

Prevalence of CVD Risk Factors Among Adults with Diabetes by Mental Distress Status

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Objective: To determine whether mental distress among diabetic persons is associated with various CVD risk factors. **Methods:** Behavioral Risk Factors Surveillance System, an ongoing, state-based, random-digit-dialed telephone survey of the noninstitutionalized US adult population. **Results:** Diabetic persons with mental distress were more likely than those without mental distress to smoke to have hypercholesterolemia and hyper-

tension and not to engage in leisure-time physical activity. **Conclusions:** Mental health professionals need to be involved in the care of diabetic persons so they can recognize and treat symptoms of mental distress and participate in research to identify interventions that can reduce mental distress and reinforce healthy behaviors.

Key words: diabetes, cardiovascular disease, mental health

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