



Diabetes State of Mind California



#Connectingwhatcounts – the link between diabetes and mental well-being

An epidemic in the US, diabetes is a demanding chronic disease with a significant impact on mental health.

A variety of issues related to diabetes can trigger stress, anxiety and anger.¹ These include the pressure of disease management decisions that need to be made every day, challenges related to intimacy, access to affordable supplies, navigating insurance coverage, difficulty making nutritious food choices or time for exercise, and feelings of shame or guilt when not achieving blood glucose goals. Mental illnesses are conditions that disrupt a person's thinking, feeling,

mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, disruptors to mental health can result in reduced capacity for coping with the demands of life. With **Diabetes State of Mind, Roche** aims to drive more attention to this critical topic, address misconceptions and create a positive environment for conversation so that people with diabetes can get the support they need.

In the US



37.3 million Americans, about 1 in 10, **have diabetes.**²



People with diabetes are **2-3 times** more likely to have depression than people without diabetes.³



Only 25-50% of people with diabetes who have depression **get diagnosed and treated.**³



Over the last decade, **the proportion of the US population suffering from mental illness** (any mental, behavioral, or emotional disorder) has increased.⁴

The state of diabetes and mental health nationwide is also true in **CALIFORNIA**

Diabetes



Approximately **3,026,764 people in California**, or 10% of the adult population, **have diagnosed diabetes.**⁵



An additional **884,000 people have diabetes but don't know it**, greatly increasing their health risk.⁵



Diagnosed **diabetes costs an estimated \$39.5 billion each year in California.**⁵



Every year an estimated **230,273 people are diagnosed with diabetes.**⁵

Mental Health



5,566,000 adults in California have a mental health condition.⁶



46.1% of adults reported symptoms of anxiety or depression. **21.9%** were unable to get needed counseling or therapy.⁶



9,398,534 people in California live in a community that does not have enough mental health professionals.⁶

Helpful Local Resources

VISIT **The American Diabetes Association (ADA)** offers support and helps people find local mental health providers.

VISIT **National Alliance on Mental Illness (NAMI)** serves residents with free mental health support, online groups, resources, and education

For more information about Diabetes State of Mind #Connectingwhatcounts – the link between diabetes and mental well-being, please visit www.accu-chek.com/tools/mental-well-being

Sources:

- <https://diabetes.org/healthy-living/mental-health>
- <https://www.cdc.gov/diabetes/library/spotlights/diabetes-facts-stats.html#:~:text=Key%20findings%20include%3A,t%20know%20they%20have%20it>
- <https://www.cdc.gov/diabetes/managing/mental-health.html#:~:text=Depression:%20More%20Than%20Just%20a%20Bad%20Mood&text=People%20with%20diabetes%20are%20,both%20%20usually%20very%20effective>
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