

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.

NORTH CAROLINA SURVEY RESULTS

HEALTH STATUS

48%

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

34%

Households are enrolled in **Medicare**.

40%

Households have **employer-sponsored** insurance.

37%

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.

70%

Agree obesity medications should be covered by insurance

69%

Support **coverage** of lifestyle change programs

MOST DESIRED CHANGE IN INSURANCE BENEFITS TO MANAGE CONDITIONS

67%

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

44%

Want added coverage for **obesity medications**

41%

Want improved coverage of **diabetes technology**

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.



Nearly half (42%) of households spend over \$200/month on diabetes care

40%

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.