

# EFFECTS OF THE COVID-19 PANDEMIC ON PEOPLE WITH DIABETES

December 2020 Survey Summary Report

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*Thrivable and the American Diabetes Association®*

**thrivable**

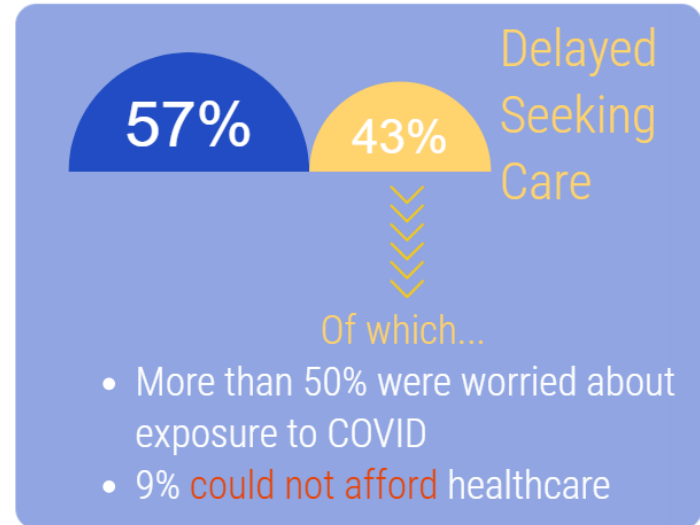


## How has the COVID-19 pandemic affected healthcare access for people with diabetes?

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- **43%** of people with diabetes have delayed seeking routine medical care during the pandemic.
- More than half of them cited their fear of COVID exposure.
- **9%** said they **couldn't afford it**.

**2,595** *people with diabetes* shared their experience with healthcare access during the COVID-19 pandemic



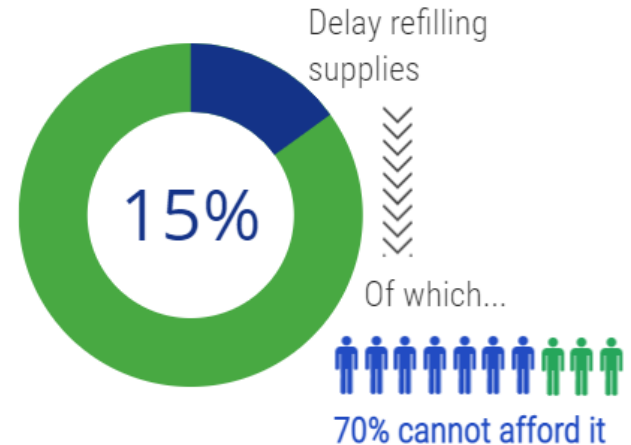
## Access to diabetes technology

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- 1 in 5 people with diabetes say they've foregone or put off getting a pump or CGM. For half of them, it was due to financial strain.
- 15% of people with diabetes who rely on diabetes management technologies like pumps or CGMs have delayed refilling needed supplies during the pandemic. For 70% of them, it was due to financial strain.

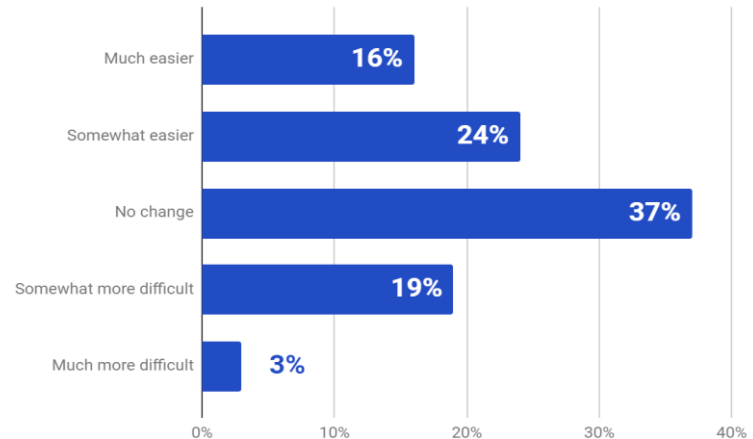
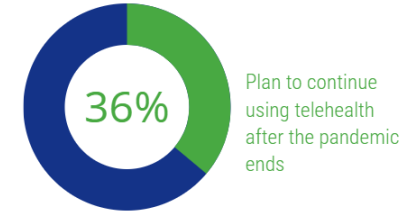
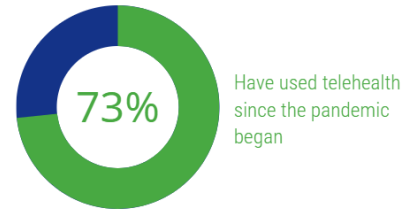


