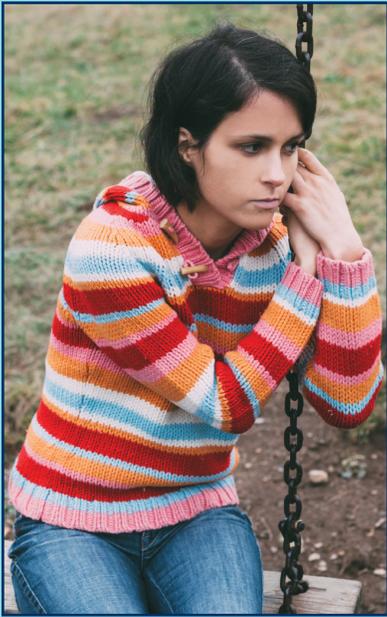


# Socioeconomic Conditions



## Affecting Health in Rural Missouri

# Introduction

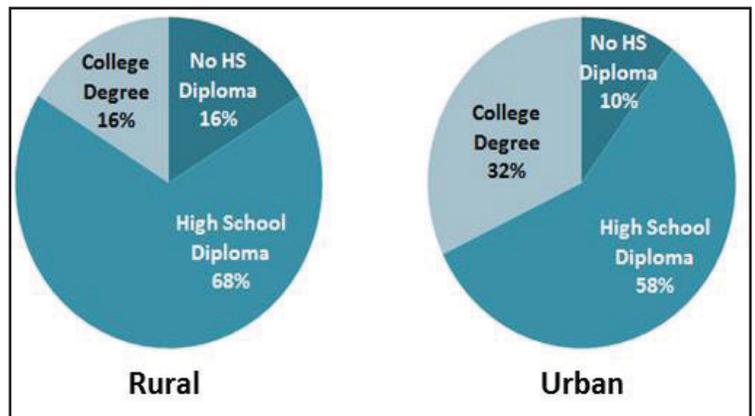
The socioeconomic conditions of the places where persons live and work have a significant impact on overall health.<sup>1</sup> Educational attainment and income are commonly used to measure the effect of one’s socioeconomic position on health.<sup>1</sup> In terms of socioeconomics, rural Missourians are at a significant disadvantage compared to their urban counterparts when considering income and education.<sup>2</sup>

Persistent poverty is defined as 20% or more of the population living in poverty over the last 30 years.<sup>9</sup> Twenty-nine of Missouri’s rural counties are defined as having persistent poverty.<sup>2</sup> People living in poverty tend to be clustered in certain regions, counties, and neighborhoods; concentrated poverty contributes directly and indirectly to poor health conditions.<sup>9</sup> The health of many of Missouri’s rural residents tends to be negatively effected by the state of poverty.<sup>2</sup>

# Educational Attainment

- Adults who have not finished high school are four times more likely to be in poor or fair health.<sup>8</sup>
- College graduates live an average of five years longer than those who did not finish high school.<sup>8</sup>
- Rural Missourians are half as likely to hold a college degree as urban Missourians; 16% for rural residents compared with 32% for urban residents (Figure 1).<sup>2</sup>
- In 36 of Missouri’s 101 rural counties more than 20% of the population over the age of 25 does not have a high school education.<sup>5</sup>
- People with lower levels of education are at a higher risk of developing cardiovascular-associated risk factors.<sup>1</sup>
- The rural death rate for heart disease per 100,000 residents is 219 for rural Missourians compared with 177 for urban residents.<sup>3</sup>
- Median weekly income and percent of unemployment in Missouri vary significantly per educational attainment (Table 1).<sup>5</sup>
- Lack of income and employment restricts people from obtaining proper information and care.

