

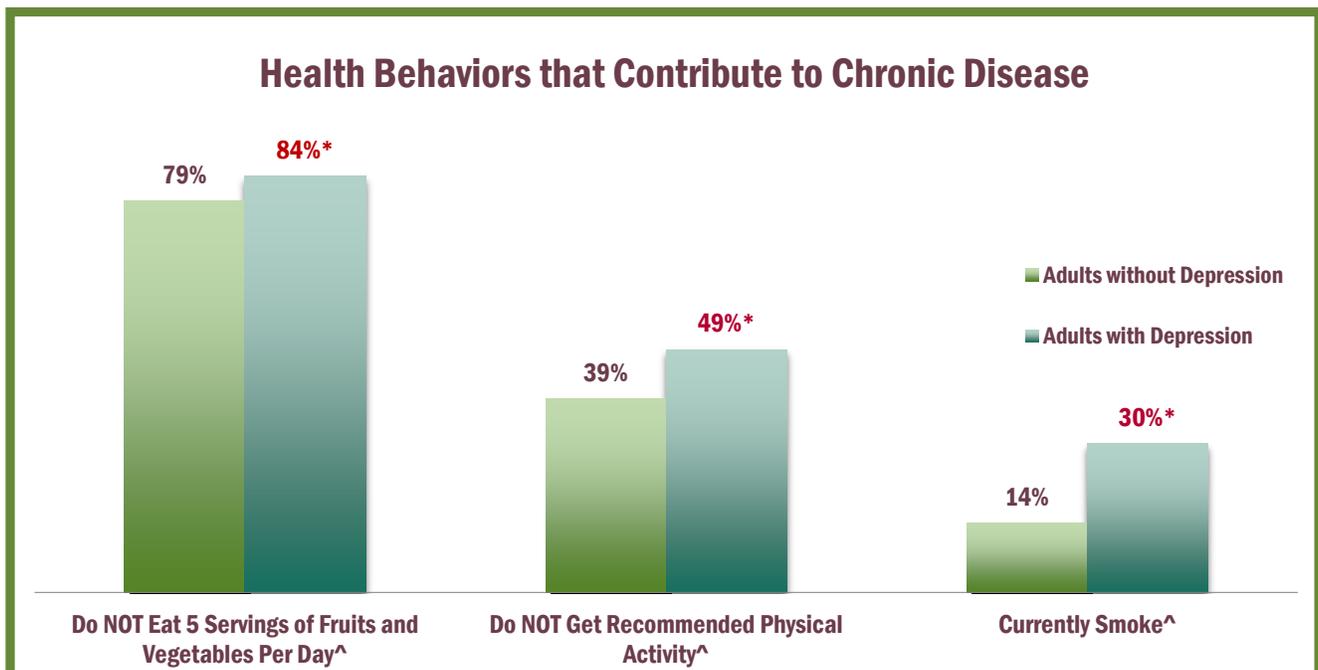
Chronic Disease and Depression

Depression and chronic disease are closely related. People with depression have greater rates of both chronic disease and their associated behaviors, and those with at least one chronic disease have increased rates of depression.¹ This association between depression and chronic disease is complex, and appears to be due to depressive disorders leading to and worsening the severity of chronic disease, and to chronic disease worsening the symptoms of depression.² The interrelatedness of depression and chronic disease has implications for treating and managing both conditions.

3-4-50 is a simple concept to help us grasp the reality that 3 health behaviors contribute to 4 chronic diseases that claim the lives of more than 50 percent of Vermonters. This data brief compares these measures between Vermont adults diagnosed with depression and those without a depression diagnosis.

3 BEHAVIORS

Poor nutrition, lack of physical activity and tobacco use are three behaviors that contribute to the development and severity of chronic disease. People who have been diagnosed with depression are more likely to smoke (30%), not get the recommended amount of physical activity (49%), and not eat the recommended fruits and vegetables (84%) than adults without depression. In addition, almost three in ten of those diagnosed with depression do not get any leisure time physical activity (28%).



(*) notes statistical difference

Data Source: 2015 and 2016 BRFSS

[^]Data are age-adjusted to the U.S. 2000 population

*Note: Percentages for combined chronic disease prevalence account for Vermonters with dual diagnosis.