1 in 5 want new  
technology but  
cannot access it



## Telehealth utilization during the pandemic

- 73% of people with diabetes have used telehealth services during the pandemic, compared to just 11% prior to COVID-19.
- Of those who have utilized telehealth, **40% report that it's made it easier to manage their diabetes.**
- 36% say they plan to continue seeking health care remotely after the pandemic.



# INSURANCE ACCESS

**12% of people with diabetes have experienced a disruption in insurance coverage since the start of the pandemic.**

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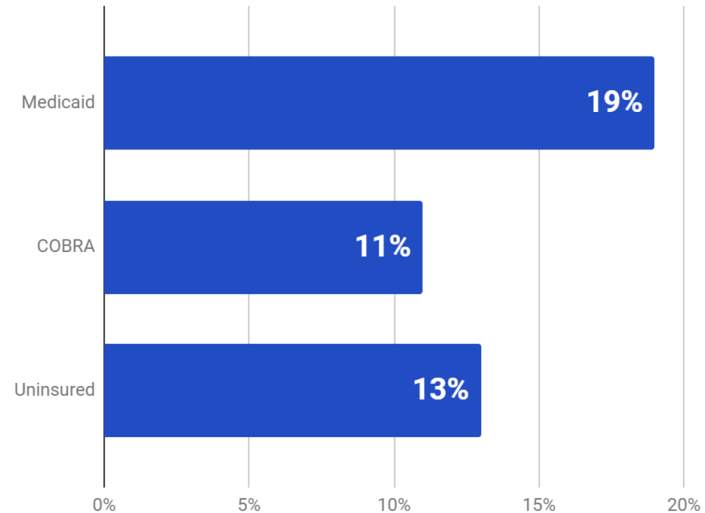
Of which:

- 19% went on Medicaid
- 11% used COBRA
- 13% are now uninsured

Of those who lost coverage in COVID's wake:



50% could not regain coverage



# The pandemic has dramatically reduced access to healthy food for people with diabetes

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More than 1 in 4 people with diabetes report that the pandemic has disrupted their ability to access healthy food.

