

## There is significant evidence:

# Insulin Is NOT A Choice

#### Increased costs for insulin = decreased adherence.

- In 2018, 39% of insulin users experienced an increase in their insulin costs over the previous year.
  - o 27% of insulin users said cost impacted their insulin use.
  - o Of those whose use was impacted by cost, 26% regularly took less than prescribed.
- Between 2017 and 2018, 7% of adults with diabetes over age 65, and almost 18% of adults with diabetes under age 65 did not take their medication as prescribed due to cost. ii
- An increase in monthly cost-sharing of \$10 or more for people with diabetes is associated with a decrease in medication adherence by 18%. iii

### Increased medication adherence = decreased overall medical spending.

- People with diabetes who adhere to their medication regimen lower risk of hospitalization by 29%.iv
- Non-adherence to diabetes medications increases inpatient hospital costs by 41%.
- Medication adherence decreases diabetes medical spending by \$4,000 (on average) per year for a person with diabetes.<sup>vi</sup>

# Access to Affordable insulin = decreased costly complications.

- Intensive insulin therapy reduces hemoglobin A1c levels and is associated with a 76% reduced risk of developing retinopathy; and 64% reduced risk of diabetic neuropathy. vii, viii, ix
  - O Diabetic retinopathy is the most frequent cause of new cases of blindness among adults aged 20 74.
  - Diabetic neuropathy causes foot ulcers and amputation. People with diabetic foot ulcers have more hospitalizations, require more home health care and physician office visits than those without foot ulcers.xi Medicare beneficiaries with diabetic foot ulcers have \$11,710 higher health care costs and those with diabetic foot ulcers in private health plans have \$16,883 higher costs.xii
- Hispanic/Latinos, Asian/Pacific Islanders, African Americans, Native Americans and those with low socioeconomic status are significantly at higher risk of diabetes complications.
- Glycemic control delays progression of chronic kidney disease in people with diabetes. xiv
  - Chronic kidney disease is the leading cause of end-stage renal disease in the U.S. xv

 In 2017, Medicare spent over \$120 billion on chronic kidney disease and end-stage renal disease.xvi

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