Depression Among Seniors Enrolled in Managed Care

Minnesota Department of Human Services

Stakeholder's Meeting for People with Disabilities and Seniors in Managed Care
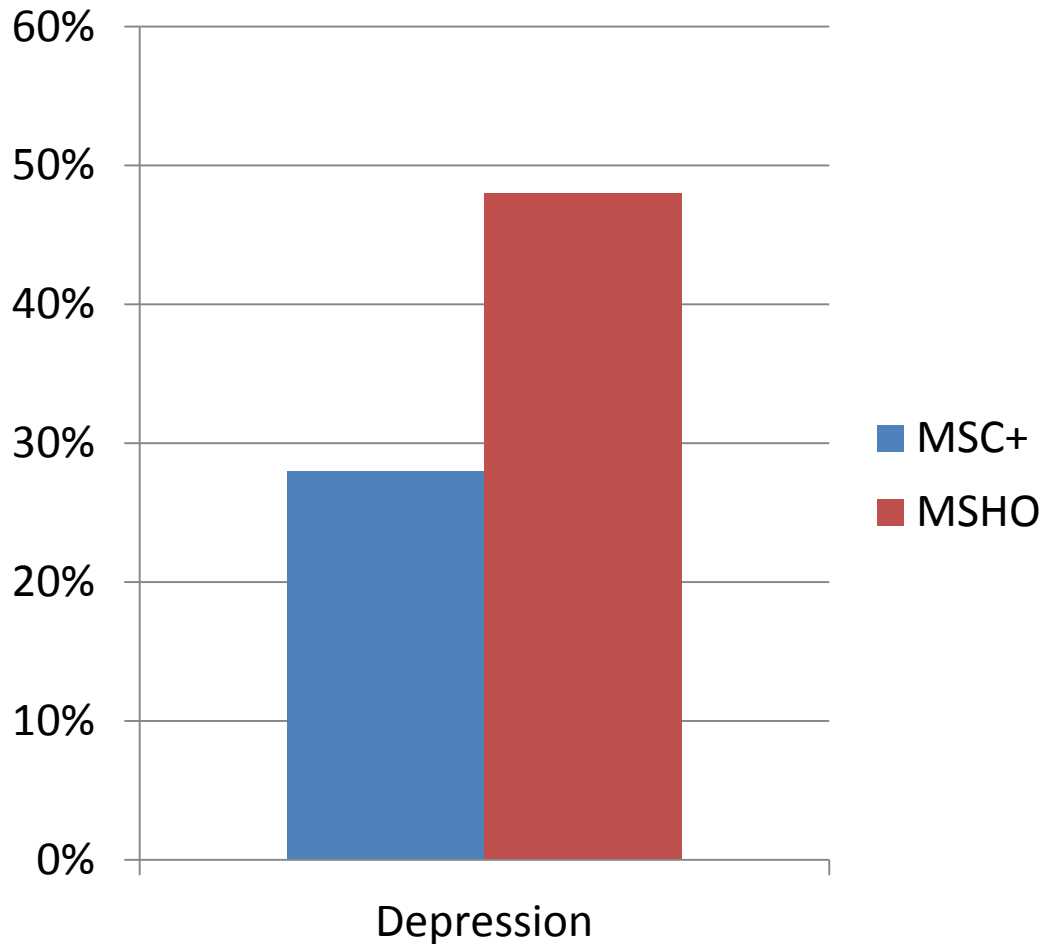
May 4, 2015

Depression and the Elderly

- Depression doubles the risk of cognitive impairment and subsequent dementia
- Depression doubles the risk of cardiac diseases
- Reduces an elderly person's ability to rehabilitate
- Only 10% of Seniors with depression receive Tx
- The suicide rate among individuals 80-84 is double that of the general population
- Alzheimer's/Dementia is a leading cause for institutionalization in Minnesota