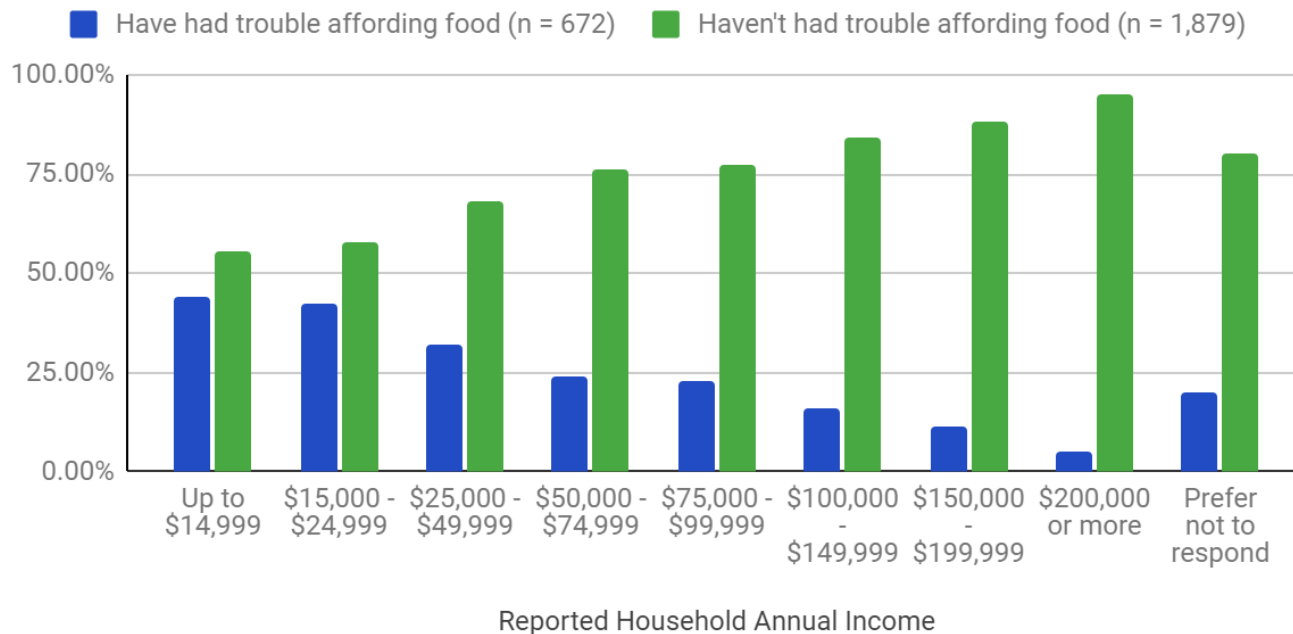
Has the COVID-19 pandemic disrupted your ability to access or afford healthy food? (n = 2,535)



# FOOD ACCESS

People in lower income brackets are disproportionately affected

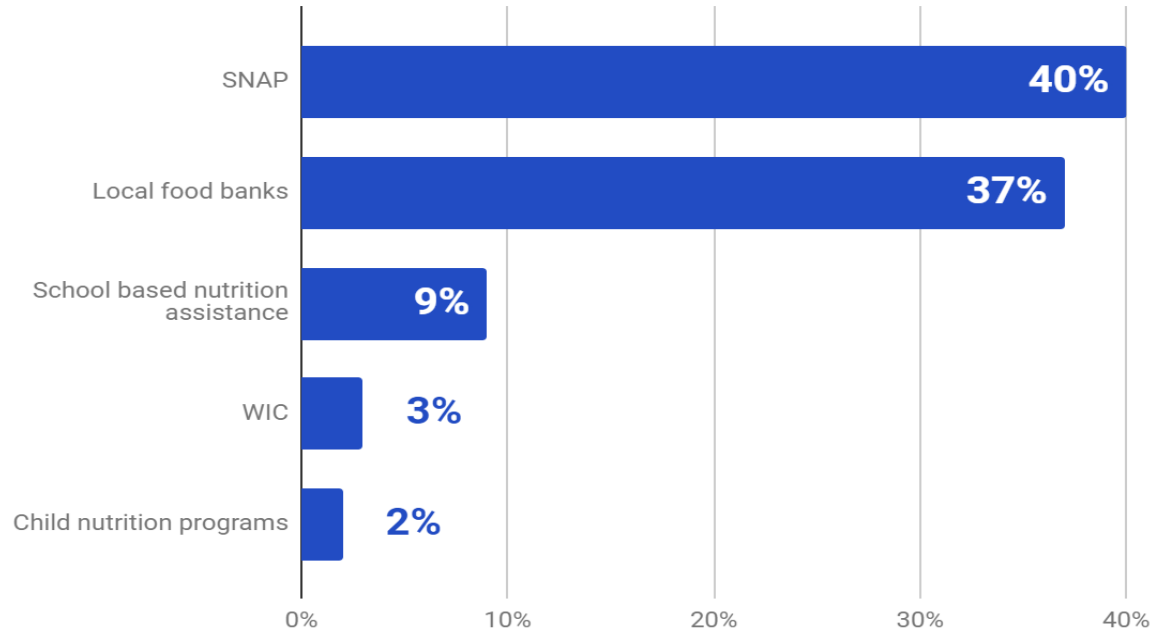
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## FOOD ACCESS

