DIABETES & MENTAL HEALTH
Integrated care is the pathway to success.

20% of Cascadia clients with a mental health diagnosis also have diabetes or prediabetes.

<50% of Cascadia clients with a diabetes diagnosis had their Hemoglobin A1c (HgA1c) tested in the last six months.

8% of Cascadia’s clients with diabetes have had a dental cleaning in the past year.

98% of Cascadia clients with a diabetes diagnosis have had a primary care visit and a mental health visit in the past year.

Individuals who receive primary care integrated into mental health systems had better diabetes outcomes.

People with co-occurring diabetes and a mental health challenge have more diabetes-related complications and receive less healthcare.1

Controlling HgA1c reduces diabetes-related complications such as neuropathy and retinopathy by 60-75%.2

People with diabetes have 2-3 times the risk of periodontal disease, which increases the risk of heart disease and mortality.3,4

On average, clients will spend about 8 times the number of minutes per year with their mental health compared to their physical health providers.

This is according to a study by RAND, in which they reviewed 56 reverse integrated healthcare programs.5

People with diabetes have 2-3 times the risk of periodontal disease, which increases the risk of heart disease and mortality.3,4

Work funded by Cambia and CareOregon.