LIVING LONGER & HEALTHIER WITH DIABETES AND MENTAL HEALTH ISSUES
A Story of Integrated Healthcare

WE KNOW...

Individuals with a mental health concern die, on average 25 years earlier, than those without mental health concerns.

MAINLY DUE TO PREVENTABLE CONDITIONS SUCH AS:

- Poor Diet
- Lack of Physical Activity
- Smoking
- Sleep Issues
- Substance Abuse

DIABETES AND MENTAL HEALTH:

Individuals with a mental health concern:

- 2 TIMES more likely to have diabetes
- Suffer from more severe consequences from diabetes
- 3 TIMES more likely to die from diabetes

Than those without a mental health concern.

Yet, only 1/3 of this population receives treatment for diabetes.
THE SOLUTION:

Integrated Healthcare can:
- Increase access to care
- Enhance quality of care and quality of life
- Contain costs

LIVING WITH DIABETES = INTEGRATED HEALTHCARE

THE EVIDENCE:

Cascadia Behavioral Healthcare Living with Diabetes Pilot

31

Clients engaged in Living with Diabetes self-management program

PHYSICAL HEALTH:

60%
Follow-up rate of HbA1c testing

BEHAVIORAL HEALTH PROVIDERS:

62%
Felt that their client(s) was engaged in the program

92%
Reported that their clients had a positive attitude about the program

85%
Asked clients about their experiences in the program

46%
Clients initiated conversations with their counselor about the program.

ORAL HEALTH CLIENTS:

19%
Reported visiting a dentist in the past year pre-intervention

47%
Completed or scheduled an appointment post-intervention