

Young adults with type 1 diabetes (T1D)'s perceived impact of COVID-19 pandemic on their lives and caution about health



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Many young adults with T1D reported their lives have been more challenging during the pandemic, and they have taken more caution with their health than peers without T1D

BACKGROUND

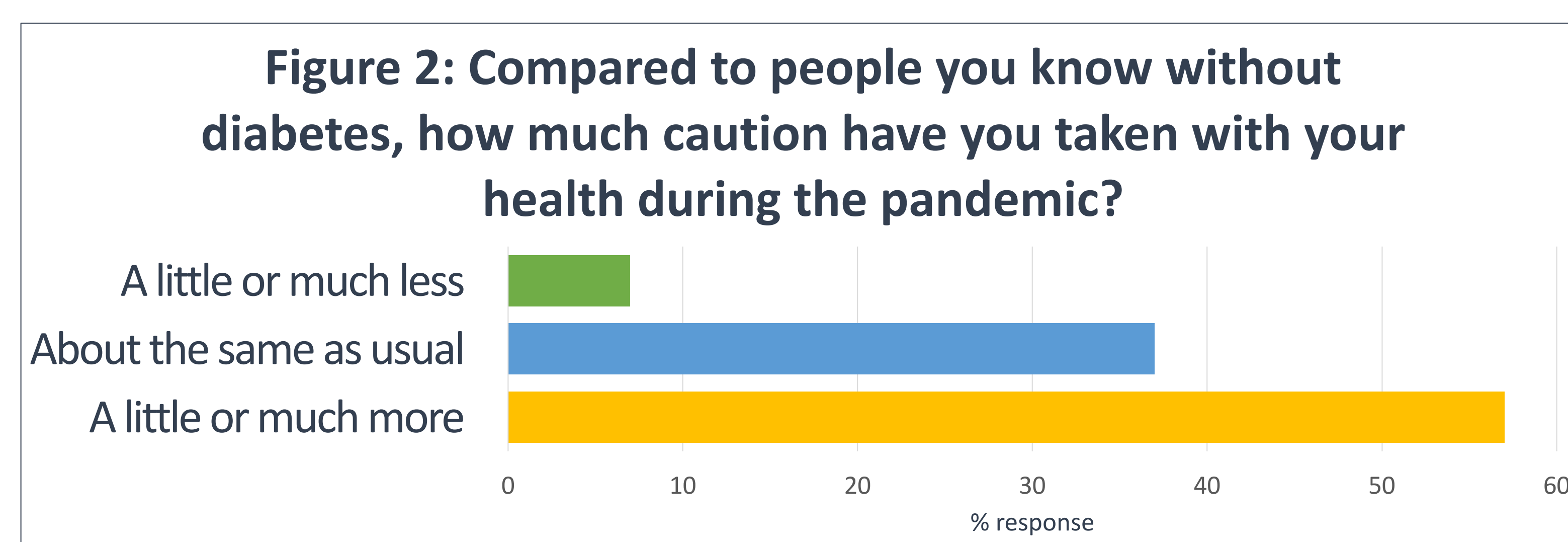
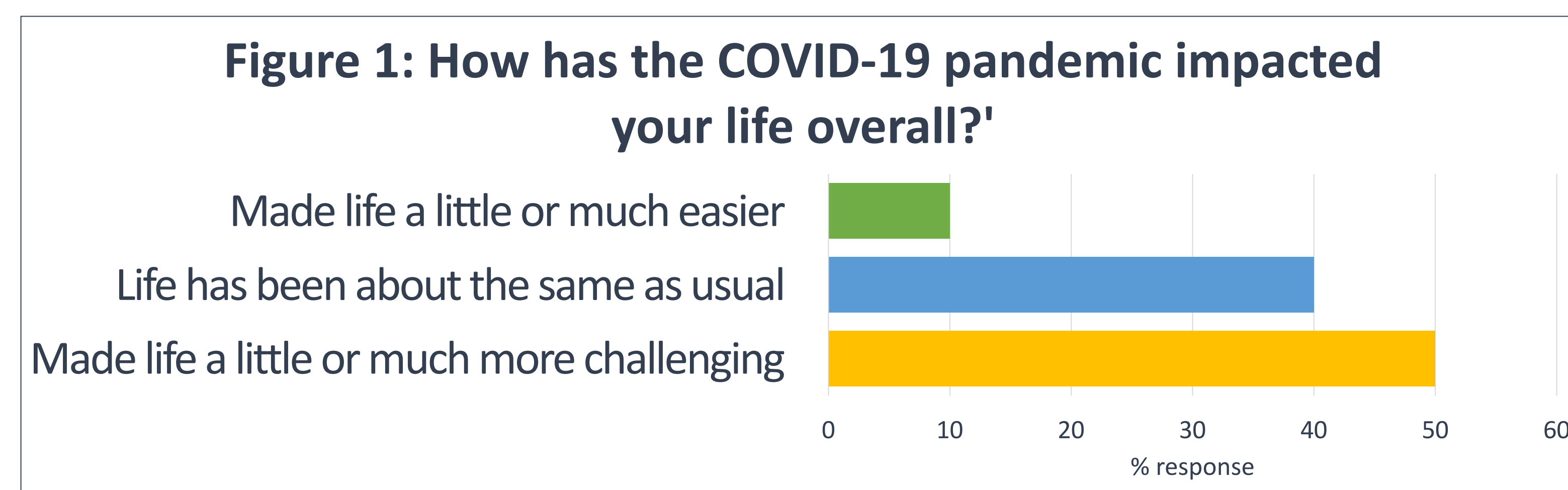
- The transition from pediatric to adult healthcare for T1D can be difficult, and the COVID-19 pandemic may have heightened challenges.
- While the pandemic's impact on diabetes-related hospitalizations and mortality have been described, little is known about the lived experiences of young adults with T1D or their perceived caution with their health relative to their peers without T1D during the pandemic.
- Young adults from different demographic groups may have had different experiences.

