



Healthy Living Initiatives Trends in Adolescent Depression

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The Department of Health Care Policy and Financing is committed to improving the health of our clients and communities. This focus on healthy living extends from healthy development during infancy and childhood through the life span to healthy aging.

The purpose of this fact sheet is to compare trends in depression among youth ages 12-17 within the Medicaid population to nationwide averages. The graph below shows one of the **health disparities** that exists for low-income clients in the Medicaid program in Colorado. National estimates are from survey data, and Colorado estimates are from claims data, so these two data sources are not comparable, but give a rough estimate of change over time.

The graph below shows the proportion of young people in Colorado's Medicaid program that have been diagnosed with depression. Colorado estimates are higher than the national survey data estimates. As we collect and track this data over time, we will work with our stakeholders to address our clients' needs. Goals include improved screening, diagnosis, referral and treatment for depression among adolescents.

The Medicaid program covers an annual screening for depression among youth ages 11-20 at any provider visit, using a tested instrument such as the PHQ-9. The Healthy Living Tool Kits provide information on coding and reimbursement for addressing depression in primary care.

Visit the Healthy Living Web page at: colorado.gov/hcpf

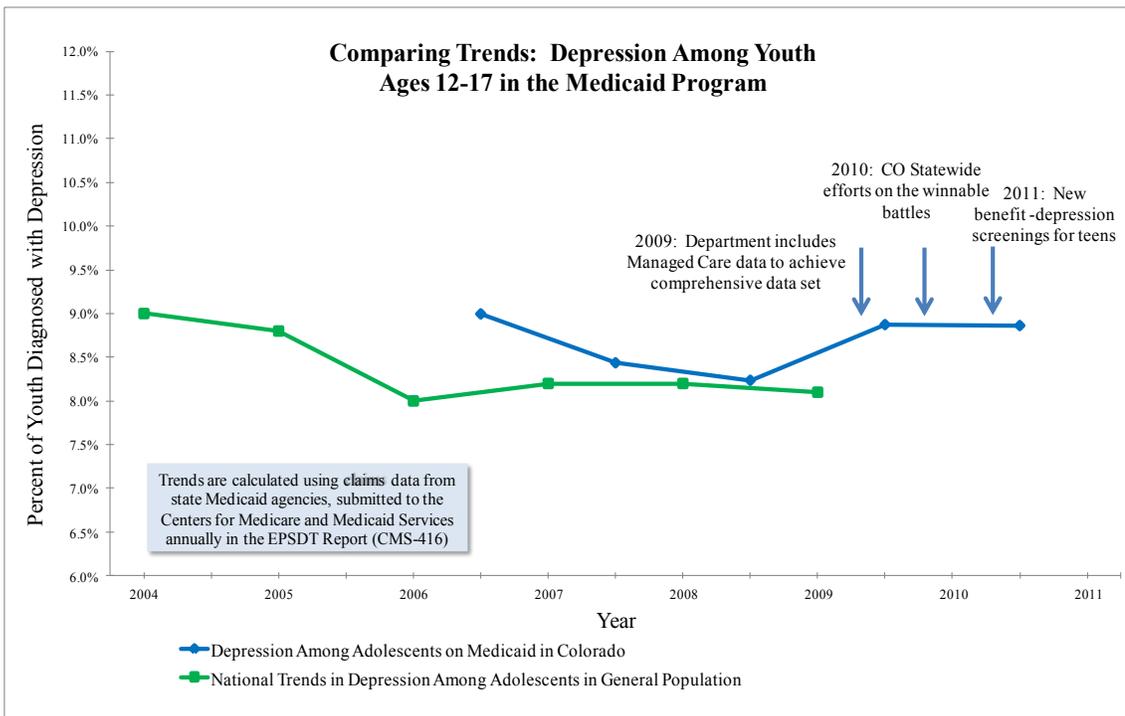
- ⇒ Wellness messages for Medicaid clients
- ⇒ Tool kits for providers with information on billing and reimbursement
- ⇒ Metrics for tracking population health

Depression in Colorado:

- 9% of youth ages 12-17 in the Colorado Medicaid program had a diagnosis of depression (FY 2010-11)
- As a comparison, 19% of adults in the Colorado Medicaid program had a diagnosis of depression (FY 2010-11)

Source: Department of Health Care Policy and Financing MMIS claims system.

- 8% of youth ages 12-17 nationally reported a depressive episode in the past year



Health Disparities: "A particular type of health difference that is closely linked with social or economic disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater social and/or economic obstacles to health and/or a clean environment based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation; geographic location; or other characteristics historically linked to discrimination or exclusion." Office of Minority Health, HHS



The Department of Health Care Policy and Financing

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