

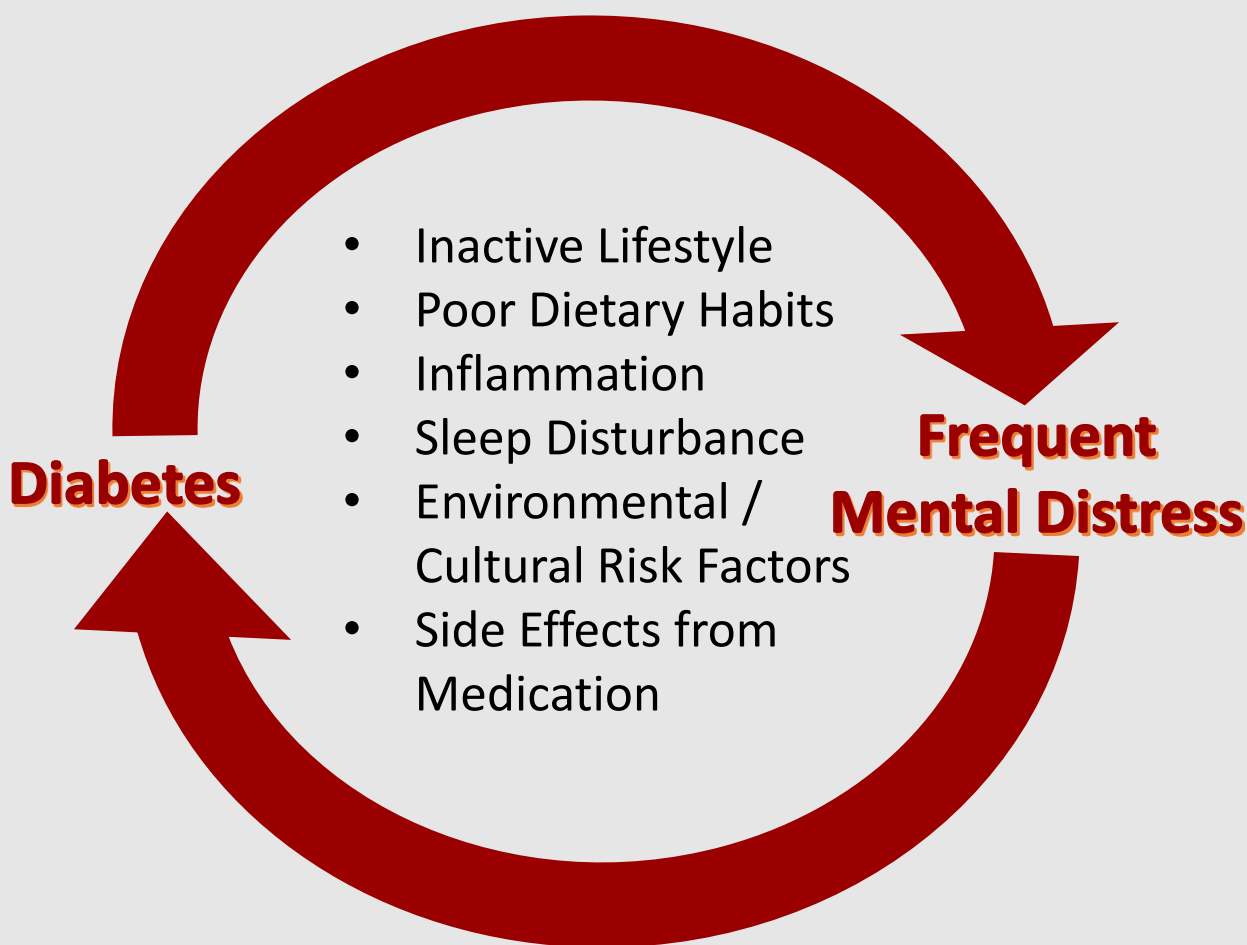
# Diabetes and Frequent Mental Distress (FMD) in Illinois

# 14.7%

of Illinois adults with diabetes have FMD, compared to 10.4% of adults who have FMD alone.<sup>1</sup>

Frequent Mental Distress (FMD) is defined as feeling mental distress for at least 14 – 30 days in a single month.

## Diabetes and FMD shared risk factors:



## Reduce your risk<sub>2</sub>



Create a healthy living plan with your primary care and behavioral care providers with routine monitoring.



Set small, achievable healthy lifestyle goals.



Use support groups and social support such as Diabetes Self Management Education or Diabetes Prevention Programs.



Lose 5-7% of bodyweight, if overweight or obese.

### Resources:

- [www.nih.gov/health-information/your-healthiest-self-wellness-toolkits](http://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits)
- [https://nccd.cdc.gov/DDT\\_DPRP/CitiesList.aspx?STATE=IL](https://nccd.cdc.gov/DDT_DPRP/CitiesList.aspx?STATE=IL)
- [https://professional.diabetes.org/erp\\_list\\_zip?geodistance%5Bdistance%5D=250&geodistance%5Borigin%5D=62704&=Apply](https://professional.diabetes.org/erp_list_zip?geodistance%5Bdistance%5D=250&geodistance%5Borigin%5D=62704&=Apply)

1. IL BRFS, 2011-2016 data, spans The categories span the following: Sex, Age, Race, Education level, Income level, disability and veteran status, given whether or not they have diabetes.

2. Illinois Department of Public Health, Diabetes Burden update, November, 2017.

<http://www.dph.illinois.gov/sites/default/files/publications/publicationsohpmdiabetes-burden-update.pdf> Accessed 12/5/17