Employment and Material Hardship Among Nonelderly Adults with Long COVID in December 2022

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Urban Institute Well-Being and Basic Needs Survey

- Funded by the Robert Wood Johnson Foundation
- Nationally representative, internet-based survey of 7,881 adults ages 18 to 64 with and without household internet access
- Fielded in December 2022 in English and Spanish
- Respondents reporting a confirmed or suspected COVID-19 infection were asked:

  “Are you experiencing symptoms more than four weeks after having COVID-19 that are not explained by something else? This is often referred to as ‘long COVID.’

  Some examples of symptoms include tiredness or fatigue; difficulty thinking, concentrating, or remembering (sometimes referred to as ‘brain fog’); difficulty breathing or shortness of breath; joint or muscle pain; fast-beating or pounding heart (also known as heart palpitations); chest pain; dizziness on standing; menstrual changes; changes to taste or smell; or inability to exercise.”
Nearly 1 in 5 with COVID-19 Reported Long COVID

<table>
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<tr>
<th>Reported ever having COVID-19</th>
<th>58%</th>
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<tr>
<td>Told by doctor or other health professional they had COVID-19 or tested positive for COVID-19</td>
<td>46%</td>
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| Among adults who ever had COVID-19, reported current Long COVID symptoms lasting 4 weeks or more | 18% |
| Experience symptoms for 3 months or more | 13% |

Adults with Long COVID Were Disproportionately Female, Hispanic/Latinx, and Had Disabilities

1 in 10 Adults with Long COVID Stopped Working, and 1 in 4 Limited Other Activities to Continue Working

- Limited activities outside of work in order to keep working: 24%
- Stopped working and was not working at time of survey: 5%
- Changed employers to accommodate illness: 3%
- Requested a change at current employer, such as a reasonable accommodation: 2%
- Reduced work hours at current employer: 5%
- Stopped working and was working at time of survey: 5%

Employment Rates Differed by Long COVID Status

- **Adults with current long COVID**
  - Share employed: 65%
  - Share looking for work: 7%
  - Share not looking for work for health or disability reasons: 11%
  - Share not looking for work for other reasons: 18%

- **Adults who ever had COVID-19 but without current long COVID**
  - Share employed: 76%
  - Share looking for work: 4%
  - Share not looking for work for health or disability reasons: 5%
  - Share not looking for work for other reasons: 15%

- **Adults who did not report ever having COVID-19**
  - Share employed: 63%
  - Share looking for work: 5%
  - Share not looking for work for health or disability reasons: 10%
  - Share not looking for work for other reasons: 21%


*/**/*** Estimate differs significantly from estimate for adults with Long COVID at the 0.10/0.05/0.01 level, using two-tailed tests.
Over 4 in 10 Adults with Long COVID Reported Food Insecurity


"**/*** Estimate differs significantly from estimate for adults with Long COVID at the 0.10/0.05/0.01 level, using two-tailed tests."
1 in 5 Adults with Long COVID Had Problems Paying the Rent or Mortgage


**//*** Estimate differs significantly from estimate for adults with Long COVID at the 0.10/0.05/0.01 level, using two-tailed tests.
A Previous Urban Institute Survey Also Highlighted Health Care Access and Affordability Challenges


- Analysis of data from the Health Reform Monitoring Survey, June 2022
Conclusions

▪ Nearly 1 in 5 adults with COVID-19 reported long COVID symptoms in Dec. 2022

▪ Almost 4 in 10 adults with long COVID reported a disability

▪ Long COVID affected employment and work hours, and many limited other activities in order to keep working

▪ We observed stark disparities in material hardship among people with and without long COVID

▪ Many adults with long COVID have experienced challenges navigating the health care system and paying for care
Early Insights on Long COVID, Chronic Illness, and Economic Well-Being

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