In the wake of COVID-19, nearly 1 in 5 of people with diabetes report needing to rely on nutrition assistance programs

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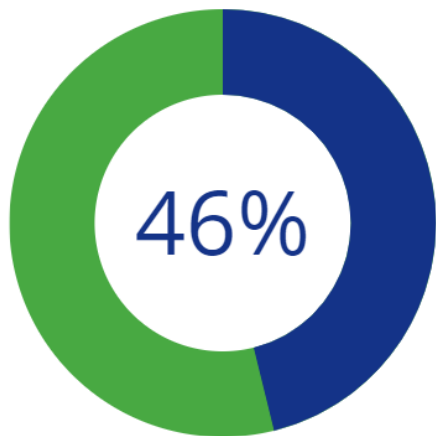




## FOOD ACCESS

Of those relying on nutrition assistance programs during the public health emergency, nearly half say the foods they're getting are not good for their diabetes.

**1 in 5 say they aren't able to eat as frequently as they need** to in order to effectively manage their diabetes.



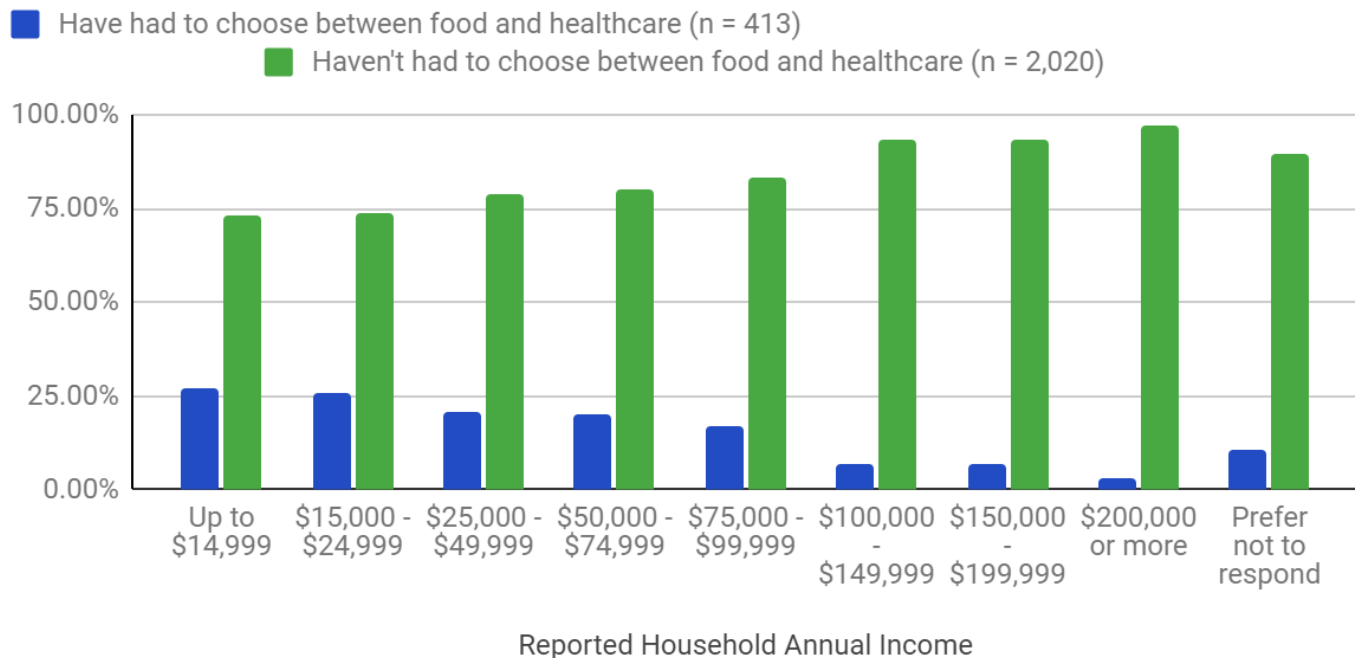
Say food they receive is not good for diabetes management



1 in 5 cannot eat as frequently as they need

# FOOD ACCESS

Nearly 1 in 5 people with diabetes report needing to choose between buying food and diabetes management medications or supplies. Those in lower income brackets are more likely to be affected.

