DIABETES AND DEPRESSION FACT SHEET

- Estimates indicate that one in four persons with diabetes suffers from depressive symptoms. The odds of developing depression and the rate of depression are doubled for people who have diabetes.

- Depression increases the risk of mortality in people with diabetes by 30 percent.

- Based on global prevalence estimates of diabetes done in 2000, 43 million people with diabetes have symptoms of depression.

- The economic burden of diabetes alone is significant. When depression is present with diabetes, there is an additional increase in health care costs by 50-75 percent.

- People who have both diabetes and depression have more severe symptoms of both diseases, higher rates of work disability and use more medical services than those who have diabetes alone.

- Studies suggest that depression increases the risk of developing type-2 diabetes by more than 20 percent in young adults.

- Depression can lead to poor lifestyle decisions such as unhealthy eating, less exercise, smoking, alcohol abuse, and weight gain. All these are risk factors for diabetes and make it more difficult to control sugar levels.

- The interaction between diabetes and depression is not well understood. However, whether a cause or an effect, the combination of diabetes and depression can be deadly. Interactions between diabetes and depression make each illness more difficult to control.

- If you suffer from diabetes, ask your doctor for a depression screening. While we may not know if depression actually triggers diabetes, we do know that depression makes diabetes a lot worse.