Examining Mental Health among Food Insecure Adolescents and Young Adults with Diabetes

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Research Overview

Background:
- SEARCH studies have found that youth with type 2 diabetes (T2D) have higher risk for depression as compared to youth with type 1 diabetes (T1D)
  - (Hood et al., 2014; Lawrence et al., 2006)
- Household food insecurity (HFI) is related to increased risk of depression among non-diabetic YYA

Objective: To examine the association of household food security status with depression symptoms among SEARCH 4 YYA with T1D or T2D

Data/Methods:
- SEARCH for Diabetes in Youth Cohort
  - Phase 4 - in-person visits: 2015-2019
  - Diabetes duration (mean: 10.9 years; range 4-17 years)
  - Youth age 10-17, young adults age 18-35
- Linear regression models
Household Food Security Status is Associated with Higher Depressive Symptom Scores Among YYA with T1D and T2D

<table>
<thead>
<tr>
<th></th>
<th>N</th>
<th>mean CES-D score</th>
<th>Range of CES-D scores</th>
<th>Adj β*</th>
<th>se</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>1338</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Young adults, Type 1 diabetes</td>
<td>731</td>
<td>10.7</td>
<td>(0-55)</td>
<td>7.4</td>
<td>0.9</td>
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<tr>
<td>Young adults, Type 2 diabetes</td>
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<td>12.8</td>
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<td>4.8</td>
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<td>Youth, Type 1 diabetes</td>
<td>335</td>
<td>8.9</td>
<td>(0-38)</td>
<td>3.2</td>
<td>1.1</td>
<td>0.0031</td>
</tr>
</tbody>
</table>

* Adjusted for sex, age, race/ethnicity, site clinic, and duration of diabetes; Compares HFI vs household food secure

- These results indicate that living in a food insecure household is associated with increased depressive symptomology among YYA with T1D or T2D
- We recommend greater consideration of mental health when addressing HFI among YYA with diabetes