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

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

MORE SYMPTOMS
Patients with chronic medical illness (diabetes, pulmonary disease, heart disease, arthritis) and comorbid depression or anxiety have significantly higher symptoms.

MORE DEPRESSION
People who have diabetes or rheumatoid arthritis are six times more likely to develop depression than people without these illnesses.

Top Conditions Comorbid with Depression
- Endstate renal disease: 17%
- Chronic obstructive pulmonary disease (COPD): 15%
- Stroke: 11%
- Coronary artery disease: 9%
- Diabetes: 9%

What does this mean for healthcare costs?
Depression was associated with a 49% increase in the odds of urgent healthcare utilization.

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

How do we fix it?
Start treatment early
Depression is a risk factor for the following medical conditions:
- Diabetes
- Cardiovascular disease
- Stroke
- Dementia
- Alzheimer's disease

Routine screening is key
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 settings.

2 The Cleveland Clinic. Chronic Illness and Depression. (2017, January 18). Retrieved from [https://my.clevelandclinic.org/health/articles/chronic-illness-depression](https://my.clevelandclinic.org/health/articles/chronic-illness-depression)


4 Anxiety and Depression Association of America. Serious, Chronic or Terminal Illnesses. (2015, October). Retrieved from [https://adaa.org/serious-chronic-or-terminal-illnesses](https://adaa.org/serious-chronic-or-terminal-illnesses)


