

## **CONNECTICUT EDUCATES PROVIDERS ON THE CONNECTION BETWEEN DEPRESSION AND DIABETES IN WOMEN**

*Seminar increases needed screening, counseling and medication prescriptions*

### **Public Health Problem**

- Women suffer depression at twice the rate of men and people with diabetes suffer from depression at twice the rate of those without diabetes.
- Diabetes management can be undermined by the existence of depression.
- Health care providers can facilitate screening, referral and treatment, which are essential for both of these conditions, if they are aware of the connection between diabetes and depression and have the skills and resources to take action.

### **Program**

- The Connecticut Diabetes Prevention and Control Program using grant support from the Women's Health Council of the National Association of Chronic Disease Directors made available through funding from the Division of Diabetes Translation at the Centers for Disease Control and Prevention, developed health care professional education on the topic of women, diabetes and depression.
- Partners on this project included the state's American Diabetes Association chapter, the Area Health Education Center, the Connecticut Association of Diabetes Educators, the Community Health Center Association of Connecticut, the African American Affairs Commission, and the University of Connecticut's Department of Behavioral Science and Community Health.
- The goal of the education is to increase awareness, knowledge and skills related to the impact of depression on diabetes management among health care providers and to promote favorable changes in provider practice. Programs are designed to reach physicians, physician assistants, advanced practice registered nurses, certified diabetes educators and community health workers through in-person and online seminars.

### **Impact**

A participant survey shows the results of the education:

- More health professionals who participated are using a validated screening questionnaire
- More health professionals who participated are counseling patients
- More health professionals who participated are prescribing needed antidepressant medication
- Improved healthcare provider knowledge, attitudes, confidence, and intention in the short term which may decrease barriers to taking action and ultimately lead to improved practice patterns related to women with diabetes and depression.

### **Contact**

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