

DISPARITIES IN HEALTHCARE ACCESS & FINANCIAL SECURITY IN PEOPLE WITH DIABETES

July 2021 SURVEY SUMMARY REPORT

THRIVABLE & THE AMERICAN DIABETES ASSOCIATION

thrivable



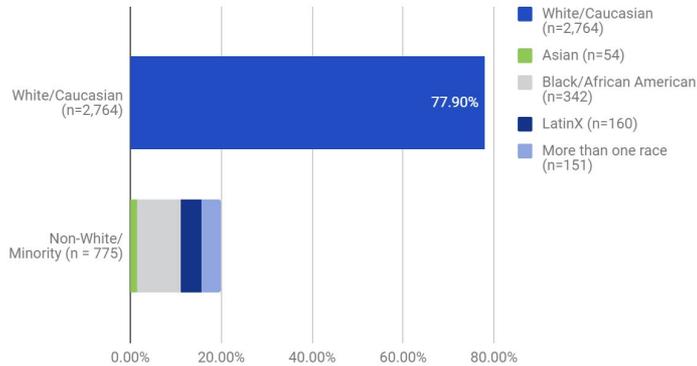
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STUDY AIMS

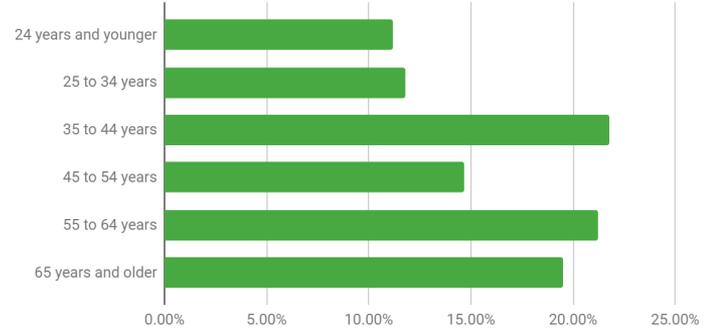
- Evaluate the disparities in diabetes care access across the US
- Understand the effects of the COVID-19 pandemic on healthcare access and financial security among people with diabetes
- Assess the challenges specific patient populations are facing right now

