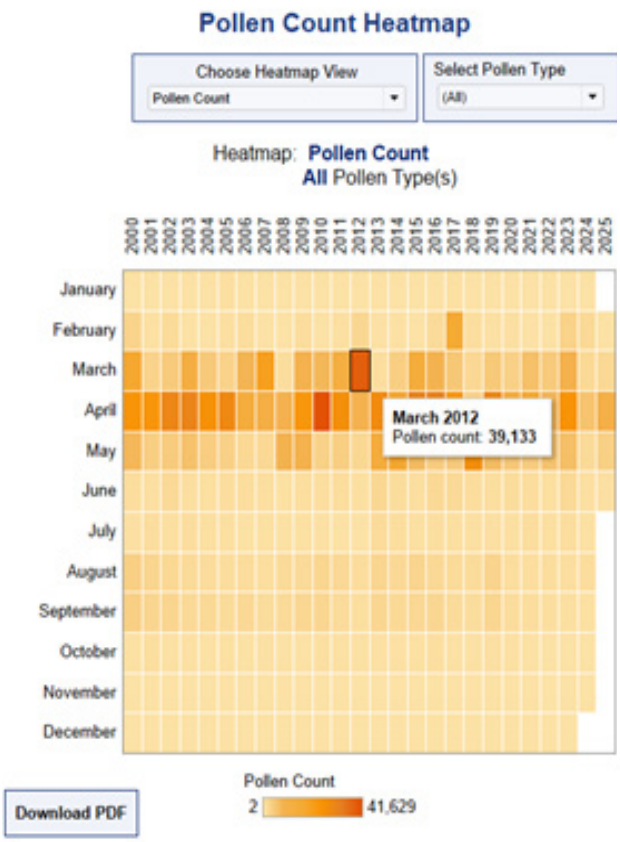
Different types of pollen are released throughout the year. In Missouri, pollen allergy season typically starts with trees in spring, followed by the grass in late spring/early summer, and weeds in summer and fall. Mold is present in air year-round, but peaks in fall months. An individual may be more sensitive to one pollen or mold type than another. Knowing when pollen and mold levels are typically high can help prepare for allergy season.

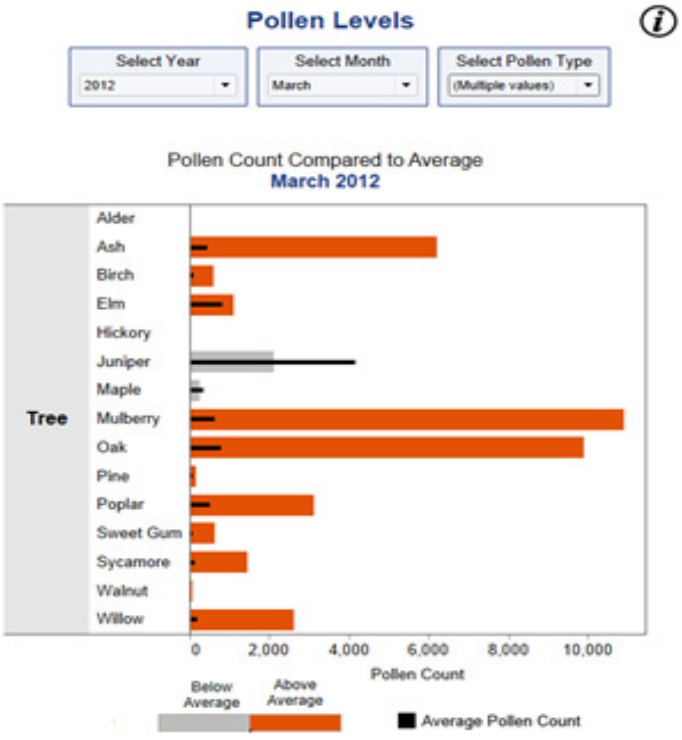
Pollen and mold levels in the air are monitored in many locations across the country, including in St. Louis. The Environmental Health Laboratories at the St. Louis County Department of Public Health have been monitoring daily pollen and mold levels in St. Louis since 1960. The DHSS Environmental Public Health Tracking (EPHT) program has published a data dashboard that explores historical pollen and mold patterns in St. Louis. The dashboard can be found on the pollen and mold webpage here: https://ephtn.dhss.mo.gov/EPHTN_Data_Portal/pollen-and-mold.php





