

## **IDENTIFYING WOMEN WITH DIABETES AND DEPRESSION**

*Training participants indicate an interest in implementing a formal screening process*

### **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**

- A group of partners including the New Hampshire Diabetes Education Program, the Southern and Northern New Hampshire Area Health Education Centers and others, developed training on diabetes and depression 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.
- The purpose of the training is to reach health care professionals to raise awareness about the effects of coexisting diabetes and depression in women and to improve identification of depression among women with diabetes.
- Project activities include offering fourteen training sessions, disseminating written information on diabetes and depression, and performing an initial and a follow-up audit of practice related to screening, diagnosis, and treatment of diabetes among women with diabetes.

### **Impact**

- In a follow-up survey two out of ten practice sites where training was implemented indicated that they were already conducting depression screening and seven indicated interest in implementing a formal screening process.
- Participants identified strategies they could use to make a stronger connection between diabetes and depression screening.
- The project leveraged funding to offer training at four additional sites; will continue to offer training as funds permit; and will seek funds to implement technical assistance to help sites develop screening programs, filling a need identified by participants.

### **Contact**

Paula Smith

New Hampshire Department of Health and Human Services

603-895-1514, Ext 1

psmith@snhahec.org