DEMOGRAPHICS

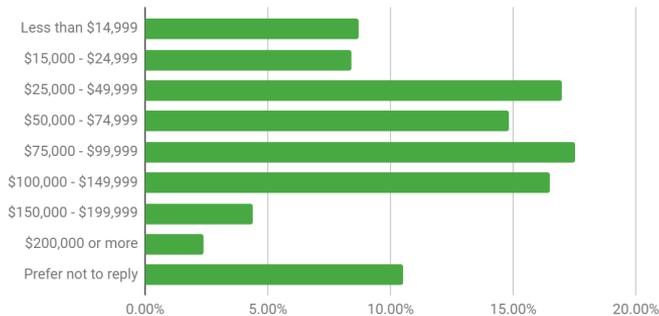
Race/Ethnicity



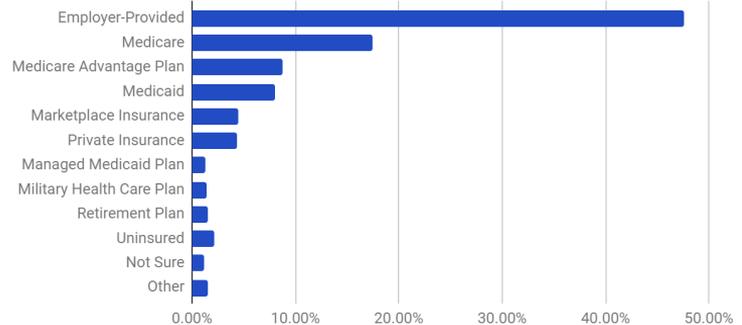
Age Distribution



Annual Household Income



Insurance Type



KEY FINDINGS

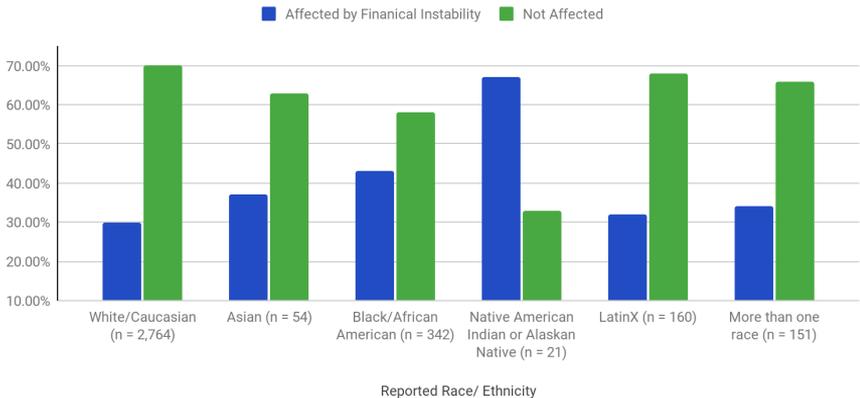
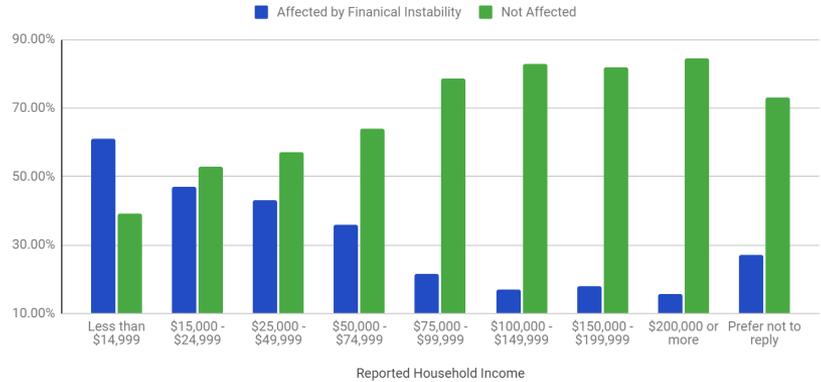
- 1 in 3 people with diabetes experienced significant financial instability during the pandemic, with people of color and lower-income Americans most affected
- 15.6% of people with diabetes report being in default or anticipate soon being in default on mortgage or other debts, with people of color and those with lower incomes most likely to be affected
- 7.6% of people with diabetes reported becoming temporarily or permanently homeless since the start of the pandemic
 - 4.4% of people with type 1 diabetes
 - 9.6% of people with type 2 diabetes
- Race and income continue to play a role in diabetes care access
 - LatinX population, those with lower incomes, and people with type 2 diabetes were most likely to miss healthcare visits
- About 1 in 4 people with diabetes skipped routine medical appointments due to COVID-19
 - Over 35% of those with household income below \$15k
 - Over 35% of the LatinX population

Financial Instability During the Pandemic

- 32.4% missed or skipped payments on bills or had to forego general expenses to cover financial obligations



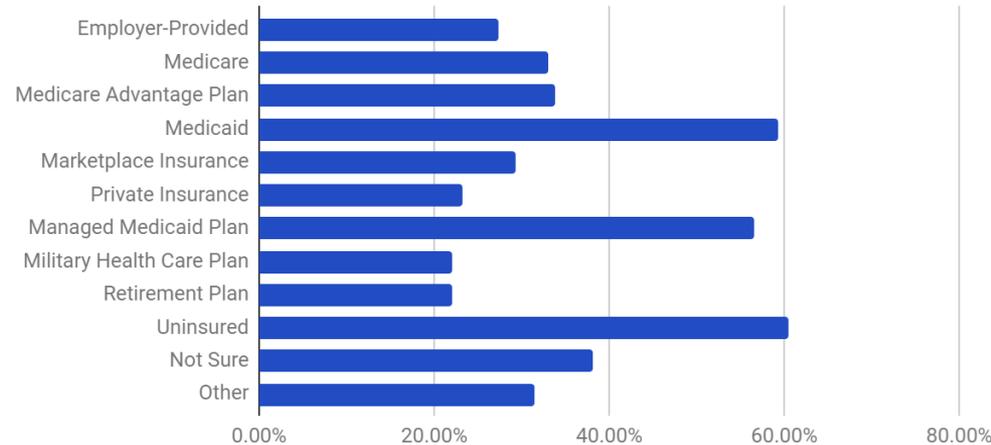
- Those in lower-income brackets and people of color disproportionately affected



Financial Challenges More Prevalent for the Uninsured and Medicaid Recipients

- More than half of people who are uninsured and those with Medicaid or Managed Medicaid plans reported financial hardship
- Those with private insurance, retirement plans, and military-sponsored plans are less affected
 - Even so, more than 1 in 5 people with these insurance plans experienced financial instability

