



# Satisfaction and Perceived Impact of Inhaled Insulin among T1D Exchange Registry Users

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## Background

- Inhaled insulin has been available as a safe and effective insulin delivery option for people with type 1 diabetes (T1D) for nearly a decade<sup>1</sup>. Still, real-world utility and perceptions of inhaled insulin among current and past users is largely unknown<sup>2,3</sup>.
- Understanding the real-world experiences of inhaled insulin users is critical to inform development of non-injectable insulin therapies and provide those with T1D or latent-autoimmune diabetes in adulthood (LADA) greater options for diabetes management.
- Objective: To better understand real-world effectiveness, satisfaction, and perceptions of inhaled insulin on quality of life (QoL) and diabetes management among users.**

## Methods

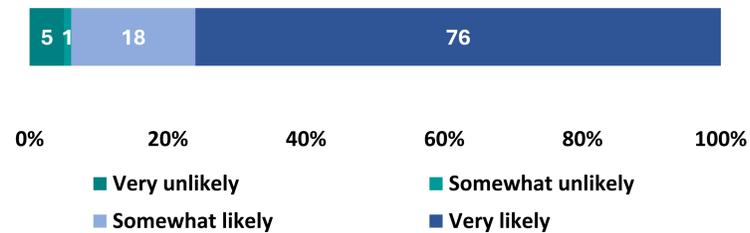
- Design:** A cross-sectional, non-interventional online survey
- Population:** 151 adults from the T1D Exchange Registry reporting current (n=89) or past use (n=62) of inhaled insulin.
- Analysis:** Summary statistics (frequency and percentages) were calculated and reported.

## Participant Characteristics

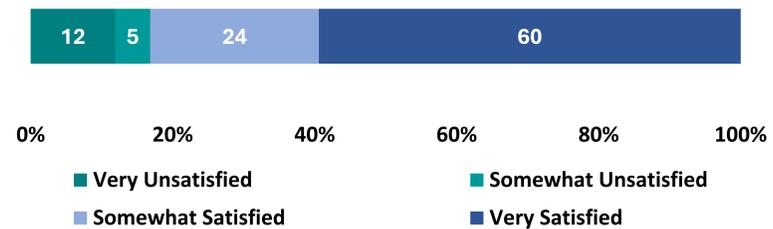
	Overall (N = 151)
Characteristics	M (SD) / Freq (%)
Age (years)	46.46 (15.07)
Transgender History-Yes	1 (0.7%)
Gender-Female	106 (70.2%)
Race-White	138 (91.4%)
Ethnicity-Hispanic	6 (4.0%)
Diabetes Type	
T1D	147 (97.4%)
LADA	4 (2.6%)
CGM Use	145 (96.0%)
Pump with Automated Insulin Delivery	94 (62.3%)
Most Recent HbA1c	6.46 (0.80)
Meeting ADA HbA1c Target < 7.0% NGSP	116 (76.8%)

## Results

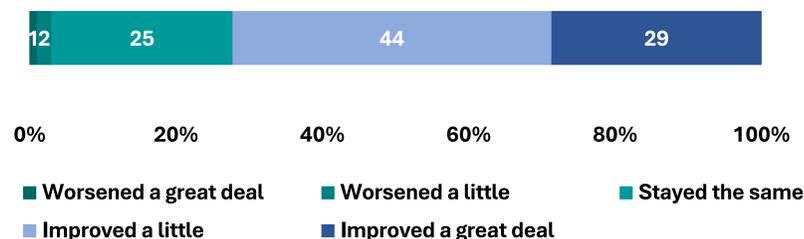
### Current Users' Continuation with Inhaled Insulin



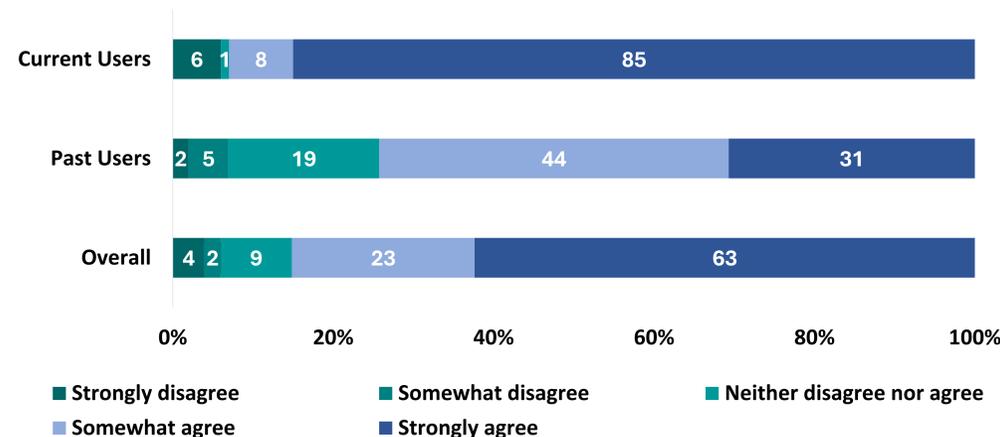
### Current Users' Satisfaction with Inhaled Insulin Overall



### Perceived Impact of Inhaled Insulin on General Quality of Life in Overall Sample



### Recommending Family/Friend to Discuss Inhaled Insulin with Provider



## Conclusions and Limitations

### Conclusions

- Despite barriers such as insurance coverage, cost, and prior authorization, overall satisfaction remained high—with 76% of current users “very likely” to continue use.
- A large portion of current users were “very satisfied” with inhaled insulin (60%).
- Users overall reported improved QoL during use (73%).
- Most current users (85%) and some past users (31%) strongly recommend discussing inhaled insulin with a provider, highlighting strong perceived value.

### Implications

- Despite access barriers, inhaled insulin positively impacted life with T1D—especially in current users.
- Findings suggest inhaled insulin to be a valuable management tool and a positive contributor to QoL.

### Limitations

- The sample demographics skewed toward non-Hispanic (96%) females (70%) with well-managed T1D (77%), high CGM use (96%), and high pump use (62%).

## Considerations

While financial barriers are reported by inhaled insulin users, greater education into cost reduction programs may help alleviate this. Medicare or a parent company savings card may reduce monthly OOP cost to \$35.<sup>4</sup>

## References and Acknowledgements

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