

BACKGROUND

- The period of transition from pediatric to adult healthcare can make managing T1D more difficult, and young adults faced compounding challenges due to the COVID-19 pandemic.
- Due to the pandemic, individuals with T1D may be more worried about their health/diabetes.
- Health insurance is essential for getting access to routine care, prescriptions, and diabetes supplies.
- 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.

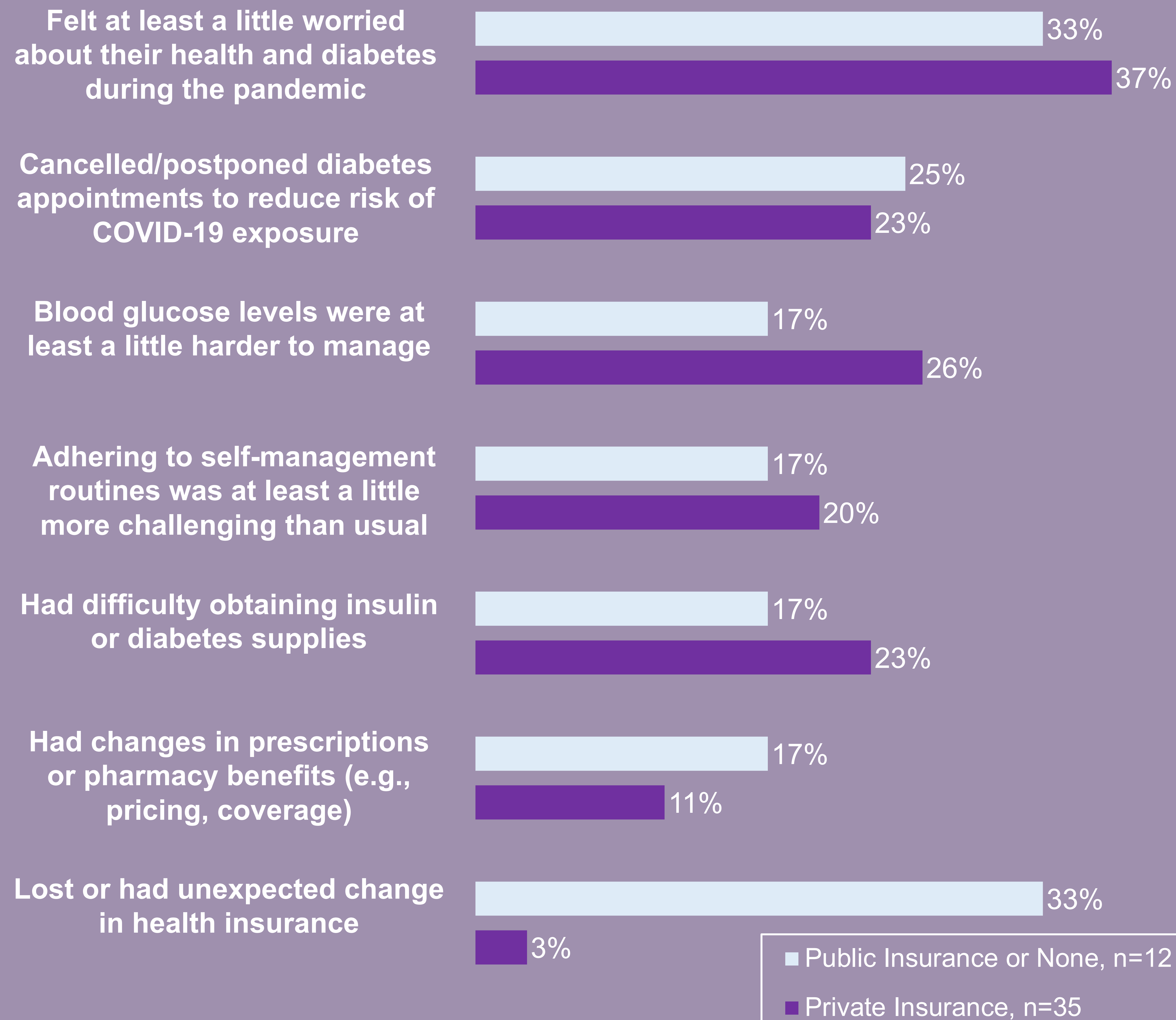
METHODS

- 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.