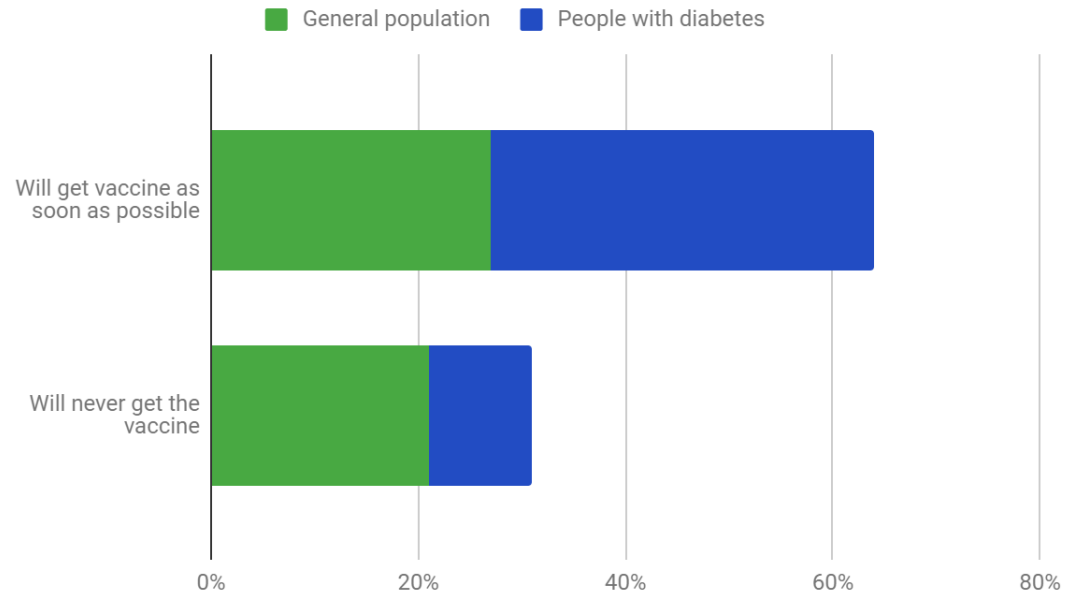


## People with diabetes more likely to want to receive a COVID-19 vaccine

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- When asked when they plan to get the vaccine, 37% of people with diabetes said immediately, compared to [just 27%](#) of the general population.
- Just 10% of people with diabetes said never, compared to [21%](#) of the general population.

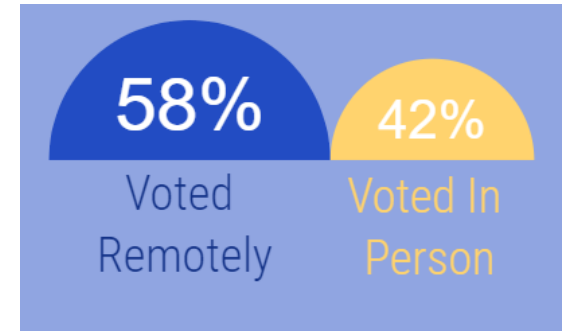
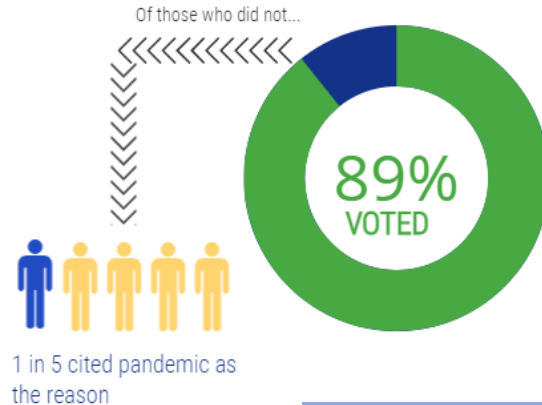
### Vaccine perspectives...