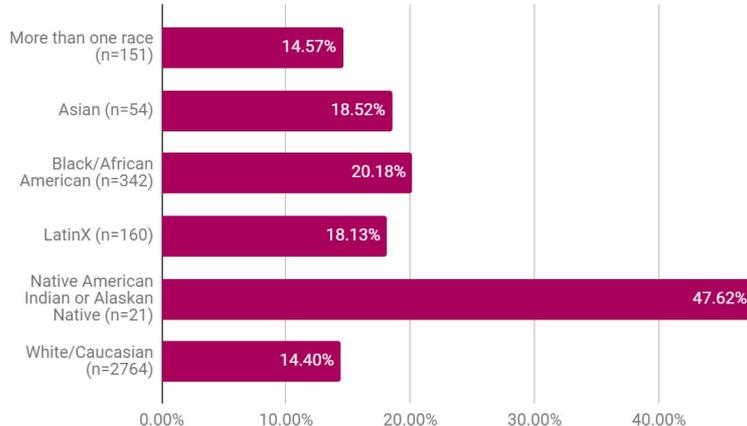
Financial Instability by Insurance Type



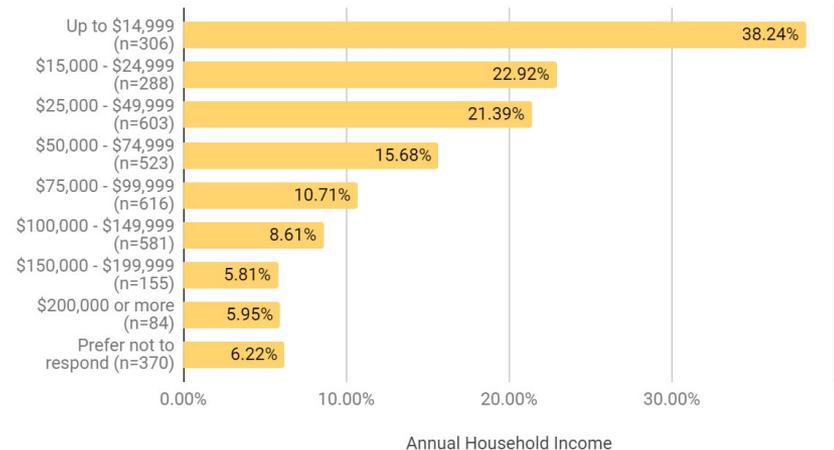
Many Close to or in Default on Mortgage & Other Debts

- 15.6% of everyone surveyed report being in default or anticipate soon being in default on mortgage or other debts during the pandemic
 - Nationally, as of late 2020, about 8.2 percent of Americans had mortgages in delinquency, according to the Mortgage Bankers Association
- People of color, especially Native Americans or Alaskan Natives, are most affected, as are those in lower income brackets

In Default or Close to Default on Mortgage or Other Debts



In Default or Close to Default on Mortgage or Other Debts



Staggering Number of People with Diabetes Lost Their Homes

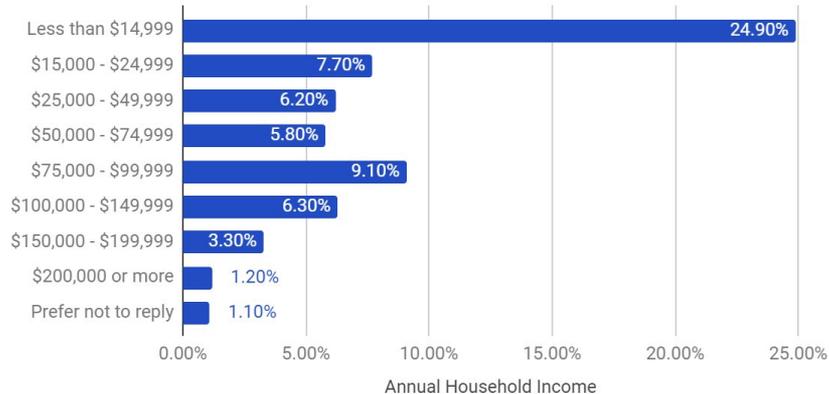
- **7.6% report that they became temporarily or permanently homeless** since the start of the pandemic
 - 4.4% of people with type 1 diabetes
 - 9.6% of people with type 2 diabetes
 - Men & people in their 20s and 30s most affected
- It is estimated that **~0.16% of the US population is homeless**, so people with diabetes may be disproportionately affected
 - This could be in part due to the high cost of medical care and supplies
 - Of those who reported financial difficulty, over 70% said medical expenses affected their financial stability