RESULTS

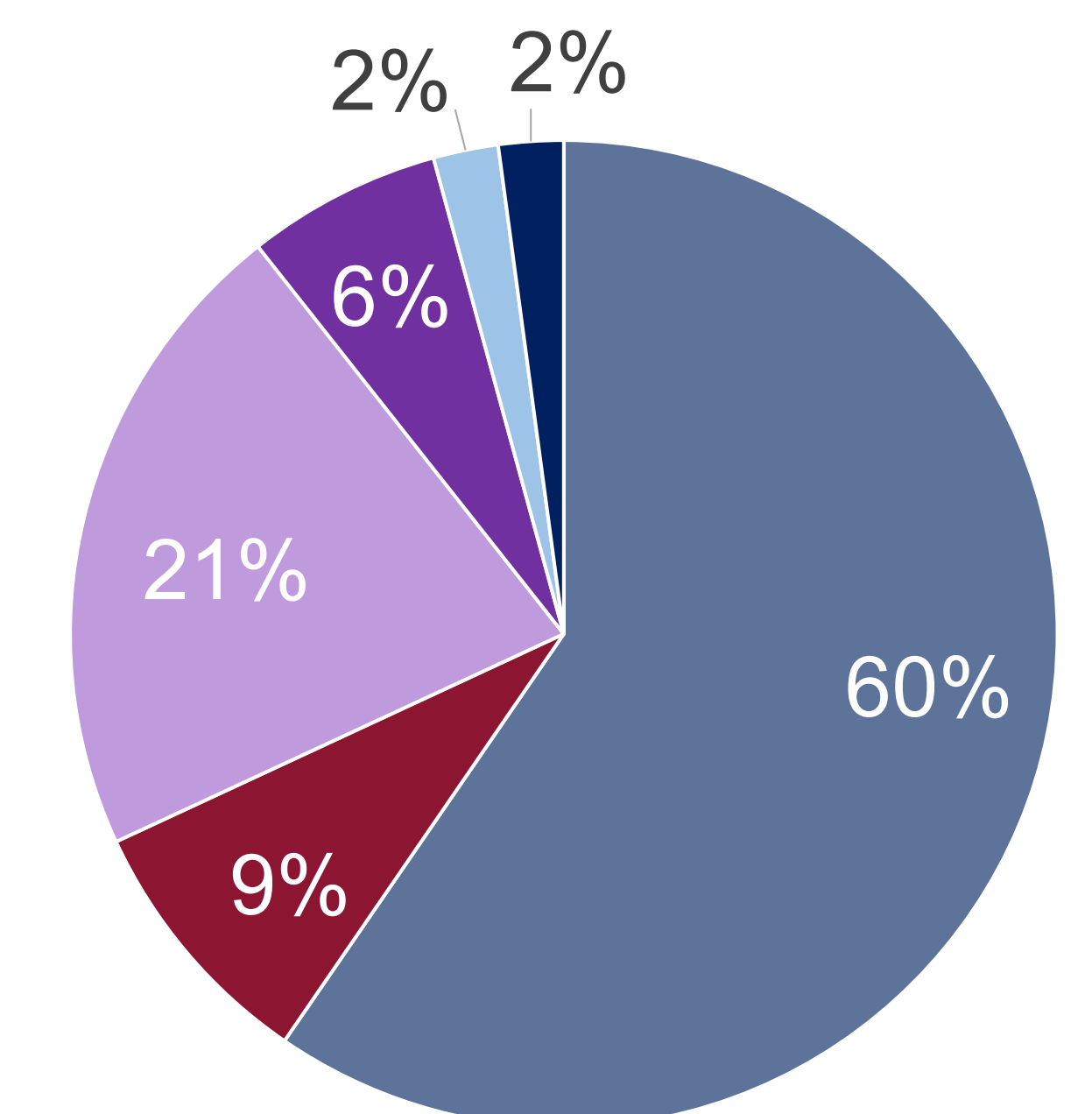
- Participants across insurance groups experienced additional difficulties related to managing T1D due to the COVID-19 pandemic, as well as increased worry about health/diabetes.
- Public/no insurance holders were more likely ($p=0.0031$) to lose or have unexpected changes in health insurance during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

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



Participant Characteristics (n=47)	M±SD or %
Age, years	20.0 ± 1.5 Range 17-24
Gender, Female	55%, n=26
A1c, %	8.8 ± 2.2 Range 5.3-14.1
Using Pump, %	53.2%, n=25
Using CGM, %	74.4%, n=35

Race/Ethnicity



- Non-Hispanic White, n=28
- Hispanic, n=10
- Non-Hispanic Black, n=4
- Asian, n=3
- American Indian/Alaskan Native, n=1
- Non-Hispanic Other, n=1

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.