## **The diabetes community is more civically engaged than the general population.**

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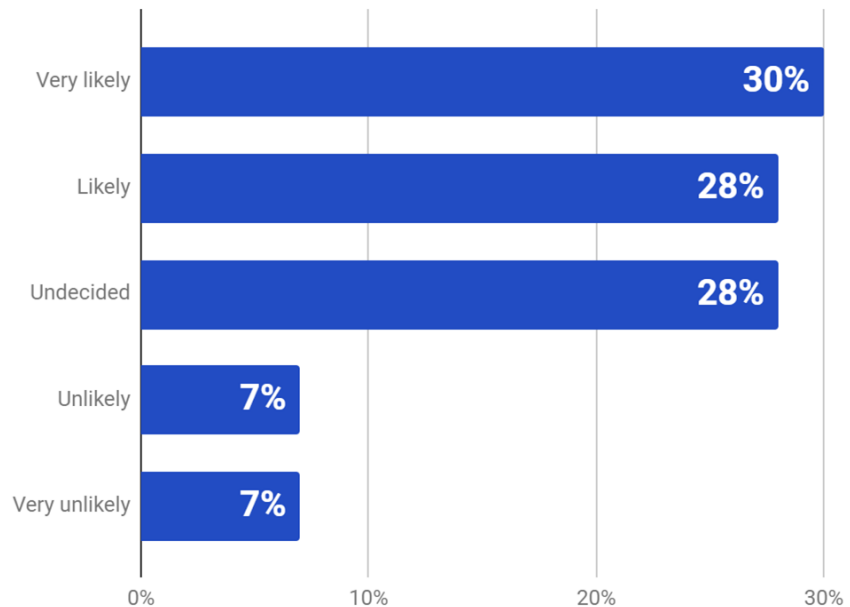
- 89% of Americans with diabetes **voted** in the 2020 presidential election, a **participation rate 35% higher than the general population**.
  - 42% of people with diabetes voted in person, and 58% voted remotely.
  - **Of those who did not vote, 1 in 5 said the pandemic was their primary reason.**



## Americans with diabetes are open to participating in clinical trials, but barriers remain.

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Nearly **60%** of people with diabetes say they're likely or very likely to participate in clinical trials in the future.

