



podimetrics

Overwhelmed & Underserved: Patient Perspectives on Diabetes in 2022

INTRODUCTION:

This deep dive into the state of well-being for people living with type 2 diabetes in a post-pandemic era reveals patients' fears that diabetes will kill them, their distrust of the American healthcare system, their mental health and financial challenges, and concerns about additional health risks.



BACKGROUND:

Podimetrics is the creator of the FDA-cleared SmartMat™ and an integrated clinical and patient support services provider. Founded in 2011, the patient-centric company is on a mission to help save the limbs and lives of patients with advanced diabetes.

To help achieve that mission, the company wanted a deeper understanding directly from people living with type 2 diabetes of how their condition is affecting their lives. More than 4,000 patients in the U.S. were surveyed to gain insight into the barriers they experience and their perceptions of their care.

WHAT WE SET OUT TO LEARN:

- 1 Mental health issues and financial strain because of managing their type 2 diabetes
- 2 Experiences with medical emergencies and amputations
- 3 Access to care and perception of care compared to other patients
- 4 The severity of racial disparity facing minority populations, such as African Americans and Hispanics, living with type 2 diabetes
- 5 State-by-state experience of living with complex diabetes in highly affected areas, which include New York, California, Texas, Florida, and North Carolina



WHY IT MATTERS:

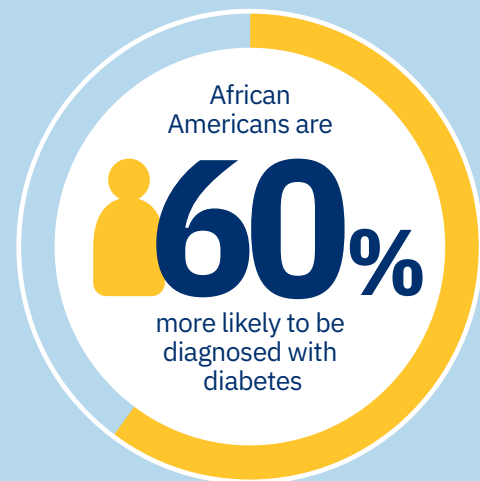
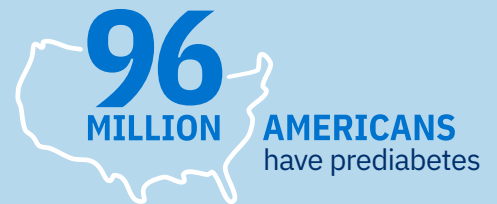
The CDC reports that **37 million Americans have diabetes**, with 90%–95% being type 2 diabetes¹. The problem is getting worse, with **96 million people having prediabetes**². Type 2 diabetes risk factors are only rising, exacerbating the problem. Also, with a rapidly aging population, it's no wonder that approximately **1.4 million newly diagnosed diabetes cases** occur each year³.

WHO IT IMPACTS THE MOST:

Among racial minority communities, the health crisis is particularly problematic. **African Americans are 60% more likely to be diagnosed with diabetes** than non-Hispanic white people⁴. Hispanics and Latinos have a 50% chance of developing type 2 diabetes, compared with 40% of other U.S. adults⁵; plus, they tend to develop it at an earlier age. Type 2 diabetes is also closely linked to income disparities, which have increased in recent years. Even regionally within the U.S., certain states, and especially in the South, diabetes is disproportionately a problem.

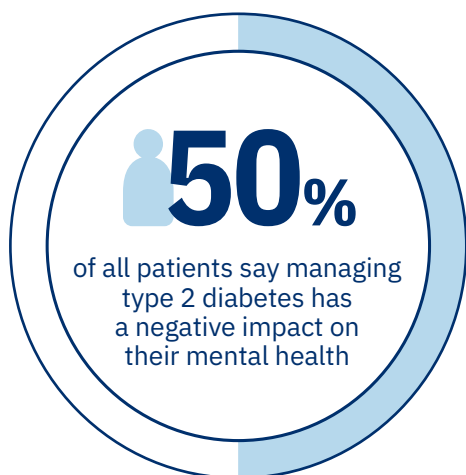
THE MOST AFFECTED AREAS:

Perhaps most notable is the risk of limb amputation — a “Civil War era” practice that is shockingly happening at alarming rates in underserved, often African American, communities throughout the nation. Multiple reports have emerged in localized areas across the South, including South Carolina, Mississippi, and Louisiana. However, demonstrating that it's not a regional cultural issue — and instead is a healthcare inequality issue — African American and Hispanic populations in Los Angeles are experiencing a significant problem. Patients living with diabetes make up more than **130,000 of the 200,000 total amputations** that happen each year in the U.S.⁶, and **85% are avoidable**⁷.



