

# State of Diabetes

## Access and Affordability Survey – 2025

We asked advocates for their insights and perspectives on how the cost of managing diabetes and preventing 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 play an important role in improving and shaping our advocacy programs.

### MARYLAND SURVEY RESULTS

#### HEALTH STATUS

51%

Households living with both **diabetes** and **excess weight**. Both conditions greatly increase the potential for complications such as heart disease, eye and foot damage and others.

#### HEALTH INSURANCE STATUS

27%

Households are enrolled in **Medicare**.

63%

Households have **employer-sponsored** insurance.

36%

Households have participated in **assistance programs**.

#### OBESITY COVERAGE

A majority of respondents **support insurance coverage for obesity** through medications, lifestyle change programs, surgery and other treatments.

84%

**Agree** lifestyle change programs should be covered by insurance

78%

Support **coverage** of obesity medications

#### MOST DESIRED CHANGE IN INSURANCE BENEFITS TO MANAGE CONDITIONS

53%

Want improved coverage of **diabetes technology**

51%

Want **diabetes education** as added coverage to insurance

41%

Want added **dental** coverage

#### REPORTED BARRIERS TO STAYING HEALTHY

#1

**Medications** were rated as the top medical cost.



High cost of **healthcare** is the primary barrier to staying healthy.



**More than half (61%) of households spend over \$200/month on diabetes care**

27%

**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.