



THE EFFECTS OF DEPRESSION ON OLDER VETERANS IN APPALACHIA

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WHAT IS VETERAN STATUS

"The term **veteran** means a person who served in the active military, naval, or air service, and who was discharged or released there from under conditions other than dishonorable."
(U.S. Department of Veteran Affairs, 2019)

RATES OF DEPRESSION

- Approximately 1 in every 10 U.S. adults qualify for veteran status (NHIS, 2019).
- Symptoms for depression are nearly **twice** as likely to occur in veterans (Gould et al., 2015).



DIFFERENCES IN AGE

- Older veterans are the **least likely** to use mental health services (DiNapoli et al., 2016).
- Older veterans report more **PTSD** and **depressive symptoms** compared to younger veterans (Pukay et al., 2012).

DEPRESSION IN RURAL POPULATION

- Rural communities contain **more** veterans (Kimron et al., 2019).
- Veterans in rural populations lack resources for a **healthy social network** (Mavandadi et al., 2022).
- Veterans experiencing **food insecurity** have greater odds of symptoms of depression and suicidal ideation (Kamdar et al, 2021).



TELLING THE STORY

The older veteran population is rapidly growing within the U.S. and its becoming more important to address psychiatric needs of this large group (DiNapoli et al., 2022). Therefore, we need to understand the burden depression and depressive disorders have on the health of veterans, especially in rural populations.

