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The American Diabetes Association's 2026 National Access and Affordability Survey Finds Increasing Costs for Diabetes and Obesity Care

ARLINGTON, Va. (Oct. 2, 2026) – New national survey findings from the American Diabetes Association® (ADA) confirm that the cost of managing diabetes continues to place significant financial pressure on individuals and families. The findings reinforce the need for federal and state policymakers to advance policies that make insulin, diabetes technology, medications, education, and other essential care more accessible and affordable.

The ADA's 2026 National Access and Affordability Survey found that, of surveyed households:

- 46% of surveyed spent more than \$100 per month on insulin
- 41% rationed, delayed, or skipped insulin or treatment due to cost during the last year
- 2 in 3 using insulin reported that their out-of-pocket insulin costs increased compared with 2025
- 45% spent more than \$200 per month on diabetes care
- 69% using diabetes technology spent up to \$200 a month out-of-pocket on their technology
- Nearly 1 in 4 spent \$200 or more per month on obesity medications.

"These findings demonstrate that the cost of diabetes and obesity care remains a serious barrier for far too many people and families," said Lisa Murdock, the ADA's chief advocacy officer. "No one should have to ration insulin or delay treatment because they cannot afford the care they need. Congress and state policymakers have opportunities to address these barriers, and the ADA will continue advocating for policies that make diabetes and obesity care more affordable and accessible for everyone who needs it."

The findings come as Congress considers the bipartisan Improving Needed Safeguards for Users of Lifesaving Insulin Now (INSULIN) Act of 2026 (S. 4189, H.R. 10227). The legislation would limit out-of-pocket monthly insulin costs to no more than \$35 for individuals with private or employer-sponsored health insurance.

"The data continue to show why congressional action remains necessary," Murdock said. "Even with important progress in Medicare and in 29 states across the country and Washington, D.C., many people with commercial insurance continue to face substantial out-of-pocket costs for insulin and diabetes care. The INSULIN Act would help close that affordability gap. We urge Congress to move this bipartisan legislation forward and provide relief to people who depend on insulin every day."



News Release

The 2026 National Access and Affordability Survey gathered perspectives from ADA advocates and market research panel participants with diabetes, obesity, or both in their households. It examined health and insurance status, diabetes and obesity treatment, out-of-pocket costs, and roadblocks to healthy living. The national survey was conducted June-July 2026 online and represents a statistically significant pool of households living with diabetes, obesity, or both.

Findings of the National Access and Affordability Survey follow [national polling results](#) on insulin affordability released in June that found 1 in 3 respondents reported having to cut back on groceries because of healthcare expenses.

To learn more about the ADA's work to improve healthcare access and affordability, visit diabetes.org. To learn more about the INSULIN Act and contact members of Congress, visit diabetes.org/InsulinAct.

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About the American Diabetes Association

The American Diabetes Association (ADA) is the nation's leading voluntary health organization fighting to end diabetes and helping people thrive. For 86 years, the ADA has driven discovery and research to treat, manage, and prevent diabetes while working relentlessly for a cure. Through advocacy, program development, and education we work to improve the quality of life for the over 155 million Americans living with diabetes or prediabetes. To learn more or to get involved, visit us at diabetes.org or call 1-800-DIABETES (800-342-2383). Join us in the fight on Facebook ([American Diabetes Association](#)), Spanish Facebook ([Asociación Americana de la Diabetes](#)), LinkedIn ([American Diabetes Association](#)), and Instagram ([@AmDiabetesAssn](#)). To learn more about how we are advocating for everyone affected by diabetes, visit us on X ([@AmDiabetesAssn](#)).