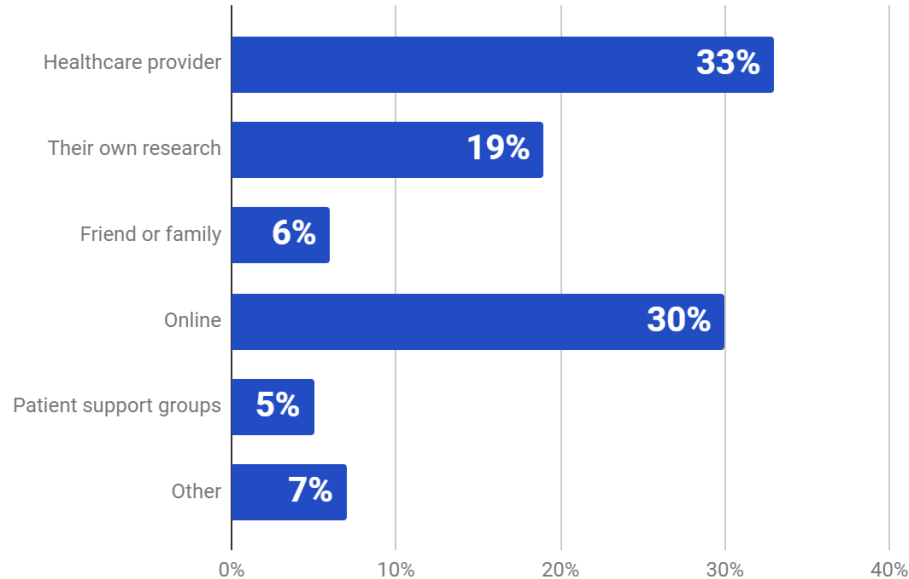


## CLINICAL TRIALS

**Americans with diabetes are open to participating in clinical trials, but barriers remain.**

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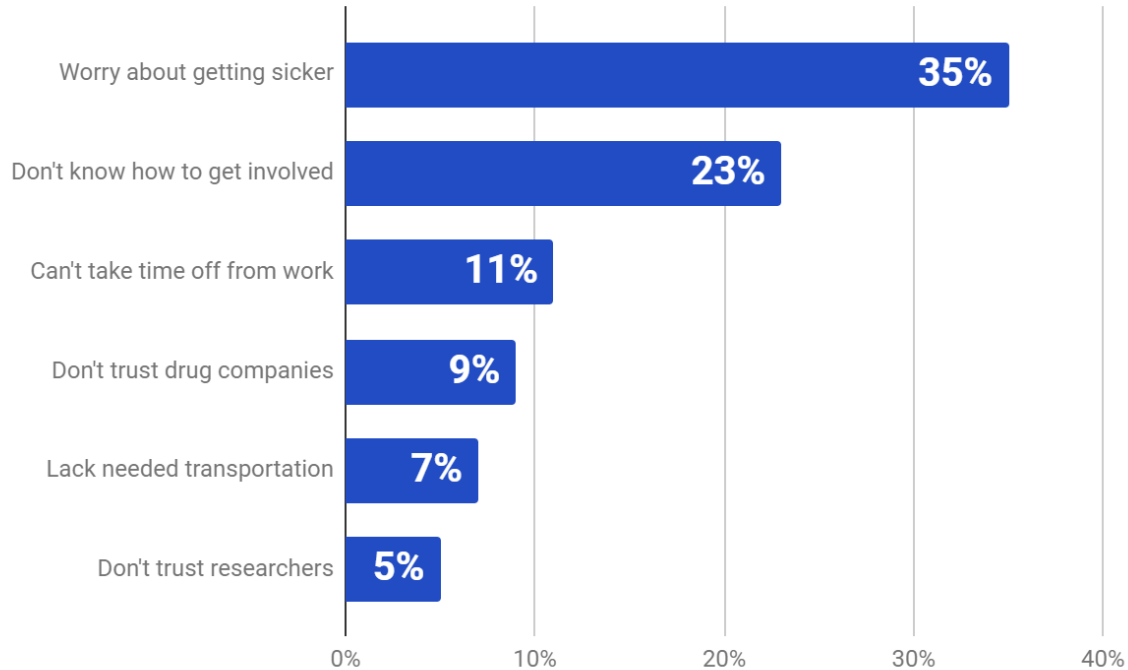
Of the 11% of people with diabetes that have participated in a clinical trial, **most have found the information to do so outside of their health care provider.**



# CLINICAL TRIALS

## Barriers to participation in clinical trials include:

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# Methodology and Panel Demographics

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- These figures are based on Thrivable's survey of more than 2,500 people with diabetes nationally, between December 7<sup>th</sup> and December 14<sup>th</sup>, 2020
- A multiple-choice survey was distributed online to people with diabetes (U.S. residents) who signed up for the [Thrivable Insights](#) panel. Participants were not compensated for their responses.
- Data was analyzed using Qualtrics and Excel.
- Details on panel breakdown include:
  - N = 2,595
  - 47% with type 1 diabetes, 53% type 2
  - 69% female, 31% male
  - All 50 U.S. states are represented



### **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](https://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 - Real-Time Patient Insight Platform**

Thrivable is helping patients and solution-makers create a better future together. The [Thrivable](#) rapid market research platform helps organizations go from question to insight in hours with easy-to-use survey tools and an on-demand patient panel. Thrivable also helps millions of people touched by diabetes connect and thrive through the [Diabetes Daily](#) online community.

The logo for Thrivable, featuring the word "thrivable" in a blue, lowercase, sans-serif font. The letter "i" is green, and the letter "v" is blue.