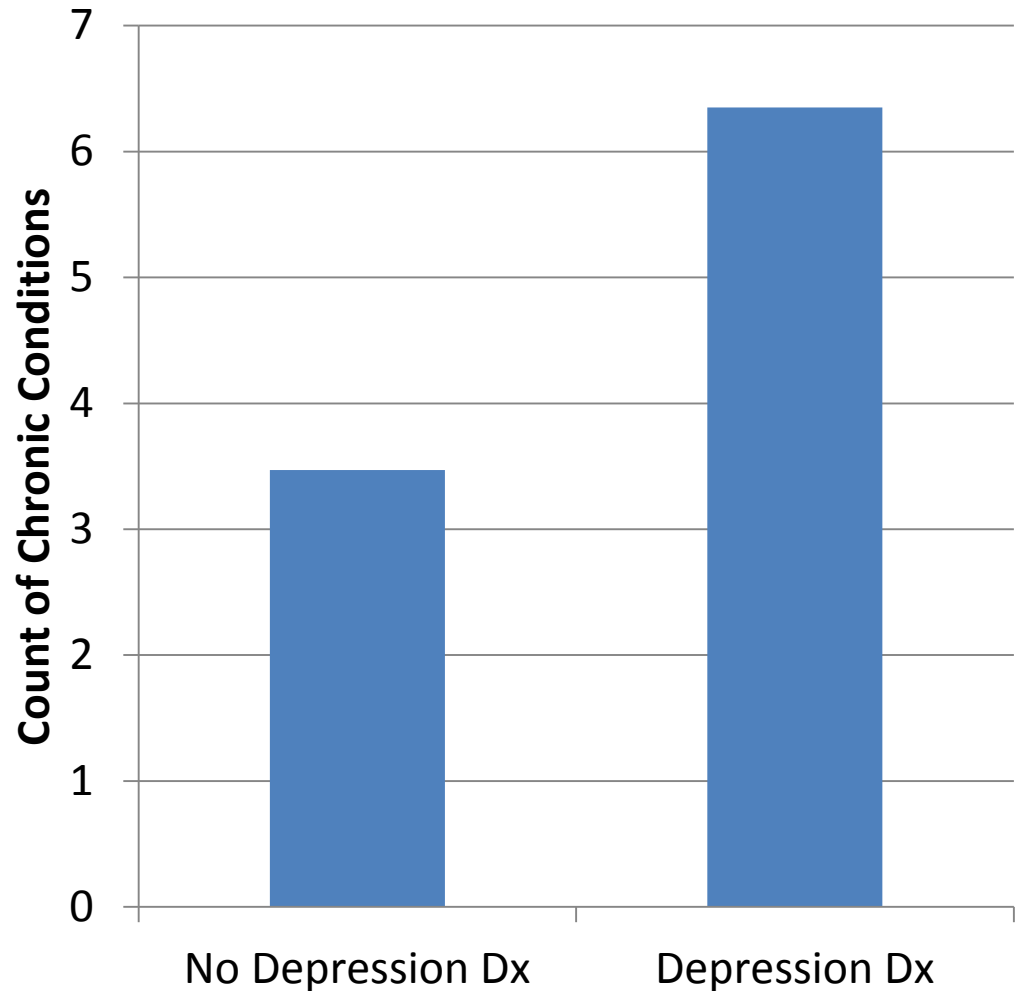# Rates of Depression Among Managed Care Seniors

- Overall, 42% of seniors on managed care have been diagnosed with Depression according to claims data.

- Seniors enrolled in MSHO are 2.4 times more likely to be diagnosed with depression relative to Seniors enrolled in MSC+.