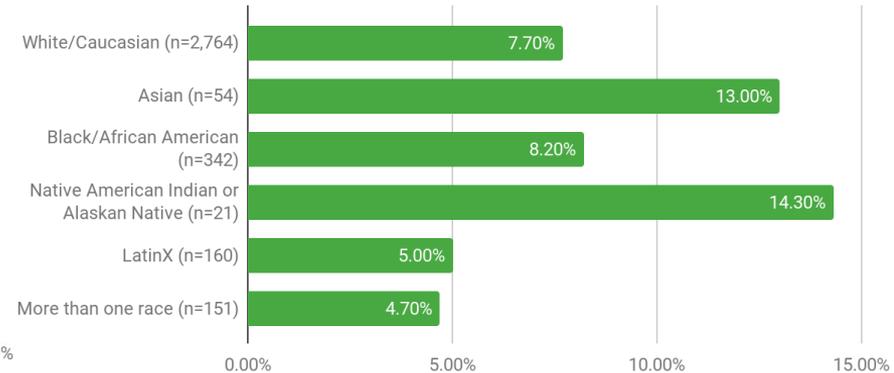
Income and Race Affect Likelihood of Losing Home

- 1 in 4 who make <\$15k per year became homeless but middle-class Americans were also significantly affected
- Asians and Native Americans reported homelessness at higher rates

Became Homeless in the Last Year



Became Homeless in the Last Year



Notable Differences in Provider Access

- People with type 1 diabetes are much more likely to see a specialist for their diabetes care

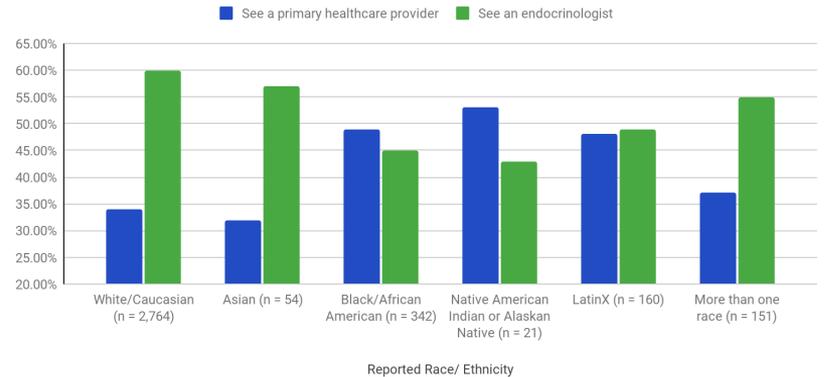
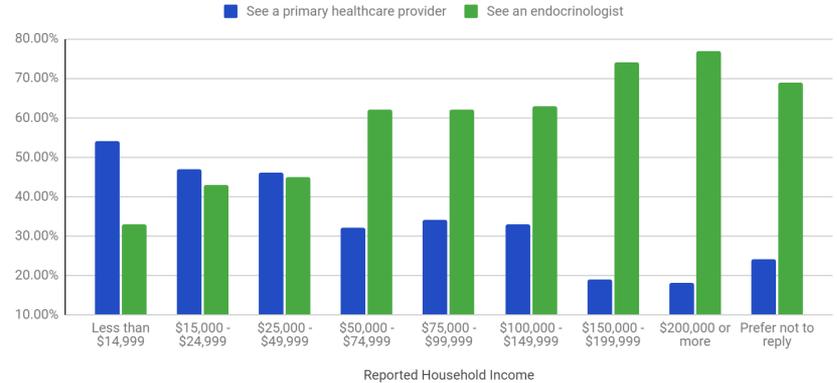


82% of those with type 1 diabetes see an endocrinologist



Only 41% of those with type 2 diabetes see an endocrinologist

- Those with lower income & people of color are less likely to receive diabetes care from a specialist