**Figure 1. Education Levels in Missouri, 2009-2013<sup>2</sup>**

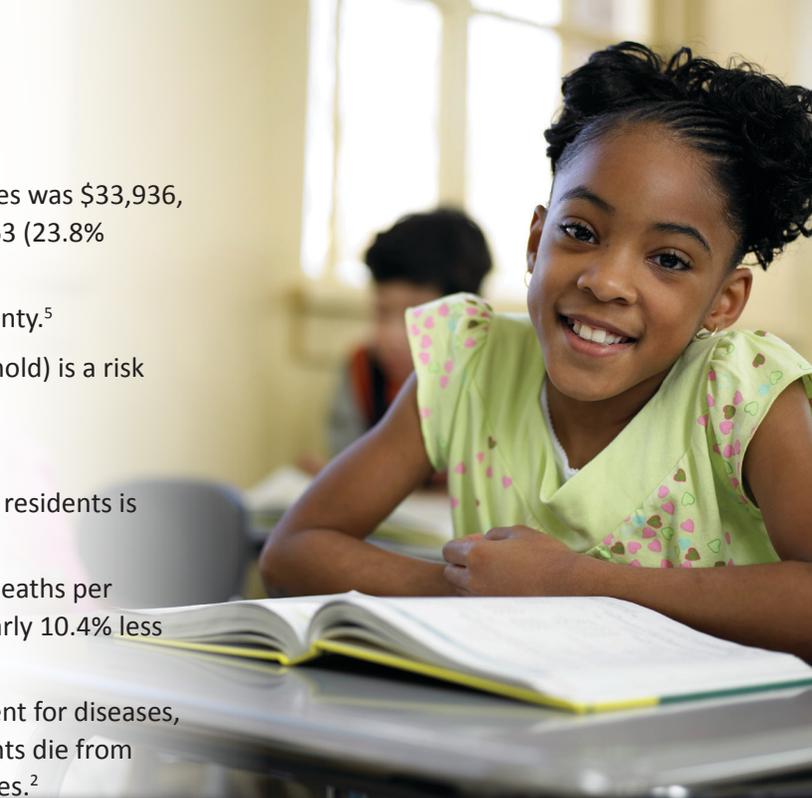


**Table 1. Median Weekly Earnings and Percent of Unemployment in Missouri<sup>5</sup>**

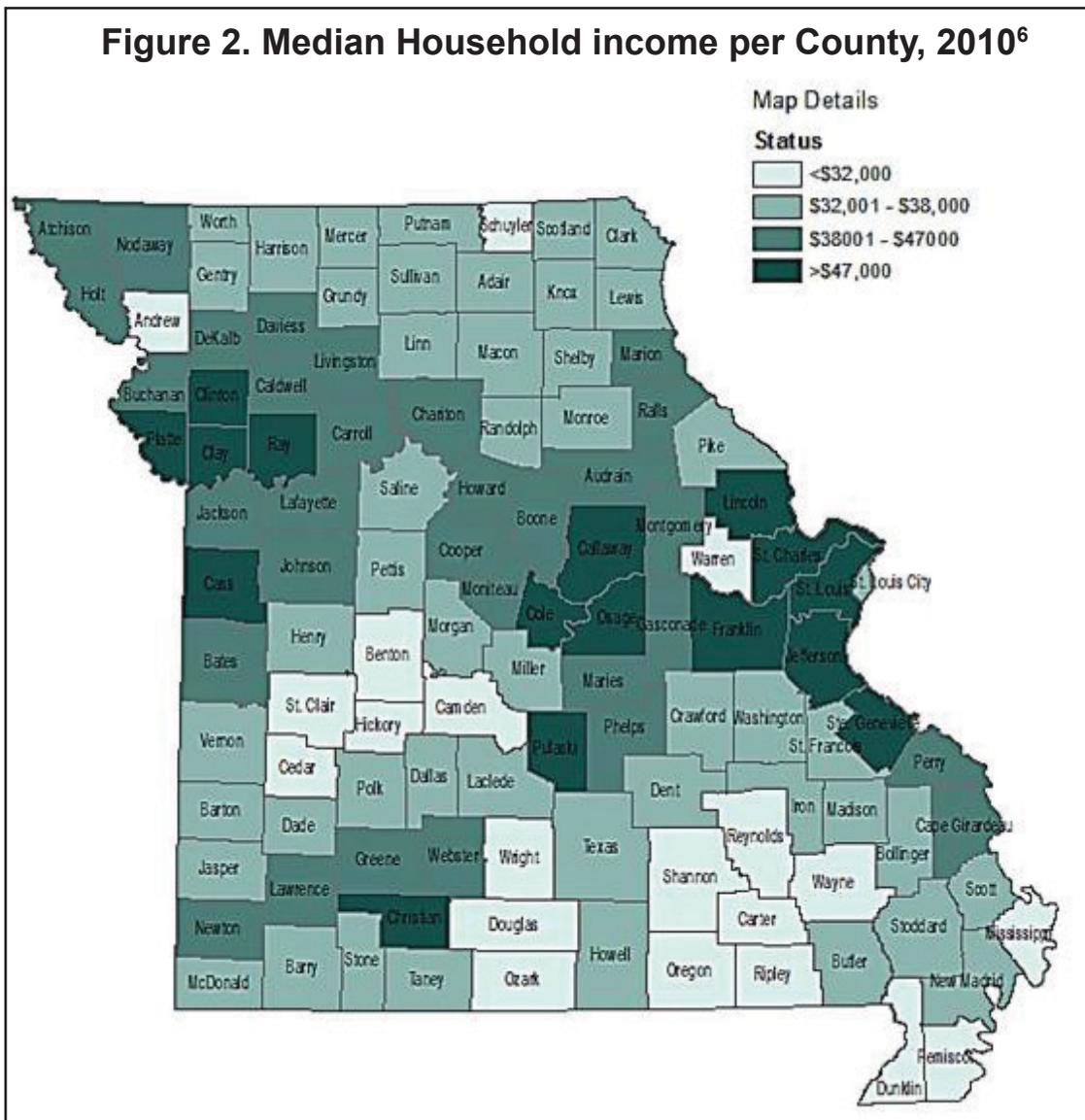
Education Attained	Un-employment	Median weekly
Doctoral Degree	2.1%	\$1,591
Professional Degree	1.9%	\$1,639
Master’s Degree	2.8%	\$1,326
Bachelor’s Degree	3.5%	\$1,101
Associate’s Degree	4.5%	\$792
Some College, no degree	6%	\$741
High School Diploma	6%	\$668
Less than a high school diploma	9%	\$488