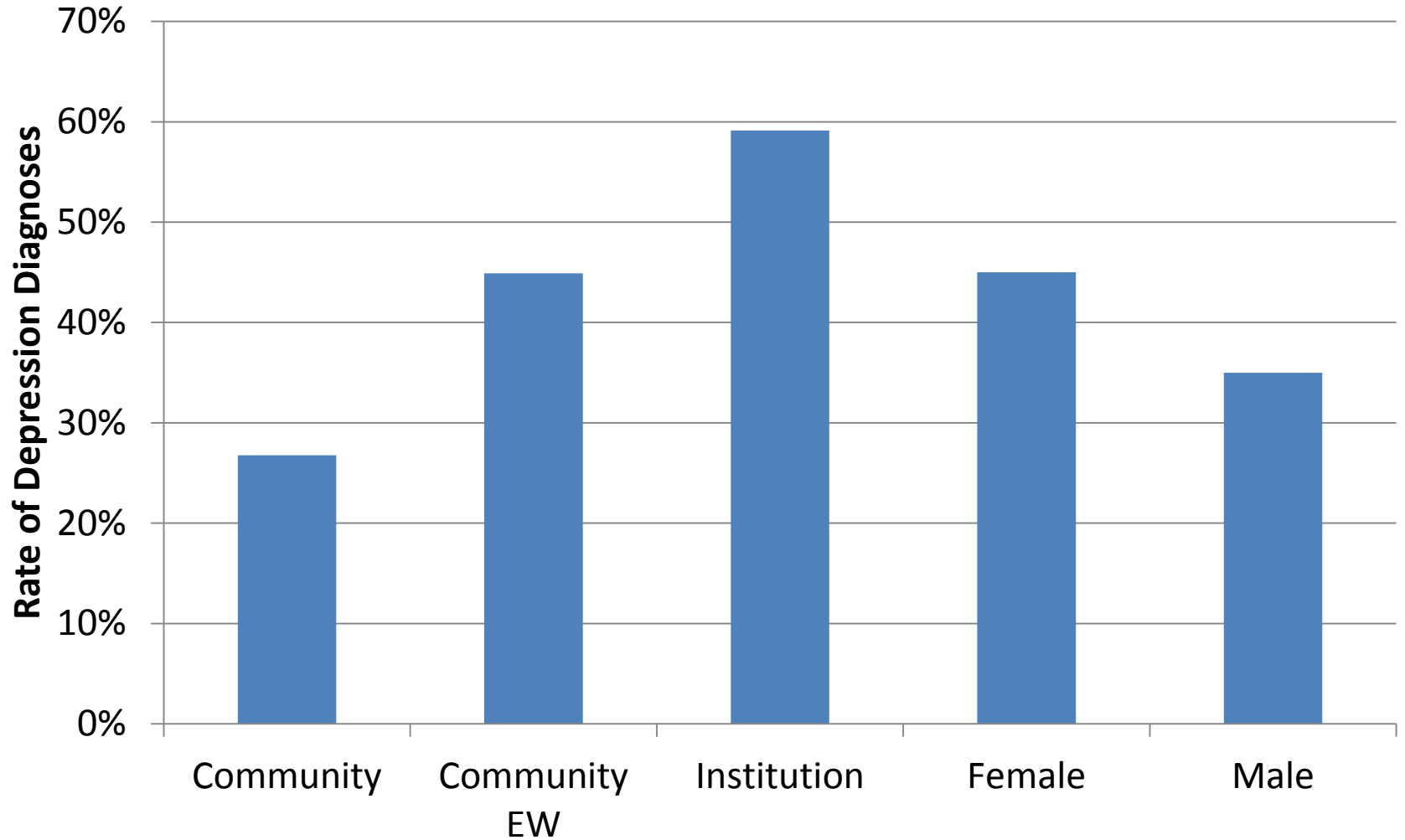- What factors are associated with this relationship?

