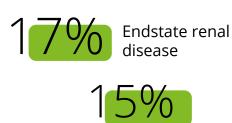# How depression can affect common health conditions

For more tools and resources, visit our **Mental Health Hub**

Top Conditions Comorbid with Depression[5]

17% Endstate renal disease

15% Chronic obstructive pulmonary disease (COPD)

11% Stroke

9% Diabetes

9% Coronary artery disease

Almost **half** of all adults in the US—**117 million people**—have had one or more chronic health conditions[1]

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 symptoms[3]

6X More depression
People who have **diabetes** or **rheumatoid arthritis** are **six times** more likely to develop depression than people without these illnesses[4]

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 behavioural healthcare settings[9]

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Sources:

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