The COVID-19 pandemic has impacted young adults’ diabetes self-management and worries about their health regardless of insurance type.

- Felt at least a little worried about their health and diabetes during the pandemic: 33% (37% overall)
- Cancelled/postponed diabetes appointments to reduce risk of COVID-19 exposure: 25% (23% overall)
- Blood glucose levels were at least a little harder to manage: 17% (26% overall)
- Adhering to self-management routines was at least a little more challenging than usual: 17% (20% overall)
- Had difficulty obtaining insulin or diabetes supplies: 17% (23% overall)
- Had changes in prescriptions or pharmacy benefits (e.g., pricing, coverage): 17% (11% overall)
- Lost or had unexpected change in health insurance: 33% (3% overall)

### Participant Characteristics (n=47)

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>M±SD or %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, years</td>
<td>20.0 ± 1.5 Range 17-24</td>
</tr>
<tr>
<td>Gender, Female</td>
<td>55%, n=26</td>
</tr>
<tr>
<td>HbA1c, %</td>
<td>8.8 ± 2.2 Range 5.3-14.1</td>
</tr>
<tr>
<td>Using Pump, %</td>
<td>53.2%, n=25</td>
</tr>
<tr>
<td>Using CGM, %</td>
<td>74.4%, n=35</td>
</tr>
</tbody>
</table>

### Race/Ethnicity

- Non-Hispanic White, n=28 (60%)
- Hispanic, n=10 (21%)
- Non-Hispanic Black, n=4 (9%)
- Asian, n=3 (6%)
- American Indian/Alaskan Native, n=1 (2%)
- Non-Hispanic Other, n=1 (3%)

### METHODS

- Participants: 47 young adults with T1D enrolled in a RCT during the transition from pediatric to adult diabetes care.
- At baseline (<2 months post-final pediatric appointment; Feb 2021 – Mar 2022), completed surveys on COVID-19 experiences.
- Used t-tests to compare responses across participants with private and public/no health insurance.
- Individuals with private, public, or no health insurance may experience differential challenges related to T1D management during the pandemic, including lapses in routine care or difficulty accessing prescriptions.
- Using data from an ongoing transition intervention, we examined young adults’ self-reported COVID-19 T1D management experiences and worries about their health, comparing experiences of those with private or public/no health insurance.

### RESULTS

- Participants across insurance groups experienced additional difficulties related to managing T1D due to the COVID-19 pandemic, as well as increased worry about health/diabetes.
- Public/no insurance holders were more likely (p=0.0031) to lose or have unexpected changes in health insurance during the pandemic (no significant differences in other responses).

### CONCLUSION

- The COVID-19 pandemic introduced challenges to T1D self-management, including lost/unexpected changes to health insurance, difficulty filling prescriptions, and worries about health among young adults with T1D with both private and public/no health insurance.
- Small sample size may have hidden other differences between insurance groups.
- As pandemic-related resources are removed (e.g., Medicaid extensions), financial constraints may become more evident.
- Healthcare professionals should continue preparing young adults for navigating healthcare transition and care-related costs.