



## WHO GLOBAL HEALTH DAY

P3 HEALTH GROUP // APRIL 2017

### DEPRESSION: LET'S TALK

World Health Day, celebrated on 7 April every year to mark the anniversary of the founding of the World Health Organization, provides us with a unique opportunity to mobilize action around a specific health topic of concern to people all over the world. The theme of 2017 World Health Day is depression.

Depression affects people of all ages, from all walks of life, in all countries. It causes mental anguish and impacts on people's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends and the ability to earn a living. At worst, depression can lead to suicide, now the second leading cause of death among 15-29-year olds.

Yet, depression can be prevented and treated. A better understanding of what depression is, and how it can be prevented and treated, will help reduce the stigma associated with the condition, and lead to more people seeking help.

At the World Health Organization, we have chosen to pay particular attention to three groups that are disproportionately affected: adolescents and young adults, women of childbearing

### OVERARCHING MESSAGES TO SHARE WITH YOUR PATIENTS

- Depression is a common mental disorder that affects people of all ages, from all walks of life, in all countries.
- The risk of becoming depressed is increased by poverty, unemployment, life events such as the death of a loved one or a relationship break-up, physical illness and problems caused by alcohol and drug use.
- Depression causes mental anguish and can impact on people's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends.
- Untreated depression can prevent people from working and participating in family and community life.
- At worst, depression can lead to suicide.
- Depression can be effectively prevented and treated. Treatment usually involves either a talking therapy or antidepressant medication or a combination of these.
- Overcoming the stigma often associated with depression will lead to more people getting help.
- Talking with people you trust can be a first step towards recovery from depression.

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# AUTISM AWARENESS MONTH

About 1 percent of the world population has autism spectrum disorder.

Prevalence in the United States is estimated at 1 in 68 births.

More than 3.5 million Americans live with an autism spectrum disorder.

Prevalence of autism in U.S. children increased by 119.4 percent from 2000 (1 in 150) to 2010 (1 in 68).

Autism is the fastest-growing developmental disability.

Prevalence has increased by 6-15 percent each year from 2002 to 2010. (Based on biennial numbers from the CDC)

Autism services cost U.S. citizens \$236-262 billion annually.

A majority of costs in the U.S. are in adult services – \$175-196 billion, compared to \$61-66 billion for children. Cost of lifelong care can be reduced by 2/3 with early diagnosis and intervention.

The economic consequences of autistic spectrum disorder among children in a Swedish municipality. 1 percent of the adult population of the United Kingdom has autism spectrum disorder.

The U.S. cost of autism over the lifespan is about \$2.4 million for a person with an intellectual disability, or \$1.4 million for a person without intellectual disability.

35 percent of young adults (ages 19-23) with autism have not had a job or received postgraduate education after leaving high school.

It costs more than \$8,600 extra per year to educate a student with autism. (The average cost of educating a student is about \$12,000 – NCES, 2014)

In June 2014, only 19.3 percent of people with disabilities in the U.S. were participating in the labor force – working or seeking work. Of those, 12.9 percent were unemployed, meaning only 16.8 percent of the population with disabilities was employed. (By contrast, 69.3 percent of people without disabilities were in the labor force, and 65 percent of the population without disabilities was employed.)

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## NATIONAL ORGAN DONOR MONTH

Any age is the right age to sign up as an organ, eye, and tissue donor. Donors have been in their 50s, 60s, 70s, and beyond. The following materials were specially developed to address the questions that people over the age of 50 have about registering, donation, and transplantation.



<https://www.organdonor.gov/awareness/materials/50-plus-seniors.html>

## APRIL: DEFEAT DIABETES MONTH

As health care providers, it is our responsibility to teach our patients about disease prevention. Please remind your patients that:

- One of every three people in the United States either has diabetes or is at risk for developing the disease. This generation of children is on the fast track to live shorter, less healthy lives than their parents. The Centers for Disease Control and Prevention (CDC) reports one of every three children will get diabetes in their lifetime. For some ethnicities that number is one in two.
- By doing the following 4 things year-round, you can reduce your risk of developing diabetes by as much as 55%!

- Eat 5 – 9 servings of fruits and vegetables daily
- Eat 3 servings of whole grains daily
- Get 30 – 60 minutes of physical activity 5 times a week
- If you are overweight, lose 5% of your body weight (for most folks that is only 10 – 20 pounds)

For information on diabetes, to take the free screening test or obtain additional information visit: <http://www.defeatdiabetes.org/>

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