Factors Associated with Depression

Depression Diagnosis and Chronic Conditions

- Indicators for 21 chronic conditions were created from claims data for senior managed care enrollees.
- Chronic conditions were primarily defined according to the ACG risk adjustment system promulgated by Johns Hopkins University.
- The indicators were summed to create an overall count of chronic conditions.
- Chronic conditions included: high blood pressure, high cholesterol, diabetes, heart disease, asthma, COPD, arthritis, cancer, osteoporosis, Alzheimers/dementia, etc.
- The observed range of chronic conditions for this sample was 0 – 17.
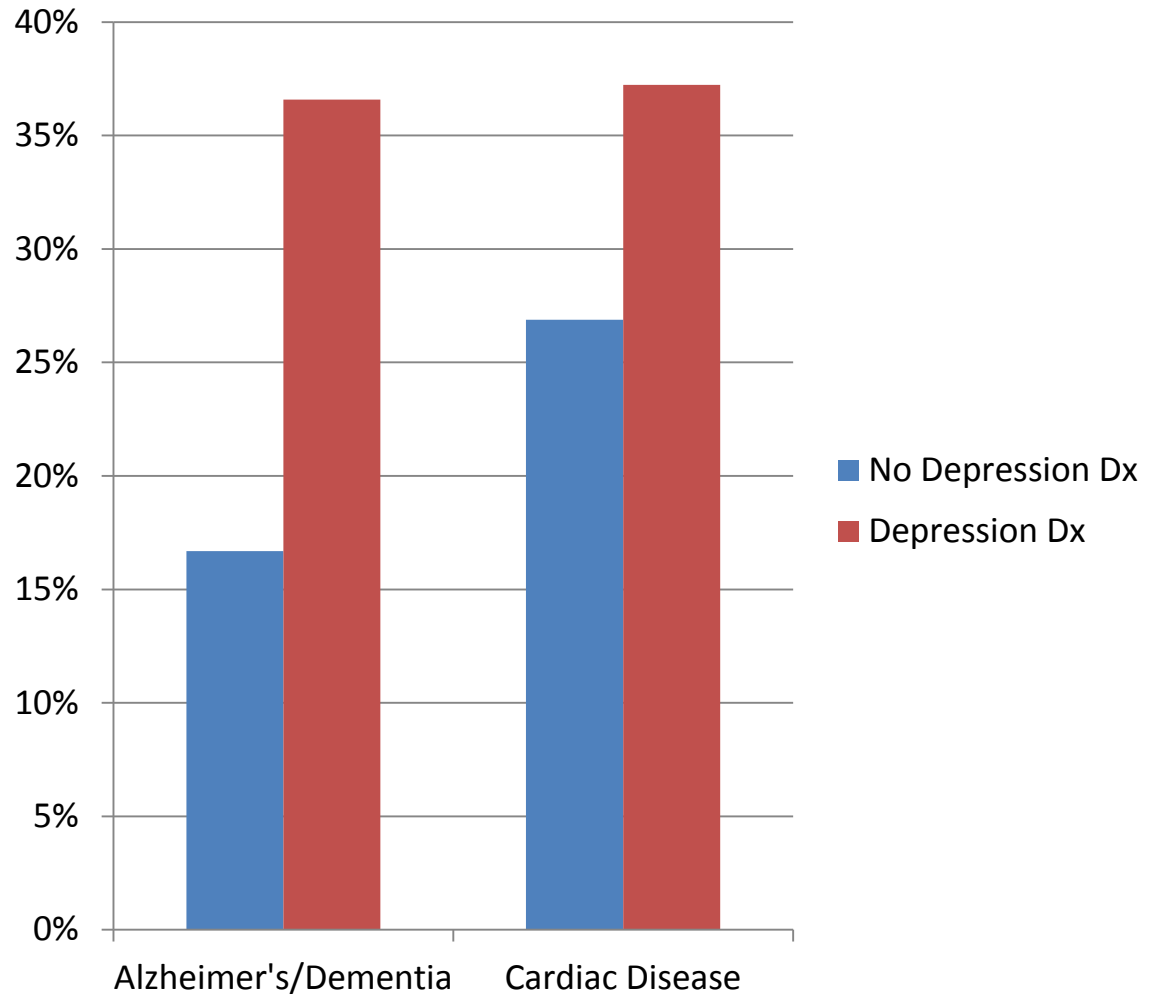- For each additional chronic condition an enrollee is 1.6 times more likely to have a depression diagnosis.

