

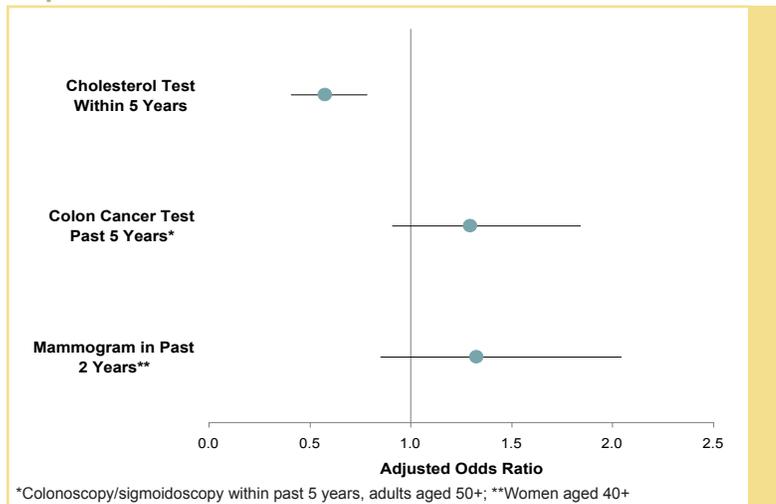
Do Utahns With Major Depression Behave Differently?



Multivariate Analysis

A multivariate analysis was performed to determine if certain health behaviors were different for Utah adults who had major depression compared to those who were not classified as having major depression. The analysis was performed adjusting for age, sex, race, education, and employment as individual logistic regression models for each of the health-related behaviors.

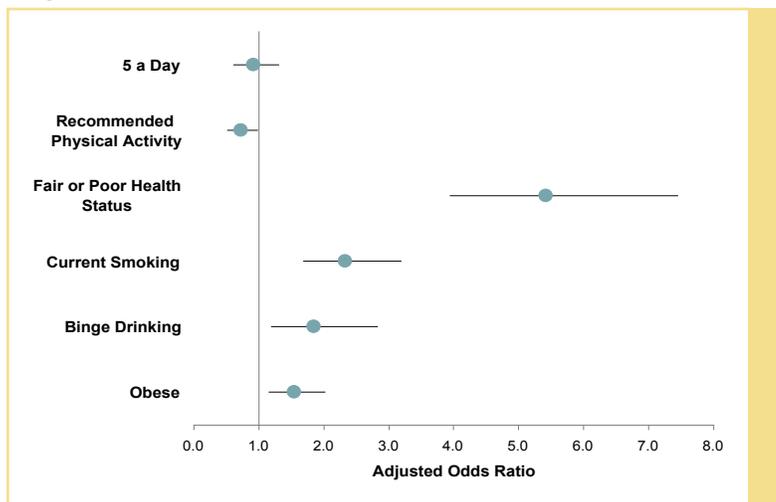
Odds of Health Care Utilization for Persons With Major Depression, Utah, 2005-2007



Health Care Utilization

Adults who had major depression were only about half as likely to have had a cholesterol test within the past five years. Major depression was not related to the likelihood of colon or breast cancer screening.

Odds of Lifestyle Behaviors for Persons With Major Depression, Utah, 2005-2007



Lifestyle Behaviors

Persons who had major depression were more than five times more likely to report fair or poor health status, more than twice as likely to be current smokers, nearly twice as likely to report binge drinking, and more than 1.5 times more likely to be obese. They were only about half as likely to engage in the recommended amount of physical activity. Major depression was not related to the consumption of fruits and vegetables.