

The Economic Cost of Depression

The economic cost of depression is due to absenteeism and presenteeism.

Absenteeism, or missing work, due to depression is estimated to cost US employers 23 billion dollars annually.²

Coming to work while unable to perform because of illness, also known as presenteeism, due to depression is estimated to cost US employers 35.7 billion dollars annually.³

Depression is the leading cause of disability.

In addition, those who suffer from depression are more likely to be unemployed. Those not in the workforce, have a depression rate of 16.6% while those working full-time have a depression rate of 10.7%.⁴

Other Costs¹

10.2 million Americans have co-occurring mental illness and substance abuse disorder.

26% of homeless adults staying in shelters suffer from a mental illness.

24% of state prisoners have a recent history of a mental illness.

Two of the Governor's priorities to build a better Iowa include educating our children for a knowledge economy and training Iowans for the jobs of tomorrow. However, without an adequate mental health system our workforce will continue to suffer and our adolescents will face great barriers to becoming educated.

Depression is the number one reason people miss work.¹

Mental Health in Iowa

About 600,000 Iowans have some form of mental illness – 37,000 struggle daily from a serious mental illness, defined as causing functional impairment that interferes with one or more major life activities.⁵

Iowa ranks last in psychiatric beds per capita and in the bottom five for number of licensed psychiatrists.⁶

Mental Illness in Adolescents¹

1 in 5 adolescents have a diagnosable mental health disorder.

Mental health disorders can:

- Disrupt school performance
- Harm relationships
- Lead to suicide, the second highest cause of death for adolescents in America

Adolescents suffering from a mental illness are less likely to attend college or trade school.

Treatment

60% of adults with a mental illness do not receive treatment.¹

When treatment for mental illness is adequate there is reduction in job-related accidents, absenteeism, and employee turnover as well as an increase in productivity.⁷

¹ National Institute on Mental Health (n.d.). Retrieved February 14, 2018, from <https://www.nimh.nih.gov/index.shtml>

² Witters, D., Liu, D., & Agrawal, S. (2013). Depression Costs U.S. Workplaces \$23 Billion in Absenteeism. *Gallup*.

³ Cocker, F., Nicholson, J. M., Graves, N., Oldenburg, B., Palmer, A. J., Martin, A., . . . Sanderson, K. (2014). Depression in Working Adults: Comparing the Costs and Health Outcomes of Working When Ill. *PLoS ONE*, 9(9). doi:10.1371/journal.pone.0105430

⁴ Witters, D., Liu, D., & Agrawal, S. (2013). Depression Costs U.S. Workplaces \$23 Billion in Absenteeism. *Gallup*.

⁵ NAMI: National Alliance on Mental Illness. (n.d.). Retrieved February 14, 2018, from <https://www.nami.org/>

⁶ Carroll, H. (n.d.). Iowa Reflects on Its Failures in Mental Health Treatment. Retrieved February 13, 2018, from <http://www.treatmentadvocacycenter.org/fixing-the-system/features-and-news/3637-iowa-reflects-on-its-failures-in-mental-health-treatment>

⁷ Harvard Health Publishing (2010, February). Mental health problems in the workplace. Retrieved January 24, 2018, from https://www.health.harvard.edu/newsletter_article/mental-health-problems-in-the-workplace