MAJOR DEPRESSION: THE IMPACT ON OVERALL HEALTH

DEPRESSION DIAGNOSES

33% Since 2013

33% Especially among Teens
63%

47%

WOMEN are 2x as likely to be diagnosed as men.

PEOPLE DIAGNOSED WITH DEPRESSION ARE...

2x as likely to suffer from 1+ CHRONIC DISEASE

3x as likely to suffer from a PAIN-RELATED DISORDER

7x as likely to suffer from ALCOHOL OR SUBSTANCE USE DISORDER

Which can lead to a loss of nearly 10 YEARS OF HEALTHY LIFE

To read the full report on Major Depression, click here.

IF YOU OR SOMEONE YOU KNOW ARE EXPERIENCING THESE SYMPTOMS...

- Sadness or “empty mood”
- Irritation or pessimism
- Decreased energy or fatigue
- Loss of interest in previously enjoyable activities
- Difficulty concentrating or remembering

SEEK HELP

Talk to a healthcare professional about the start date, frequency and severity of your symptoms. If you think someone has depression, encourage him or her to seek the right help.

MAINTAIN TREATMENT

If feeling better, do not stop treatment. Doctors will help you slowly and safely decrease medication or therapy. Expect your mood to improve gradually, not immediately.

FOCUS ON A HEALTHY LIFESTYLE

- Be active and exercise.
- Spend time with friends and relatives.
- Postpone important decisions until you feel better.

*Information above found within the BCBS study examines U.S. commercially insured members diagnosed with major depressive disorder (major depression) and uses the breadth and depth of data available through the Blue Cross Blue Shield Health Index. Tips and information here are recommended by the National Institute of Mental Health, providing an overview of depression.

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18-103-105