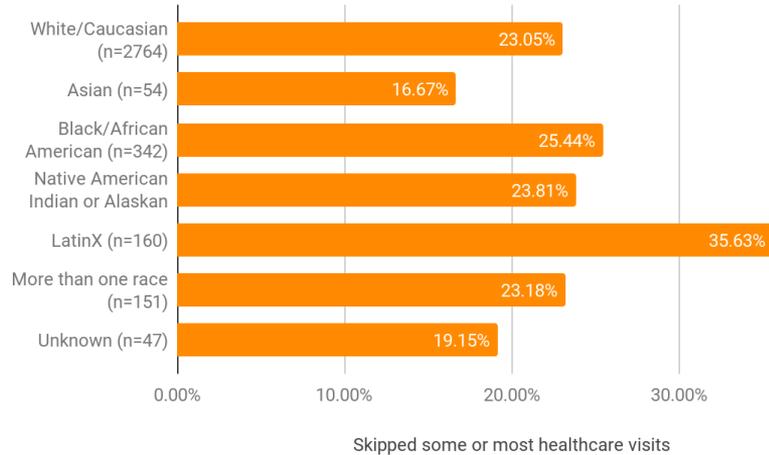


Many Skipped Healthcare Visits Due to Pandemic

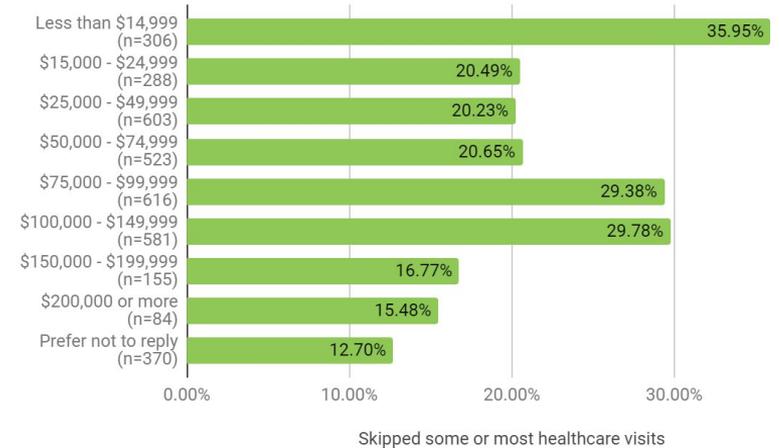
- More than 1/3 of people with diabetes say pandemic-related changes affected their ability to get or maintain healthcare visits
 - 28.6% of people with type 1 diabetes
 - 36.9% of people with type 2 diabetes
- 23.8% of everyone surveyed (n = 3,523) said they missed some or most of their regular visits
 - 17.3% with type 1 diabetes
 - 27.6% with type 2 diabetes
 - 6.8% were able to get to most of their regular visits but incurred additional expenses to do so

LatinX Population and Those of Lower Income Were More Likely to Miss Visits

LatinX Were More Likely to Skip Healthcare Visits



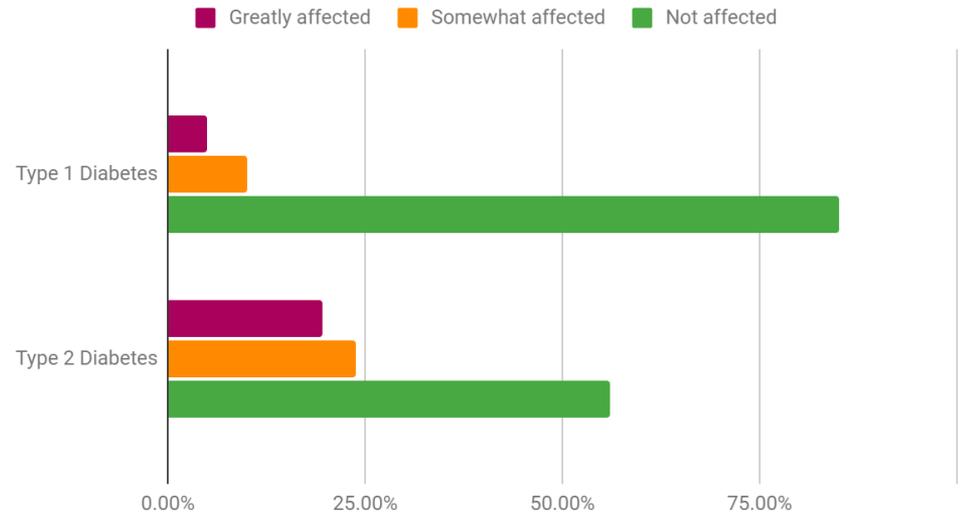
Those With Lower Income Were Most Likely to Skip Visits