METHODS

- On enrollment in an ongoing behavioral RCT during the transfer to adult care, 60 diverse young adults with T1D responded to questions about their pandemic experiences between 02/2021-06/2022.
- Chi-square and ANOVA were used to compare demographic/clinical factors.

RESULTS

- Figures 1 & 2 illustrate perceptions of overall pandemic impact and caution with health.
- Pandemic impact (figure 1): Responses did not significantly differ by age, gender, race/ethnicity, A1c, or insurance.
- Caution with health (figure 2): Females reported greater caution than males ($p=0.02$). Non-Hispanic White participants were more likely to report same or greater caution than other race/ethnicity groups ($p=0.02$). No differences by age, A1c, or insurance status.

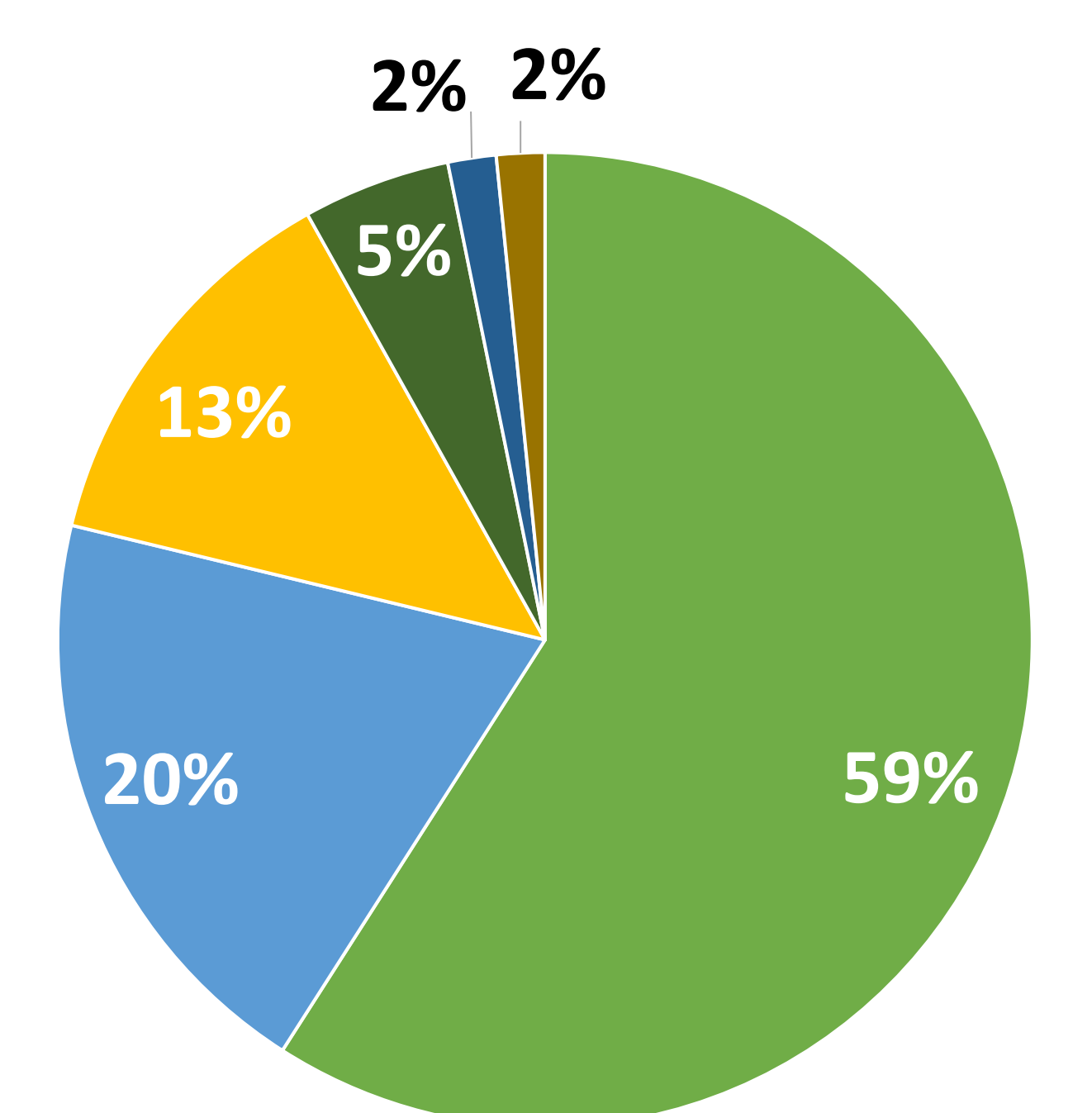


CONCLUSION

- Many young adults with T1D perceived their lives have been more challenging during the pandemic and have taken more caution with their health.
- Their perceptions may have implications for timing, comfort, logistics, and success of transition to adult care. Healthcare systems should consider resources to support young adults with T1D and facilitate safe transfers of care during this vulnerable time.

Participant Characteristics (M±SD or %)	
	Young Adults (n=60)
Age, Years	19.9 ± 1.4
Gender, Female	58.3%
Insurance Type, Private	63.3%
HbA1c	8.8 ± 2.1%

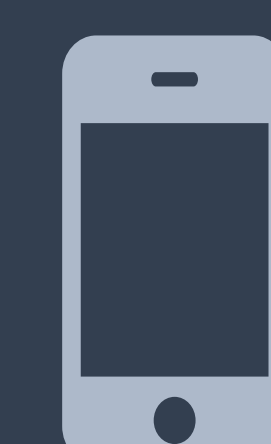
Participant Race/Ethnicity



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

Abstract number: LI2022-0813
Funding: NIDDK R01DK119246 (PI: Hilliard)

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