RURAL HEALTH AND ECONOMIC DEVELOPMENT NEXUS

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Health-Development

• Food and Health
• Addictions
• Mental Health
Obesity Trends* Among U.S. Adults
(*BMI ≥30, or about 30 lbs. overweight for 5’4” person)
(*BMI ≥30, or ~30 lbs. overweight for 5’4” person)
Obesity

- Prevalence of Obesity Is Higher in Rural than Urban Areas
- National Security Risk—Pentagon: 75% eligible to serve in military do not meet requirements due to obesity, behavioral health, education
Diabetes

Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2010

Percent with Diabetes
Number with Diabetes

Year

Addiction

• Drugs, Alcohol, Tobacco, and Other Addictions
  – Case: Opioids
    • Trends
    • Impacts
What Is the Problem?

- In 2016, more than 2 million Americans had an addiction to prescription or illicit opioids
- In 2016: nearly 64,000 drug overdose deaths with nearly two-thirds involved opioids
- Drug overdoses are now the leading cause of injury death in the U.S., outnumbering both traffic crashes and gun-related deaths
- Enormous human and economic cost ($95 billion in 2016)
- **Rural America hit particularly hard**
- The trend continues upward....
Impacts

• Lost productivity in jobs
• Increased health care demands
• Stress on:
  – emergency response, law enforcement, judicial and school system, foster care system.
• Strain on families where millions of children are being raised by grandparents or extended family because of addiction
FDA Approves OxyContin in 1995

1995 FDA Approves OxyContin

New highs
United States, drug overdose deaths*, monthly

Source: Centres for Disease Control and Prevention
*Deaths involving more than one drug are counted multiple times
US is an Outlier: US vs. Europe

A Stark Difference: Drug-Related Deaths

Portugal: 6
France: 7
Italy: 8
Belgium: 9
Spain: 15
Netherlands: 16
Germany: 22
Austria: 26
Luxembourg: 31
Finland: 43
Denmark: 58
Britain: 60
Ireland: 71
Norway: 76
Sweden: 100
United States: 312

Portugal has the lowest rate of drug-induced death in Western Europe, a small fraction of the American toll.

Deaths per million people ages 15 to 64.


By The New York Times | Source: European Monitoring Center for Drugs and Drug Addiction
Adverse Childhood Experiences (ACEs) and Adult Outcomes

- Research has demonstrated a strong relationship between ACEs, substance use disorders, and behavioral problems.
- When children are exposed to chronic stressful events, their neurodevelopment can be disrupted:
  - Child’s cognitive functioning or ability to cope with negative or disruptive emotions may be impaired.
  - The child may adopt negative coping mechanisms, such as substance use or self-harm.
  - Unhealthy coping mechanisms can contribute to disease, disability, and social problems, as well as premature mortality.
ACEs

- Lived with a parent or guardian who got divorced or separated;
- Lived with a parent or guardian who died;
- Lived with a parent or guardian who served time in jail or prison;
- Lived with anyone who was mentally ill or suicidal, or severely depressed for more than a couple of weeks;
- Lived with anyone who had a problem with alcohol or drugs;
- Witnessed a parent, guardian, or other adult in the household behaving violently toward another (e.g., slapping, hitting, kicking, punching, or beating each other up);
- Was ever the victim of violence or witnessed any violence in his or her neighborhood; and
- Experienced economic hardship “somewhat often” or “very often” (i.e., the family found it hard to cover costs of food and housing).

What Increases the Chances a Child Will Experience ACEs?
Pornography

- People who are addicted to pornography show similar brain activity to alcohol and drug addicts
- Trends and Use
  - 64% of men visit porn sites in a typical month
  - 87% of men aged 18-25 view porn in a typical month
  - 18% men think they are addicted to porn
  - 1 in 3 porn viewers are women
  - 25% of search engine requests are pornographic-related
  - 35% of all Internet downloads are pornographic
  - The average age at which a child sees porn online is 11
Pornography

• Impacts
  – The probably of **divorce** doubles (men) and triples women) for those who start watching porn
  – 56% of all divorce cases involve one party having an obsessive interest in pornographic websites
  – Divorce:
    • major contributor to child **poverty** (single parent households)
    • Increases **alcohol consumption** and can lead to **substance abuse**
    • Contributes to feelings of loneliness and isolation (divorcee and children) and can lead to **depression**
    • Risk of child **sexual abuse** increases when children live with a single parent or step-parents
  – **Divorce, poverty, and abuse** are Adverse Childhood Experiences (ACEs)
    – ACEs:
      » reduce educational performance, future employment, and income
      » Increases probability of future substance abuse and other health outcomes
Where Are the Gaps?

• Extensive research on the impacts of porn on individuals and relationships
  – Limited research on longer-run secondary impacts of porn on ACE’s and in turn child economic outcomes in adulthood
  – Limited research on long-run impacts within the context of community and economic development
  – What happens to porn consumption with greater broadband access? *(Rural Issue)*

• Pornography, like smoking, has negative spillover effects
  – Some level of regulation
  – Limits to advertising
  – Limits to smoking in public places
  – Informational/educational campaigns on the health risks of smoking
  – Labelling—addictive nature and health risks of smoking
  – Taxes
Plan for the Day

• Topical areas
  – Behavioral health
  – Health care and insurance access
  – Food, food access and health

• Presentations are meant to spur facilitated discussions

• Build relationships and identify need areas where we can work together

• ENJOY meeting new people and engaging in lively discussions
Concluding Remarks

• THANK YOU!
• ALL INFORMATION WILL BE COMPILED AND SHARED WITH YOU
• $75,000 (up to $25,000 per grant) SMALL GRANT OPPORTUNITY TO SUPPORT NEW COLLABORATIONS