# Income

- As of 2013, the average income for rural Missouri counties was \$33,936, compared with the average urban county income \$44,563 (23.8% percent difference).<sup>2</sup>
- Figure 2 displays the median household incomes per county.<sup>5</sup>
- Income poverty (family income below the poverty threshold) is a risk factor for premature mortality and increased morbidity.<sup>4</sup>
- People who live in poorer societies have shorter lives.<sup>7</sup>
- The 2004-2012 life expectancy at birth for rural Missouri residents is 76.8 years, lower than urban residents at 77.8 years.<sup>2</sup>
- The rural death rate for all causes during 2013 was 854 deaths per 100,000 residents, while in urban areas this rate was nearly 10.4% less at 773.6 deaths per 100,000.<sup>2</sup>
- A higher rate of urban residents receive hospital treatment for diseases, such as heart disease, while a higher rate of rural residents die from those diseases, possibly due to socioeconomic inequalities.<sup>2</sup>

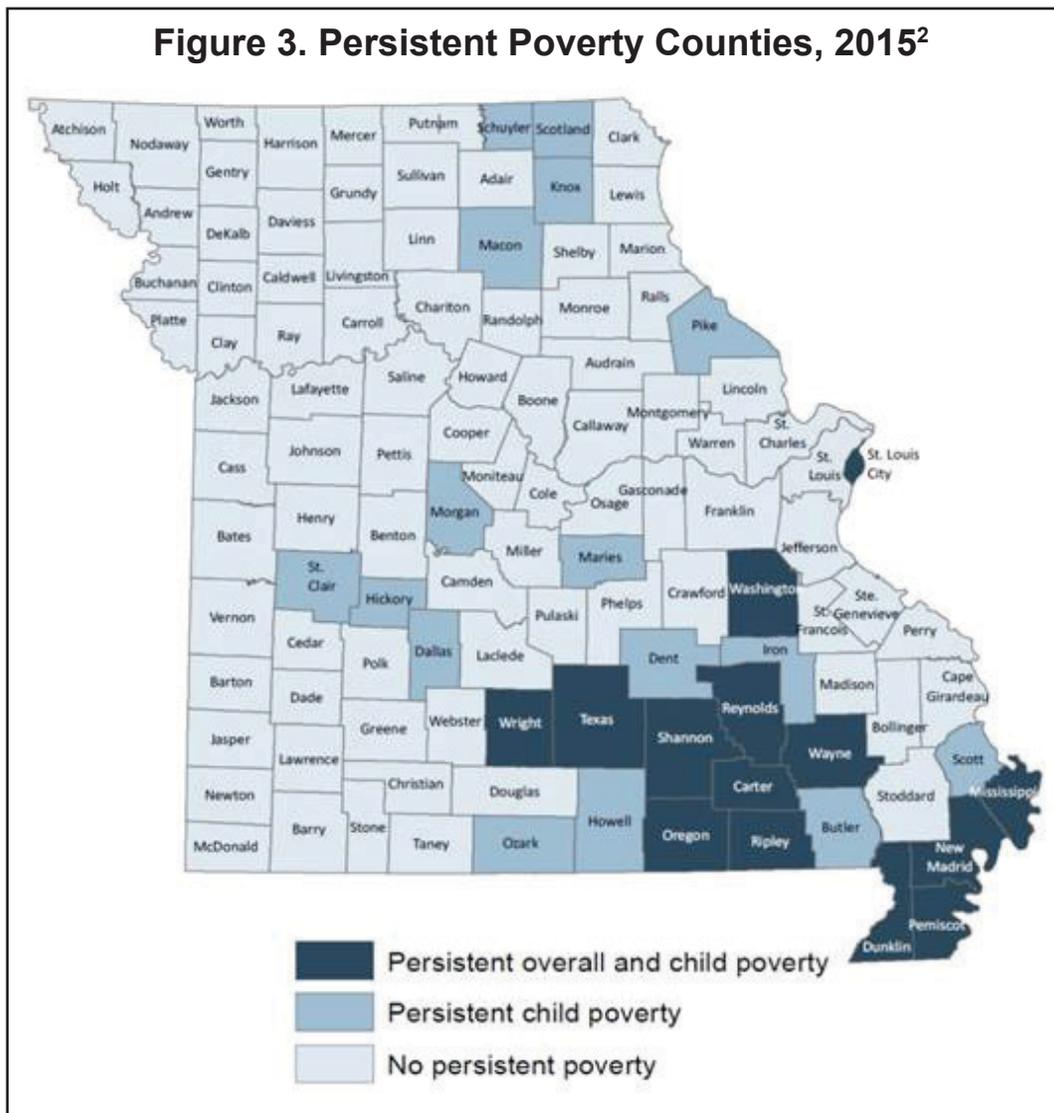


**Figure 2. Median Household income per County, 2010<sup>6</sup>**



# Poverty

- The percent of rural Missouri residents under the poverty rate is 18.4% compared with 14.4% of urban residents; a 27.8% difference.<sup>2</sup>
- The percent of rural youth under the poverty rate is 27.8% compared to urban youth at 19.5%; a 37.9% difference.<sup>2</sup>
- 3 of Missouri's rural counties (Mississippi, Shannon, Pemiscot) have a poverty rate over 30%; meaning 3 out of every 10 residents in these counties live below the poverty level.<sup>2</sup>
- Persistent overall poverty is present in 14 Missouri counties, 13 of which are rural. (Figure 3).<sup>2</sup>
- Persistent poverty results in poor health care/conditions and limited prospects for residents that becomes self-perpetuating.<sup>9</sup>
