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

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

Top conditions comorbid with depression:
- Endstage renal disease: 17%
- Stroke: 11%
- Chronic obstructive pulmonary disease (COPD): 15%
- 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: Using a trusted test like BDI-2 can help identify warning signs and develop better treatment plans.

Collaborative care models: Resulted in lower depression across primary, secondary, specialty, and behavioral healthcare settings.

Work as a team: Collaborative care models resulted in lower depression across primary, secondary, specialty, and behavioral healthcare settings.
Sources:


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