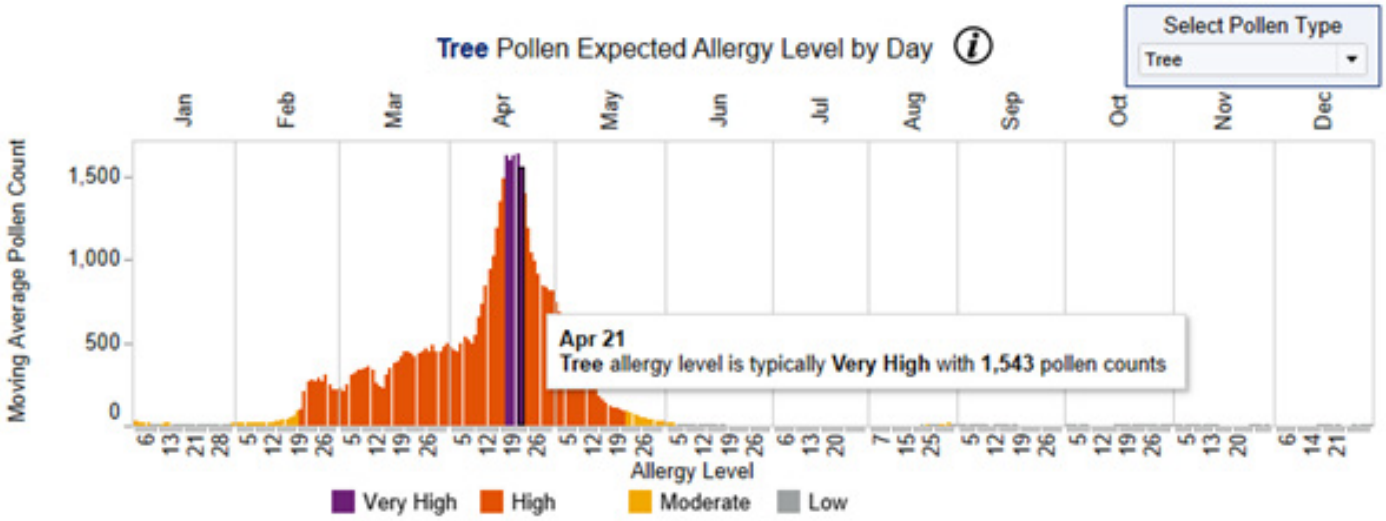
After selecting pollen or mold, the user can explore historical trends of each aeroallergen, including which pollen or mold types are dominant through the year. The pie charts on the top left show the percentage of pollen counts that are tree, grass, or weed by month. Below the pie chart is a bar chart displaying the average pollen count by month for each pollen type. A pollen calendar highlights which specific pollen types are present throughout the year (top right). Days with a higher moving average pollen count are highlighted with warmer colors. Throughout the dashboard, users can hover over icons or graphs for more information and use dropdown filters to change the content in the graphs. Users can navigate to other pages using the buttons in the top right corner.



