



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
 - (Poole-Di Salvo, Silver, & K Stein, n.d.; Shankar, Chung, & Frank, 2017)

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



	N	mean CES-D score	Range of CES-D scores	Adj β^*	se	p-value
Overall	1338					
Young adults, Type 1 diabetes	731	10.7	(0-55)	7.4	0.9	<.0001
Young adults, Type 2 diabetes	272	12.8	(0-50)	4.8	1.2	0.0002
Youth, Type 1 diabetes	335	8.9	(0-38)	3.2	1.1	0.0031
* 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