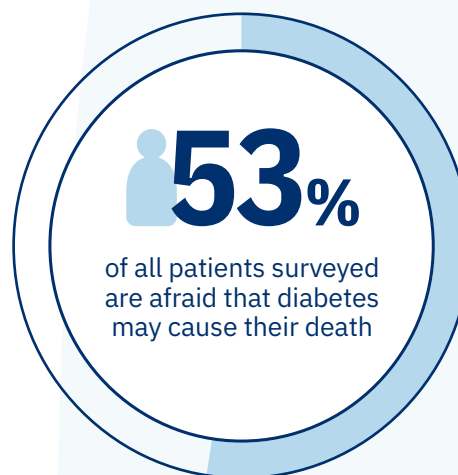
MENTAL HEALTH, FINANCIAL STRESS, AND FEARS

Nearly half of people living with type 2 diabetes face mental health issues and financial strain as a result of the chronic condition, with many experiencing medical emergencies and fearing death and amputations.



Mental health issues: Who are most affected

67% of Hispanics
60% of New York residents



Fear of death: Who are most worried

66% of New York residents
65% of Hispanics
59% of California residents



Their concern is understandable. In this study, **a quarter of patients** reported experiencing complications from their diabetes that required emergency care.

Of that 25%, 62% reported a life-threatening complication, and **31%** of men vs. **20%** of women were more likely to have experienced an emergency care episode.



Of all patients stated having better access to care would make them less worried about mortality from diabetes.

That percentage is even higher for certain areas and ethnicities:

72% of California residents, **70%** of Texas residents, and **74%** of Hispanics.



Costs of care put **45%** of all patients under financial strain.

The most financial strain was reported by **63%** of Hispanics and **54%** of both New York and North Carolina residents.

There is a real fear that diabetes will lead to amputation.

95%

Nearly all surveyed patients were aware that their condition could lead to an amputation.



20% had a doctor express concern

28% of men vs. **14%** of women had an amputation concern

49% worried it may lead to a limb amputation one day



1 in 10 experienced other health complications frequently.



Of the **65%** who experienced complications at least occasionally, they had these issues:

10% HEART ATTACK OR STROKE

35% RETINOPATHY

18% KIDNEY PROBLEMS

49% NEUROPATHY
with women more likely to report than men

3% DIABETES WAS A FACTOR IN A CANCER DIAGNOSIS

41% FOOT ISSUES
including diabetic sores or peripheral artery disease

26% MOUTH/GUM problems, with women slightly more likely to report them than men

20% SEXUAL HEALTH problems; men are nearly 2x as likely to report them compared to women

5% EXISTING AMPUTATION issues, men were nearly twice as likely to report an amputation compared to women

Diabetic foot ulcers

- **23%** have experienced a foot ulcer
- Men are **almost twice as likely** to report having a foot ulcer
- At **32%**, the Hispanic population is more likely to report foot ulcers

QUALITY OF CARE

Those living with type 2 diabetes perceive accessing care as difficult and their treatment as inferior to others, leading to a mistrust of U.S. healthcare.

Access to high-quality healthcare is a nationwide problem, with not enough or overworked providers, inadequate distribution of care resources, or high costs prohibiting patients from getting the care they deserve and desperately need.

19%

of patients said they receive poorer healthcare than others in their state.

Why?

Affordability

60%

Racial Issues

36%

30%

say they can't access high-quality providers in their area.

MORE THAN 1 IN 4 report that they can't access as high-quality care as others.

MORE THAN 1 IN 3 Hispanics are more likely to report this.



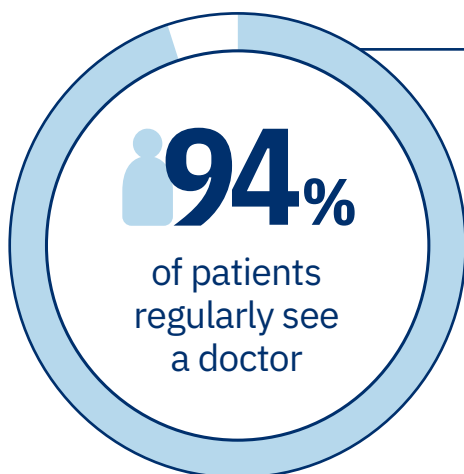
1 in 3 patients don't trust the U.S. healthcare system to provide them with the care they need.