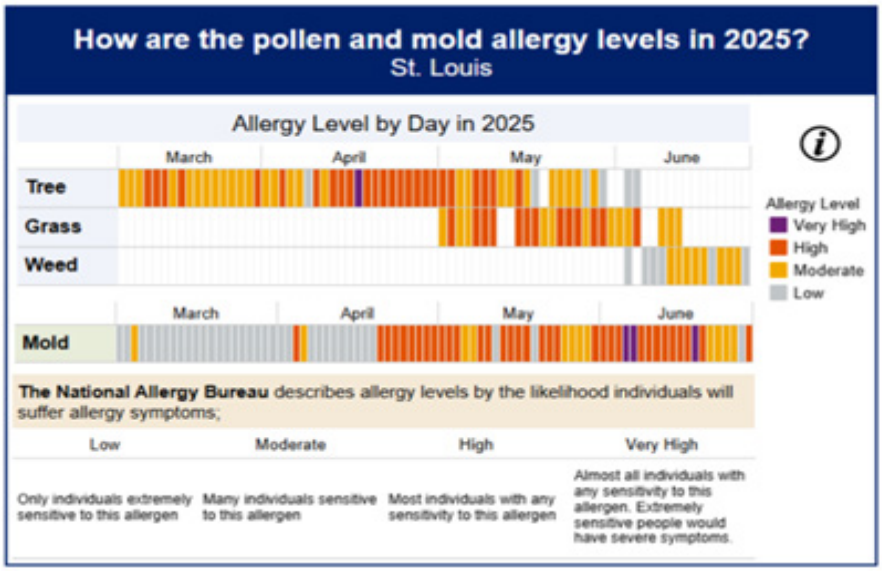


In the Pollen Levels tab, users can dive deeper into differences in pollen and mold levels throughout the years. A heatmap displays pollen or mold counts by month and year. Users can change the filter on the heatmap to show pollen or mold count compared to average instead. The user can then select months of interest in the bar chart to investigate which pollen or mold was higher or lower than average.

In the Allergy Levels tab, the typical allergy level by day of each type of pollen and mold is displayed in the dashboard. Allergy levels are set by the National Allergy Bureau and indicate the risk of developing allergy symptoms. Users can view months with higher allergy levels for general aeroallergens or use a filter to select a certain pollen or mold that they are sensitive to.



On the pollen and mold webpage, users can also view how high the allergy levels of pollen and mold have been in 2025.



The EPHT program is happy to answer any questions regarding the dashboard at the contact information below.

Phone: 573-751-6102

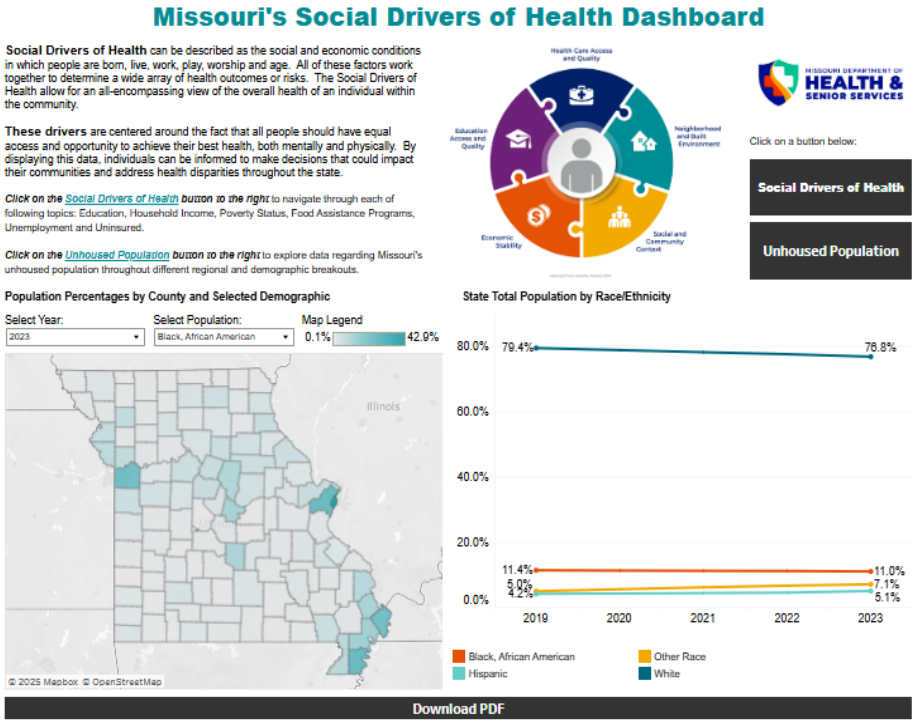
Email: EPHTN@health.mo.gov

MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES
Environmental Public Health Tracking

