



A MINUTE OF HEALTH WITH CDC

Defeating Depression

Current Depression Among Adults — United States, 2006–2008

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

A recent CDC survey found that one in 10 people suffers from depression. This widespread illness is common among people with chronic diseases, such as obesity and diabetes, or those engaged in risky behaviors, such as smoking, binge drinking, or physical inactivity. It's also common in people experiencing major life changes, such as job loss and relationship or financial problems. Symptoms of depression include weeks of feeling sad, hopeless, worthless, or pessimistic; changes in eating or sleeping; lack of energy; or suicidal or homicidal thoughts. If you or someone you know has symptoms of depression, get help immediately from a healthcare provider.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.