Patients report that prevention isn't emphasized enough.

Only 24% of those with type 2 diabetes believe doctors/the healthcare system focus on prevention.

58% say the focus is on treating the chronic condition.

QUALITY OF CARE



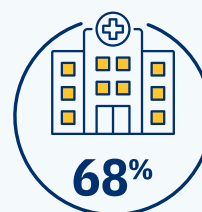
Who helps patients manage their diabetes?

72% see a primary care physician
17% see an endocrinologist/diabetes specialist
10% see both
1% see other

How do they engage with their provider?



Always virtually



Always in person



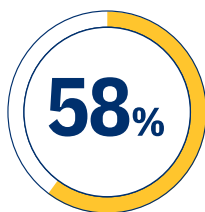
Hybrid



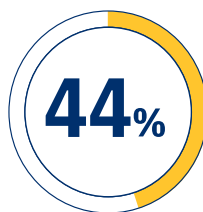
About 1 in 6 patients find that seeing their doctor is difficult.

Why?

Lack of
appointments/availability



High
costs



Lack of
transportation



Limited
provider options



Who should pay for diabetes care?

80% say insurers should provide or cover the cost to help them manage their diabetes, including devices and services.

Hispanics are almost twice as likely at 31% to indicate seeing a doctor for diabetes is difficult.

95%

of patients who are recommended health-tracking services or remote monitoring devices usually follow their doctor's advice.

Patients' reasons for non-adherence



Too expensive or not covered



Didn't want to use the service or device



Too difficult to use

56%

of all patients will use an insurance-provided service or device.

African Americans and Hispanics are more inclined to use an insurance-provided service or device.



40%

Medicare is the most-used insurance type by 40% of patients.

Other types of insurance used:

10.5%

Commercially insured (individual)

15.3%

Medicaid

26.5%

Commercially insured (employer)

4.3%

Uninsured

2.8%

Veterans Health Administration

RACIAL DISPARITIES

African Americans living with type 2 diabetes continue to face racial disparities; Hispanics living with type 2 diabetes face increased challenges.



31% of African American respondents experienced medical emergencies because of diabetes complications. Those who perceived their care as **“lower quality than other patients”** in their state were more likely to view race as a key factor.

However, Hispanic patients with type 2 diabetes reported more challenges than other groups, including:

- **40%** needed emergency care because of a diabetes complication, with 74% indicating it was life-threatening.
- **8%** of Hispanic respondents reported having an amputation, the highest rate among all respondents.
- **61%** more likely to worry about having an amputation in their lives.
- **31%** reported that they or a doctor was concerned about an amputation.
- **67%** reported managing their diabetes was creating mental health issues.
- **63%** reported financial strain from managing their condition.



KEY TAKEAWAYS:

Too many patients with advanced diabetes face cascading complications that can lead to diabetes-related amputations, compromised mental health, financial hardships, and even death. As shown by this survey, people of color living with advanced diabetes are disproportionately affected. They continue to struggle with inadequate quality care and preventive measures that could improve their lives.

Based on the data gathered from these patient respondents, it is imperative to:

- **Provide access to quality healthcare**
- **Emphasize prevention in clinical strategies**
- **Advocate for health equity**
- **Help patients avoid converting from prediabetes to diabetes by implementing early interventions, including having them see a specialist early**
- **Serve patients at community-based screenings and clinics that meet them where they are**
- **Follow American Diabetes Association (ADA) guidelines regarding eye, kidney, and foot health**

In 2022, Podimetrics collaborated with the ADA to launch a three-year initiative — the Amputation Prevention Alliance — to address the fact that racial and ethnic minority communities continue to suffer at disproportionately high rates and death because of amputation.

We hope and believe that we can improve how we empower and care for these patients, providing them with the accessible, quality care they deserve and need.

*To learn more about Podimetrics, visit **WWW.PODIMETRICS.COM**.*

METHODOLOGY:

The survey was conducted by PureSpectrum, an independent market research platform that gathers insights via online, nonprobability samples collected from panels in the PureSpectrum Marketplace. For more information on PureSpectrum's methodology, visit purespectrum.com.

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