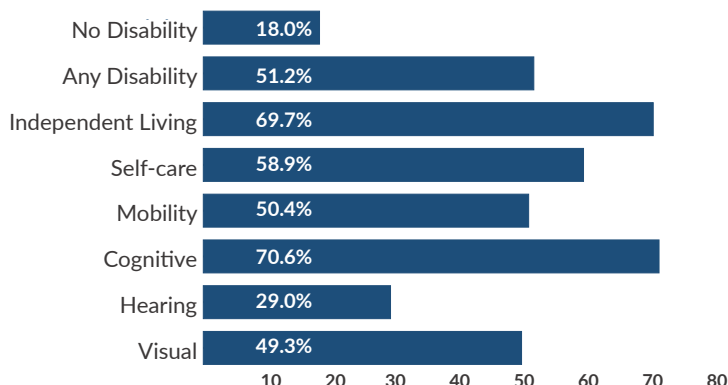


DEPRESSION AMONG OREGONIANS WITH DISABILITIES

Depression is common, and continues to increase in the United States.¹ Depression affects quality of life and general well-being, and can be life-threatening. Depression is often associated with physical illness, stress, and adverse social circumstances such as unemployment, divorce or loss of spouse, and food and housing insecurity.^{2,3} Depression is more common among females, young adults, adults 80 years old or older, and people living with disabilities.^{1,4}

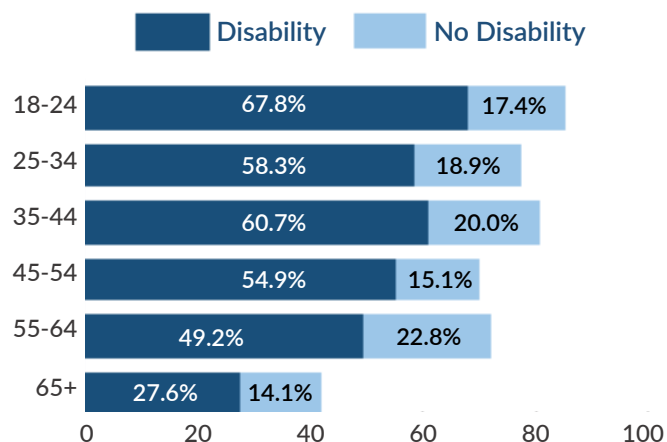
In Oregon, more than half of adults with disabilities have depression,^a compared to 18% of adults without disabilities. The percentage of adults with disabilities who have depression ranges from 30-70% depending on type of disability (See Figure 1).^b

Figure 1. Percentage of Depression by Disability Types



Depression also varies by age group. This is especially true among Oregon adults with disabilities. For example, young adults (ages 18-24) with disabilities are more than twice as likely to be depressed as older adults (ages 65+) with disabilities. Among Oregonians without a disability, depression varies much less among different age groups (See Figure 2).

Figure 2. Percentage of Oregonians with Depression by Age Group and Disability



Women are more likely to self-report experiencing depression than men. This is true for people with and without disabilities (See Table 1). However, women with disabilities are more than twice as likely to be depressed as women without disabilities (61.8% versus 25.7%). Men with disabilities are more than three times as likely to be depressed as men without disabilities (38.8% versus 11.8%).

Table 1. Percentage of Oregonians who reported depression by gender

Female		Male	
Disability	No Disability	Disability	No Disability
61.8%	25.7%	38.8%	11.8%

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Produced by: Oregon Office on Disability and Health

a. 2016 BRFSS: Respondents were asked, "Ever told you that you have a depressive disorder, including depression, major depression, dysthymia, or minor depression?"
b. Oregon Behavioral Risk Factors Surveillance System 2016; age-adjusted to the 2000 standard population.





There are signs that alert us that a person may be struggling with depression. Depression often involves one or more of the symptoms presented in **Table 2**.

Table 2. Depression	
Symptoms	Persistence of Symptoms
Low mood, "feeling Down"	Most of the Day
Diminished interest or pleasure in most activities	Most of the Day
Changes in appetite or weight	
Changes in sleep patterns	
Low self-esteem	
Fatigue or tiredness	Nearly every day
Diminished ability to think and concentrate	
Thoughts of death	Often

Oregon offers help for those struggling with depression or thoughts of suicide. You can get support for yourself or others in crisis by calling one of these crisis lines:

1-800-273-TALK or 1-800-723-8255
1-800-SUICIDE



FOR MORE OODH DATA BRIEFS, VISIT:

[HTTPS://WWW.OHSU.EDU/XD/RESEARCH/CENTERS-INSTITUTES/OREGON-OFFICE-ON-DISABILITY-AND-HEALTH/DATA-STATISTICS/](https://www.ohsu.edu/xd/research/centers-institutes/oregon-office-on-disability-and-health/data-statistics/)

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This project was supported by Cooperative Agreement Number NU27DD000014 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC. This data brief was prepared by Cesar Higgins Tejera, MPH; Larissa Yoshino, MPH; and Willi Horner-Johnson, PhD in the Oregon Office on Disability and Health (OODH).

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Oregon Office on Disability and Health. Data Brief: Depression Among Oregonians with Disabilities. Portland, OR: Oregon Health & Science University; 2018. Available from <http://www.ohsu.edu/xd/research/centers-institutes/oregon-office-on-disability-and-health/data-statistics/>