- Persistent poverty among children leads to poor health, limited education, and additional negative outcomes.<sup>9</sup>
- The more time a child spends in poverty, the more likely they are to be poor as an adult.<sup>9</sup>
- Persistent child poverty exists in 30 Missouri counties; 29 of which are rural.<sup>2</sup>



# Sources

- <sup>1</sup>CDC: MMWR. CDC Health Disparities and Inequalities Report- United States 2013. Accessed May 27, 2016 at <http://www.cdc.gov/mmwr/pdf/other/su6203.pdf>.
- <sup>2</sup>DHSS. Health in Rural Missouri: Biennial 2014-2015. Accessed June 4, 2016 at <http://health.mo.gov/living/families/ruralhealth/pdf/biennial2015.pdf>.
- <sup>3</sup>DHSS. MICA: Chronic Disease. Accessed June 3, 2016 at <http://health.mo.gov/data/mica/ChronicDiseaseMICAs/>.
- <sup>4</sup>Inequality.org. Inequality and Health. Accessed June 4, 2016 at <http://inequality.org/inequality-health/>.
- <sup>5</sup>MERIC. Education, Wages, and Employment. Accessed June 2, 2016 at [https://www.missourieconomy.org/occupations/education\\_pays.stm](https://www.missourieconomy.org/occupations/education_pays.stm).
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- <sup>7</sup>Oxford Journals. Income Equality and Health: What have we learned so far? Accessed June 4, 2016 at <http://epirev.oxfordjournals.org/content/26/1/78.full>.
- <sup>8</sup>Robert Johnson Wood Foundation. Overcoming Obstacles to Health. Accessed June 14, 2016 at <http://www.rwjf.org/content/dam/farm/reports/reports/2008/rwjf22441>.
- <sup>9</sup>USDA. Rural Poverty and Well-being. Accessed June 1, 2016 at <http://www.ers.usda.gov/topics/rural-economy-population/rural-poverty-well-being.aspx>.



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