

Health Behaviors & Psychosocial Functioning in Diverse Young Adults with Type 1 Diabetes (T1D) During the Pandemic



DIABETTER
TOGETHER

Samantha A. Carreon,¹ Charles Minard,¹ Sarah K. Lyons,¹ Wendy Levy,¹ Randi Streisand,² Tricia S. Tang,³ Siripoom V. McKay,¹ Barbara Anderson,¹ Sridevi Devaraj,¹ Ashley Butler,¹ Sara Nowakowski,¹ Marisa E. Hilliard¹

¹Baylor College of Medicine, Houston, TX USA; ²Children's National Hospital, Washington DC, USA.; ³University of British Columbia, Vancouver, Canada

While many young adults reported stability, worsened eating, physical activity, sleep, and mood concerns were common.

BACKGROUND

- Given demands of T1D, health risk behaviors and stress may be of particular concern for young adults.
- Little is known about the pandemic's impact on young adults with T1D who are also navigating a health care transition.
- We described self-reported changes in health behaviors and symptoms of anxiety and depression during the pandemic.

METHODS

- At baseline of an ongoing behavioral RCT (02/2021-06/2022), young adults with T1D (n=60) rated their experiences during the pandemic.
- HbA1c collected from medical records or dried blood spot.
- Chi-square and ANOVA explored potential differences by age and HbA1c.

RESULTS

Table. Perceived Changes in Health Behaviors, Anxiety & Depressive Symptoms During the Pandemic (n=60)

	A Little or Much Worse / Less (%)	About the Same as Usual (%)	A Little or Much Better / More (%)
Eating	46.7	41.7	11.7
Physical Activity	40.0	30.0	30.0
Sleep	40.0	51.7	8.3
Substance Use*	8.3	66.7	25.0
Feelings of Anxiety	41.7	51.7	6.7
Feelings of Depression	46.7	43.3	10.0

*Of n=24 who endorsed substance use

- Higher HbA1c found among those with improved eating ($p=.04$), anxiety ($p<.01$) and depressive symptoms ($p<.01$).
- Those with improved anxiety were younger than those with stable or worsened anxiety ($p=.01$).

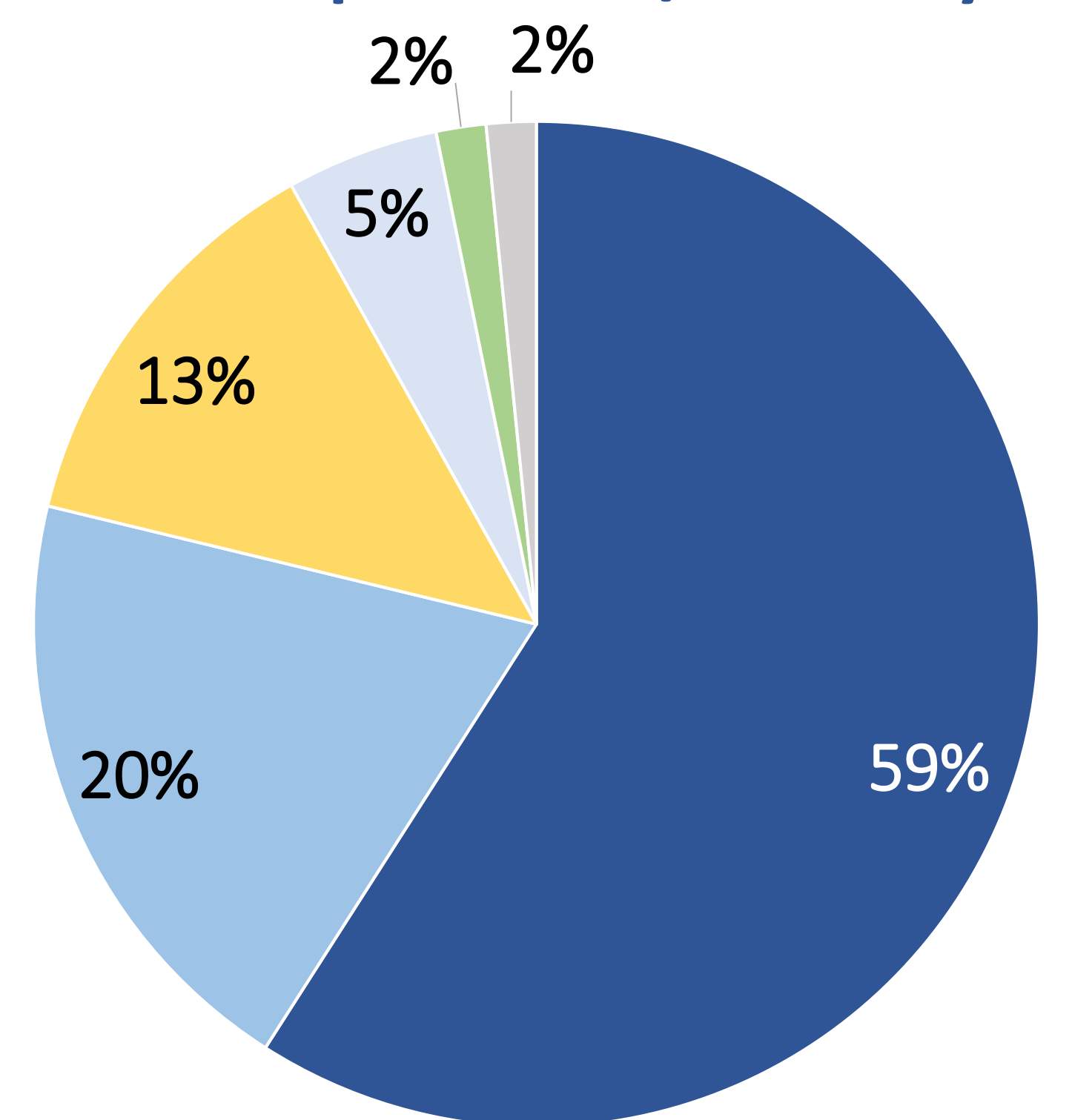
CONCLUSION

- Changes in health behaviors and psychosocial well-being are important to monitor during the vulnerable transition to adult healthcare.
- Given the young adults' highly variable experiences during the pandemic, health care professionals should not make assumptions about these outcomes, and HbA1c may not reliably indicate changes in health behaviors.
- It is vital to assess these factors in a non-judgmental manner and refer to behavioral health services as needed.

Participant Characteristics (M \pm SD or %)

	Young Adults (n=60)
Age, Years	19.9 \pm 1.4
Gender, Female	58.3%
Insurance Type, Private	63.3%
HbA1c	8.8 \pm 2.1%
CGM Use	72.1%
Insulin Pump Use	57.4%

Participant Race/Ethnicity



- Non-Hispanic White
- Hispanic
- Non-Hispanic Black
- Asian
- American Indian/Alaskan Native
- Non-Hispanic Other Race/Ethnicity

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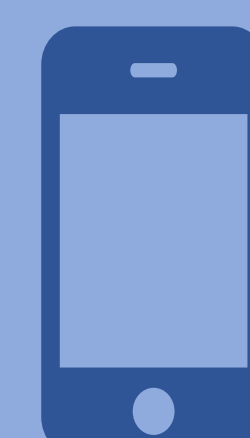
Contact:

SxCarreo@texaschildrens.org



@DrSamCarreon

@RADLab_T1D



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