SOCIAL DRIVERS OF HEALTH DASHBOARD

HOMEPAGE

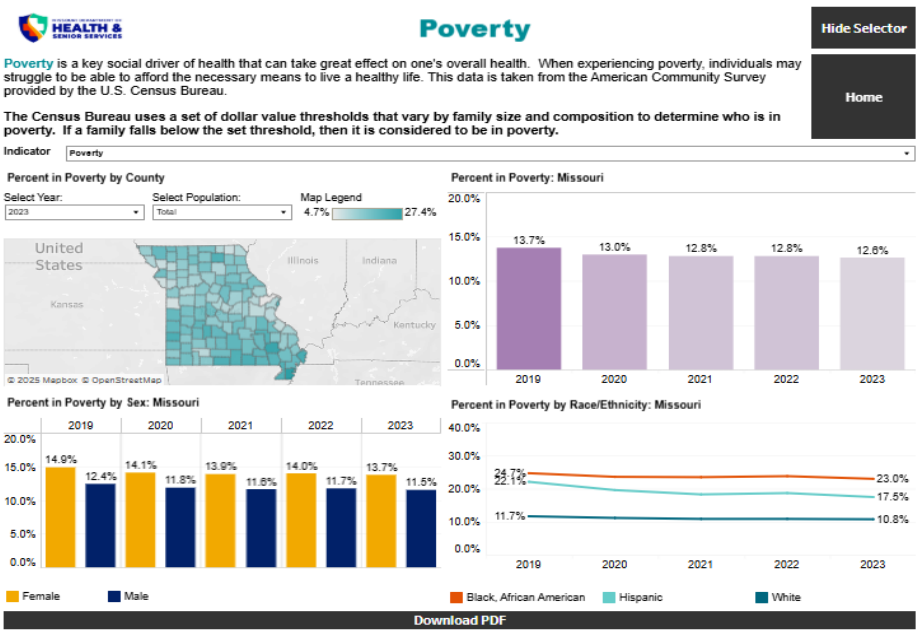
- POPULATION PERCENTAGES
- SOCIAL DRIVERS OF HEALTH
- UNHOUSED POPULATION



Social drivers of health (SDoH) provide a holistic view of health by encompassing the social and economic conditions in which people are born, live, work, play, worship and age. This dashboard was created to be a resource for anyone that wants to access and visualize Missouri's SDoH data.

The image above displays the **homepage** of the Social Drivers of Health Dashboard. It features a map showing population percentages by county, along with a line graph displaying Missouri's total population broken down by race and ethnicity. Users can use the dropdowns to look at other years and populations. From this page, users have the ability to navigate to more data on Social Drivers of Health or the Unhoused Population using the black buttons on the right of the page.

