

# “EVERYTHING IS SO EXPENSIVE” – FINANCIAL EXPERIENCES OF ADULTS WITH TYPE 1 DIABETES (T1D)

Kishan R Desai<sup>1</sup>, Brenda Duran<sup>2</sup>, Samantha A Carreon<sup>2</sup>, Viena T Cao<sup>2</sup>, Sahar S Eshtehardi<sup>3</sup>, Barbara Anderson<sup>4</sup>, Brett M McKinney<sup>5</sup>, David G Marrero<sup>6</sup>, Deborah I Thompson<sup>7</sup>, Marisa E Hilliard<sup>2</sup>

<sup>1</sup> Baylor College of Medicine, Department of Pediatrics, Psychology

<sup>2</sup> Baylor College of Medicine/Texas Children's Hospital, Pediatrics, Psychology

<sup>3</sup> University of Houston, Pediatrics, Psychology

<sup>4</sup> Baylor College of Medicine, Pediatrics, Psychology

<sup>5</sup> Indiana University School of Medicine, Pediatrics, Endocrinology

<sup>6</sup> University of Arizona Health Sciences, Medicine, Endocrinology

<sup>7</sup> Baylor College of Medicine, Pediatrics, Nutrition

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**Background:** T1D is expensive to treat, and the lifetime economic burden may adversely affect quality of life. Despite attention to high costs of insulin in the popular press, little research has examined how people with T1D experience the financial aspects of diabetes. We characterized perspectives of adults with T1D regarding diabetes-related financial issues.

**Materials/Methods:** Secondary analysis of qualitative data from 28 adults with T1D (M age= 42.8±15.9, 54% female). Semi-structured interviews were transcribed and coded using hybrid thematic analysis.

**Results:** We found 4 major themes (Figure). Participants discussed high Costs of Diabetes and making financially-guided treatment choices, some detrimental to health (e.g., rationing insulin). T1D-related Financial Impact interfered with spending money across life domains (e.g., retirement, family needs). Participants stressed needing employment for Healthcare Coverage to afford medical expenses and reported frustrations with poor coverage. Many described Personal & Community Factors, such as awareness of inequities and sharing T1D-related financial support (i.e., monetary, emotional, supplies).

**Conclusions:** The financial aspects of T1D are all-encompassing and can impact treatment choices and other dimensions of life, like retirement planning. Greater advocacy is needed to improve access to affordable insulin, supplies, technologies, and health care.

## Images / Graph / Table



