



Pearson

HOW DEPRESSION

can affect common health conditions



Almost *half* of all adults in the US—*117 million people*—have had one or more chronic health conditions¹

Up to *one-third* of people with a serious medical condition have symptoms of *depression*²



MORE SYMPTOMS

Patients with chronic medical illness (*diabetes, pulmonary disease, heart disease, arthritis*) and comorbid depression or anxiety have significantly higher symptoms³



6x

MORE DEPRESSION

People who have *diabetes* or *rheumatoid arthritis* are *six times* more likely to develop depression than people without these illnesses⁴

Top Conditions Comorbid with Depression⁵

17%

Endstate renal disease

11%

Stroke

9%

Coronary artery disease

15%

Chronic obstructive pulmonary disease (COPD)

9%

Diabetes

What does this mean for healthcare costs?



Depression was associated with a *49% increase* in the odds of urgent healthcare utilization⁶



Eighty-six percent of the nation's \$2.7 trillion annual healthcare expenditures are for people with chronic and mental health conditions⁷

How do we fix it?

Start treatment early

Depression is a risk factor for the following medical conditions:⁸

Diabetes

Cardiovascular disease

Stroke

Dementia

Alzheimer's disease

Routinely screen patients with chronic illness



Using a trusted test like **BDI®-2** can help identify warning signs and develop better treatment plans

Work as a team



Collaborative care models resulted in lower depression across primary, secondary, specialty, and behavioral healthcare settings⁹

Sources:

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