

HEALTHY MIND. HEALTHY BRAIN.

Depression is a mental health condition that can make it hard for a person to do well at work, in school, or with family life. It goes beyond normal mood swings or reactions to daily problems.^{1,2}



More than 20 million people in the United States have depression.²



Signs and symptoms of depression include continued feelings of sadness, fatigue, sleep issues, anxiety, lack of interest in activities once enjoyed, forgetfulness, trouble concentrating, and thoughts of not wanting to live or self-harming behaviors.²



Depression is often mistaken for a normal part of aging, which can delay diagnosis and treatment.³



Risk for depression can be decreased by maintaining a healthy diet and having regular physical activity, such as meditation and yoga.⁴



The best way to prevent depression when aging is to create physical and social environments that help people stay well and remain active in things that matter to them, even if abilities change.⁵



Policy changes that can help reduce depression in communities include making housing and transportation safer and easier to access, lowering financial stress, and reducing income inequality.⁵



Promoting social support for older adults and their caregivers—especially those living alone, in remote areas, or with chronic health conditions—can improve depression-related dementia outcomes.⁵



References

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