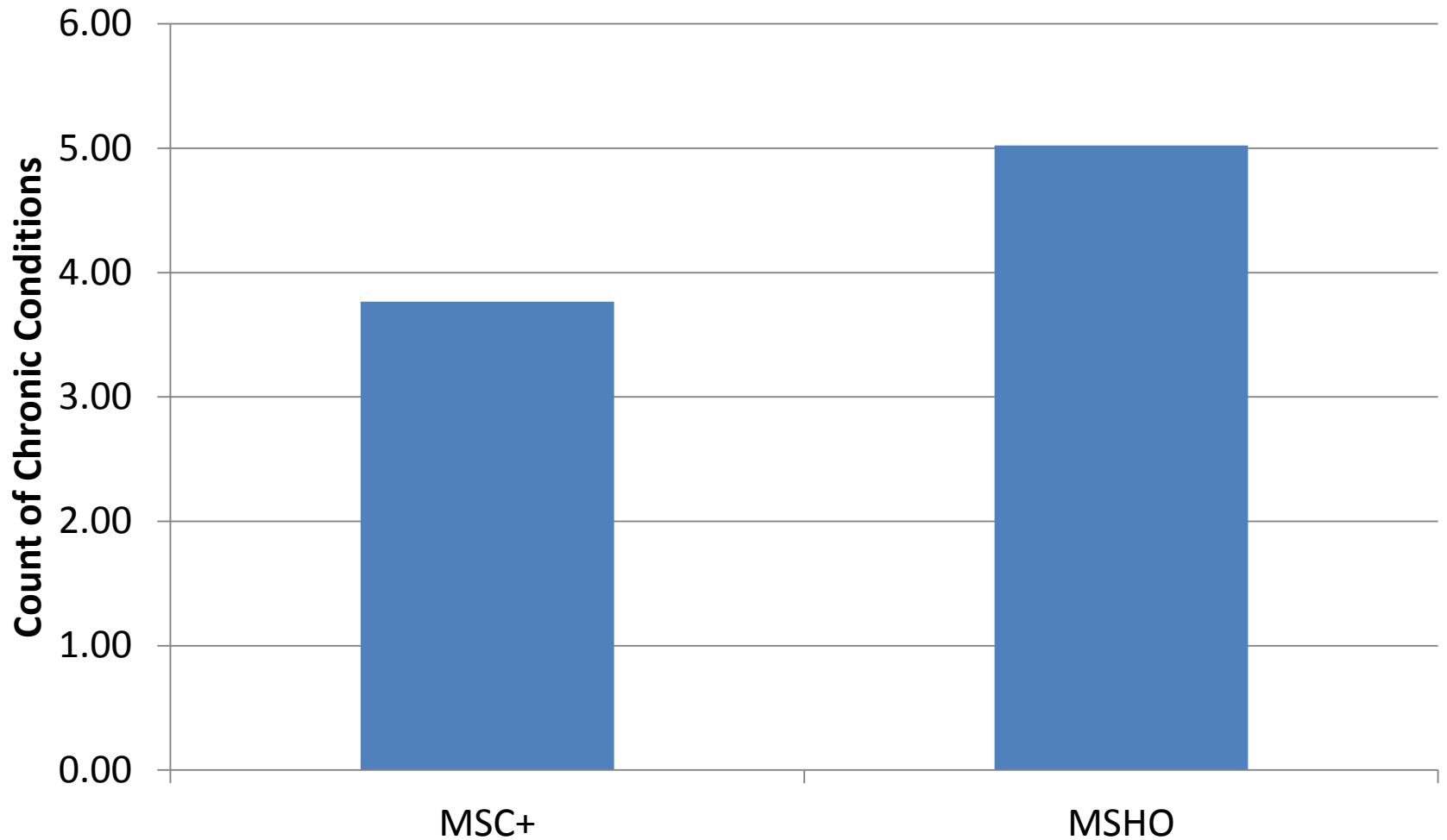Rates of Depression by Setting of Care and Gender

Depression and Other Chronic Conditions

- Enrollees are 2.9 times more likely to have Alzheimer's or dementia if they have a depression diagnosis.