Transportation Barriers in Access to Food & Healthcare

- 18.6% say access to transportation has been a barrier to accessing healthy food
- 32.5% say lack of access to reliable public transit affected their ability to get diabetes care
 - People with type 2 diabetes more likely to be affected

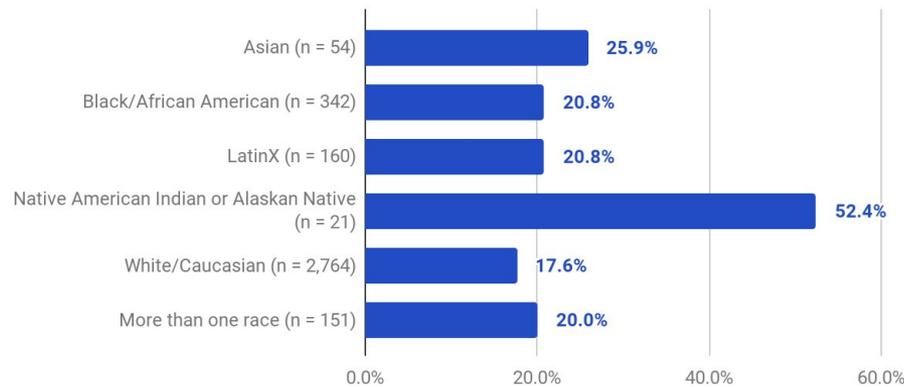
Public transit access & healthcare visits



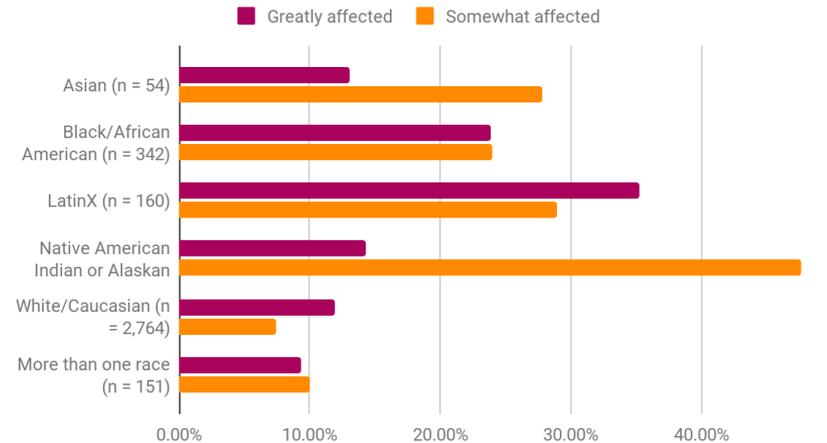
Minorities More Affected by Transportation Barriers

- People of color reported experiencing difficulty accessing food and healthcare due to transportation barriers at higher rates as compared to non-minorities

Access to Food Affected by Transportation Barriers



Healthcare Visits Hindered by Public Transport Barriers



About the American Diabetes Association

Every day more than 4,000 people are newly diagnosed with diabetes in America. More than 122 million Americans have diabetes or prediabetes and are striving to manage their lives while living with the disease. The American Diabetes Association (ADA) is the nation's leading voluntary health organization fighting to bend the curve on the diabetes epidemic and help people living with diabetes thrive. For nearly 80 years the ADA has been driving discovery and research to treat, manage and prevent diabetes, while working relentlessly for a cure. We help people with diabetes thrive by fighting for their rights and developing programs, advocacy and education designed to improve their quality of life. Diabetes has brought us together. What we do next will make us Connected for Life. To learn more or to get involved, visit us at diabetes.org or call 1-800-DIABETES (1-800-342-2383). Join the fight with us on Facebook (American Diabetes Association), Twitter (@AmDiabetesAssn) and Instagram (@AmDiabetesAssn)

About Thrivable

[Thrivable](#) connects patients and companies to create better products and services for the next generation of health care. Our real-time market research platform makes it easy for patients to be their own advocates by sharing their insights, stories, and perspectives via surveys, interviews, focus groups, and usability studies. Health care companies turn to Thrivable to ensure the voice of the customer drives important business decisions every day. Learn more at [thrivable.app](#) today.

The logo for Thrivable features the word "thrivable" in a blue, lowercase, sans-serif font. A small green leaf icon is positioned above the letter 'v'.

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