LEAD TO 4 CHRONIC DISEASES

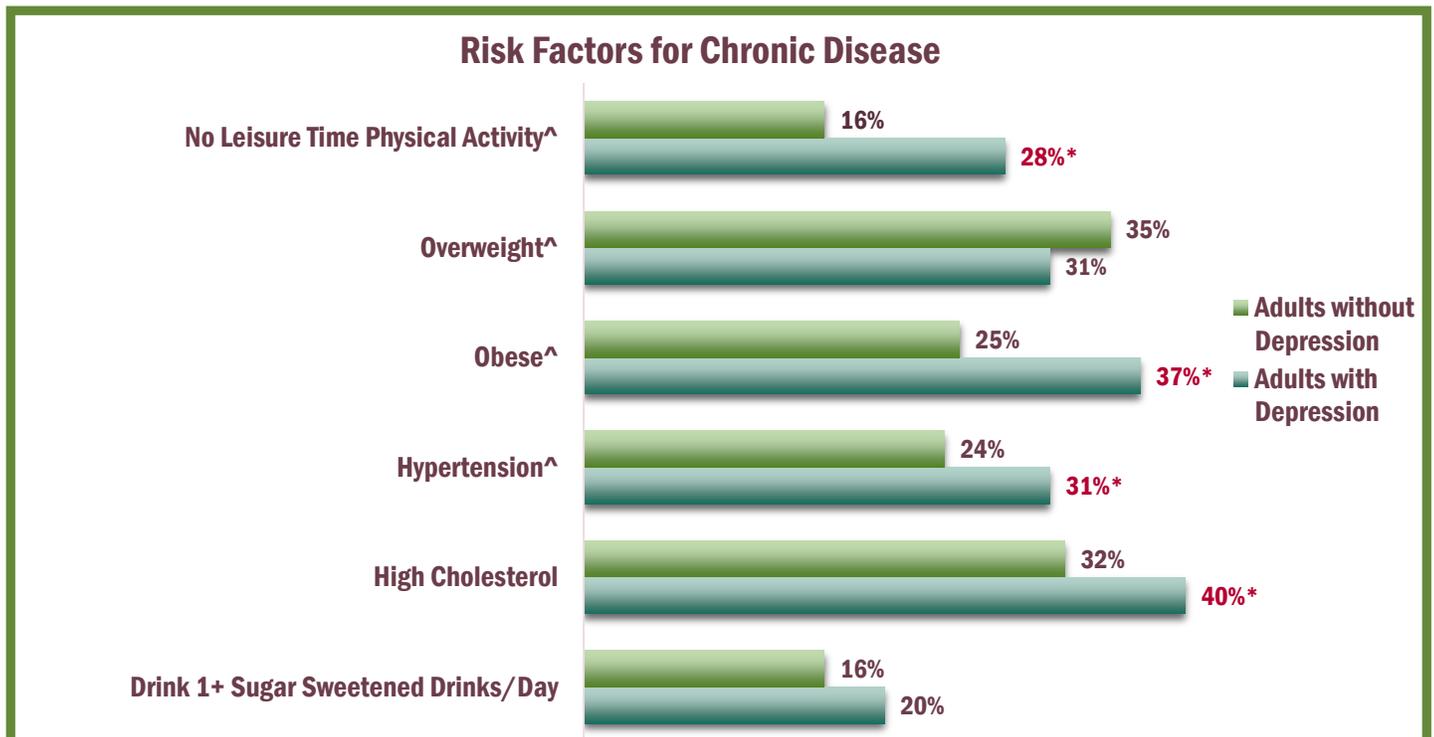
Lung disease, diabetes, cancer and cardiovascular disease affect many Vermonters.

- Those diagnosed with depression are twice as likely to have also been diagnosed with lung disease (23%).
- 12% have been diagnosed with diabetes, 11% with CVD, and 10% have ever had cancer.
- More than one-third of those who have been diagnosed with depression are obese (37%), or have hypertension (31%) or high cholesterol (40%).
- One out of four do not engage in any leisure time physical activity (28%).

Chronic Disease Diagnosis	Adults without Depression	Adults with Depression
Lung Disease (Asthma/COPD)	11%	23%*
Diabetes	7%	12%*
Cardiovascular Disease	7%	11%*
Cancer	7%	10%*

(*) notes statistical difference

Data Source: 2016 BRFSS



(*) notes statistical difference

Data Source: 2013, 2015, and 2016 BRFSS
[^]Data are age-adjusted to the U.S. 2000 population

For questions related to the data presented here, email 3-4-50@vermont.gov.

1. J. Katon, W. (2011). Epidemiology and treatment of depression in patients with chronic medical illness. Dialogues in Clinical Neuroscience, 13(1), 7–23.
2. Chapman DP, Perry GS, Strine TW. The vital link between chronic disease and depressive disorders. Prev Chronic Dis [serial online] 2005 Jan n [date cited]. Available from: URL: http://www.cdc.gov/pcd/issues/2005/jan/04_0066.htm.