

## **RESOURCES FOR HEALTH PROFESSIONALS ON WOMEN, DIABETES AND DEPRESSION**

*Raising awareness of the benefits of screening, referral and treatment*

### **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 Virginia Department of Health create a *Women, Depression and Diabetes* Kit and Web site 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. Visit: [www.YouCanVA.com](http://www.YouCanVA.com)
- The project goal was to increase awareness about the issue of women, depression and diabetes and influence referral patterns between medical and mental health care providers.
- Kits have reached two hundred and fifteen medical and nursing providers.
- Virginia women's organizations and the Emergency Medical Services team are also raising awareness and/or distributing Kit materials through newsletters and meetings.
- Over five hundred Women, Depression and Diabetes Kit flyers were distributed to family physicians and pharmacists at annual conferences

### **Impact**

- As a result of having the Kit resources:
  - Two thirds of recipients are talking with clients about the diabetes/depression connection
  - Twenty to thirty percent of recipients are starting to screen clients with depression for diabetes or clients with diabetes for depression
  - Small but important percentages of recipients are referring clients for treatment of diabetes and/or depression
- Donated graphic art services leveraged grant money to widen the reach of the project with exhibits at state health care conferences.
- Most Kit recipients who originally said they didn't have a high level of awareness about the connection between women, depression, and diabetes report an increase in awareness about this connection.

### **Contact**

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