

State of Diabetes

Access and Affordability Survey – 2026

We asked advocates for their insights and perspectives on how the cost of managing diabetes and addressing obesity has impacted their daily lives, as well as the role that health insurance and access to care play in their health journeys. These responses are important in improving and shaping our advocacy programs.

MARYLAND SURVEY RESULTS

HEALTH STATUS

70%

Households living with both **diabetes** and **excess weight**. Both conditions greatly increase the potential for complications such as heart, liver and kidney disease, and complications.

HEALTH INSURANCE STATUS

37%

Households had **employer-sponsored** insurance.

54%

Households reported an **increase in insurance premiums** over the past 12 months.

43%

Households reported **lost insurance or had changes** due to increased premiums.

INSULIN AFFORDABILITY

Nationwide, **70% of privately insured households** surveyed who utilize insulin reported spending over \$35/month on insulin.

75%

Households reported **increased cost** for insulin over the past 12 months.

59%

Households reported spending **more than \$35/month out of pocket** for insulin.

MOST DESIRED CHANGE IN INSURANCE BENEFITS TO MANAGE CONDITIONS

68%

Want added coverage for **diabetes education**

67%

Want added coverage for **obesity medication**

51%

Want added coverage for **mental health** services

REPORTED BARRIERS TO STAYING HEALTHY

#1

Medications were rated as the top medical cost.



Nearly half of households reported **spending over \$200/month** on diabetes care.



29% of households utilizing obesity treatment reported **spending over \$200/month** on obesity care and medications.

48%

Rationed, delayed, or skipped insulin or treatment due to cost in the last year, often to be able to afford other expenses like food, rent, or gas.