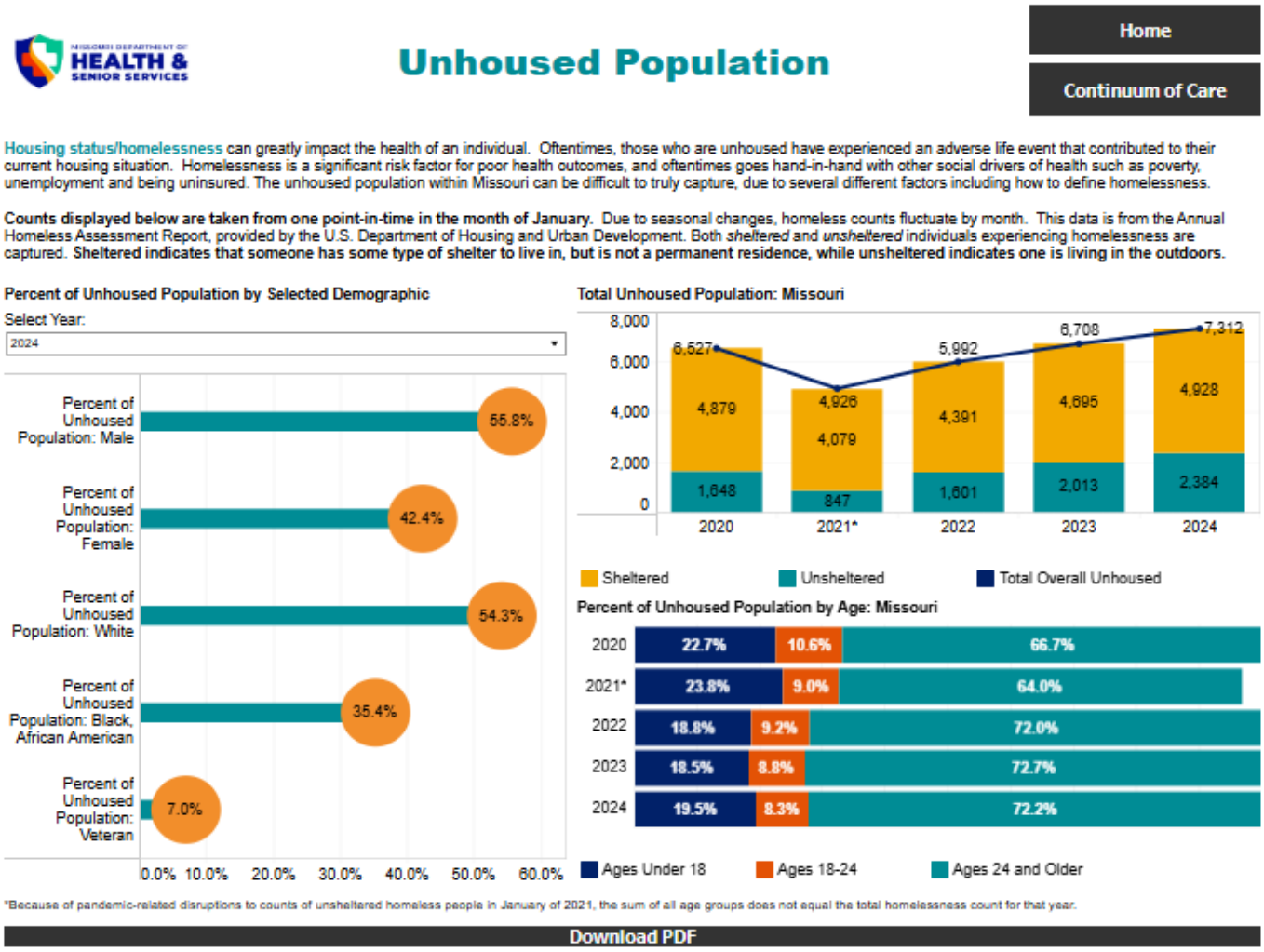
The image below displays a screenshot of the Social Drivers of Health Dashboard, with the poverty indicator selected. Users can hover over the map of Missouri to show the poverty rates for each county. Two bar charts illustrate the statewide poverty rates from 2019 to 2023; one of these charts breaks down the rates by sex. Additionally, a line graph depicts the percentage of individuals living in poverty, categorized by race and ethnicity.



INDICATORS

- EDUCATIONAL ATTAINMENT
- MEDIAN HOUSEHOLD INCOME
- POVERTY
- SNAP
- UNEMPLOYMENT
- UNINSURED

The image below displays three graphs illustrating Missouri's unhoused population. The chart on the left shows the percentage of the unhoused population by sex and race (White and Black) in 2024, as well as the percentage of veterans. Users can use the dropdown menu to select data from different years. The graphs on the right present five years of data. The top graph shows the total numbers of the unhoused population broken out by sheltered and unsheltered, while the bottom graph displays the percentage breakdown by age group.



The SDoH dashboard aims to make Missouri's SDoH data accessible. This accessibility allows individuals to make informed decisions that could impact their communities and address health disparities throughout the state. Ultimately, staying informed on the Social Drivers of Health can help contribute to a healthier Missouri. If you would like to view the dashboard, visit the website at:

https://health.mo.gov/living/families/minorityhealth/sdh-dashboard.php

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