- Enrollees are 1.6 times more likely to have cardiac disease if they have a diagnosis of depression.
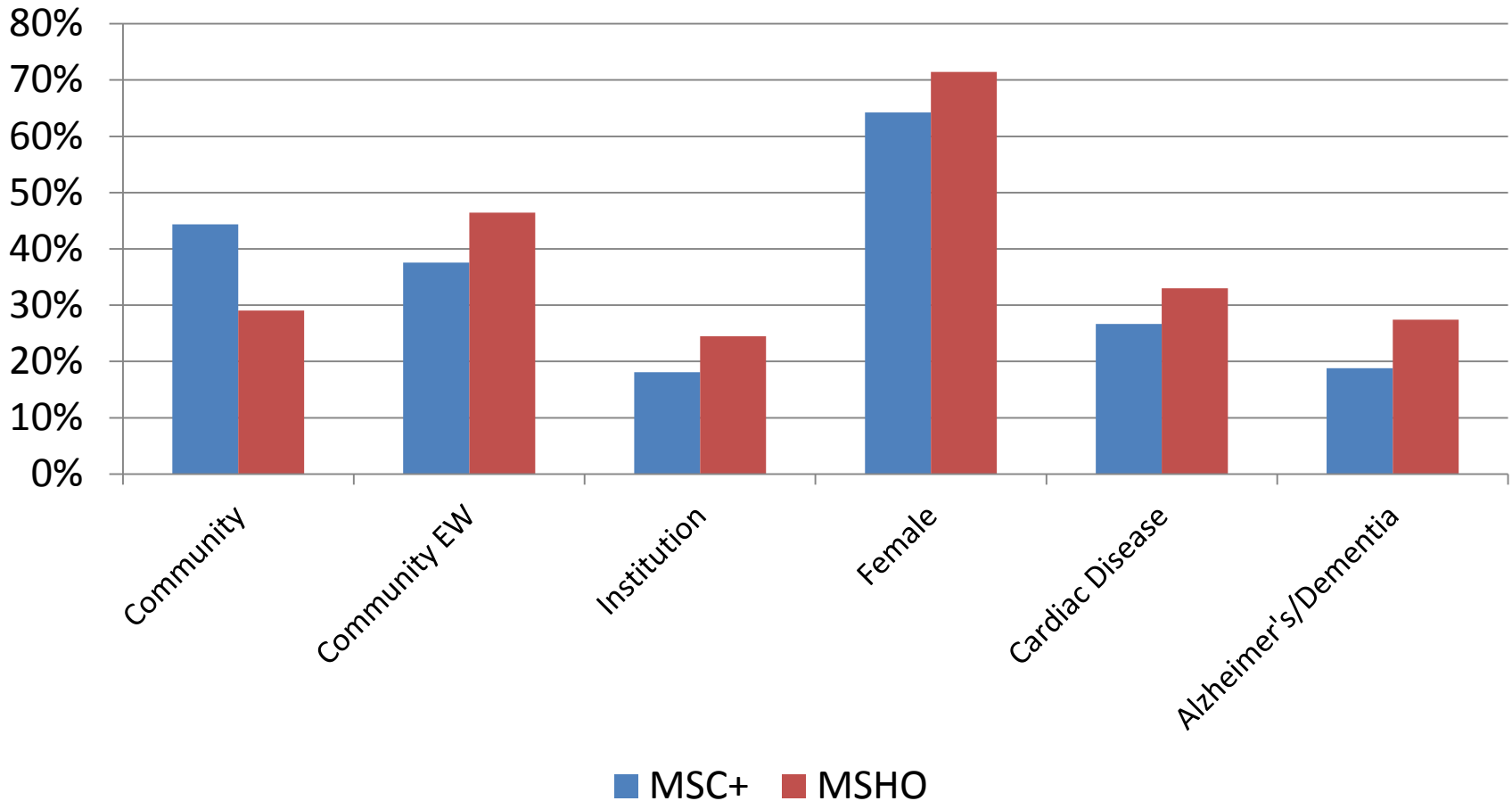
Are these factors also associated with MSHO?

MSHO Enrollees Have More Chronic Conditions

Setting of Care, Gender, & Other Chronic Diseases by Program

Conclusions

- Factors associated with diagnosis of depression are more prevalent among MSHO enrollees
- In this study the strongest predictors of a depression diagnosis were
  - Diagnosis of additional chronic conditions
  - Setting of care
  - Being female
- A depression diagnosis was also associated with increased rates of Alzheimer's/dementia and cardiac disease