

April 17, 2025

Subject: Support for the inclusion of rapid-acting insulin analogues in the 24th WHO Model List of Essential Medicines (Section A.18)

To whom it may concern,

My name is **Lucía Feito Allonca**, and I have been living with type 1 diabetes for more than thirty years. Alongside my personal experience, I work globally in advocacy, research, and health systems design, with a strong focus on equity and community-led approaches. I am writing to express my full support for including **rapid-acting insulin analogues—insulin lispro, insulin aspart, and insulin glulisine**—in the WHO Model List of Essential Medicines.

My support is rooted not only in the scientific literature but in decades of first-hand experience navigating life with diabetes across different health systems and stages of treatment evolution. The clinical arguments are strong, but equally compelling is what these insulins represent for those of us who must manage this condition every single day: greater predictability, fewer glycemic emergencies, and above all, **a better chance at living fully and safely**.

As someone who has lived through multiple treatment eras, I have personally experienced the difference between older insulin formulations and modern analogues. The difference is not subtle: it means the ability to work, study, eat, rest, and exercise with fewer constraints and less fear.

This kind of knowledge, built over years of lived experience, is a form of **expertise** that is not always captured in clinical trials or academic literature. Yet it is **real, valuable, and increasingly recognised** by WHO and other international bodies as essential in the design of health systems that are just and people-centred.

While you may not find this expertise in peer-reviewed papers, you will find it in **the many public comments submitted supporting this application**. These testimonies reflect the reality of those living with diabetes across geographies and economic settings. They offer consistent evidence of how rapid-acting insulin analogues improve daily life, metabolic safety, and the ability to engage meaningfully in society.


Including these insulins in the Model List would send a clear signal that **the voices of people living with diabetes matter**, that our expertise is valid, and that essential medicines must reflect not only evidence from trials, but also evidence from life.


Thank you for your attention and for your continued efforts to advance health equity.

Sincerely,

Lucía Feito Allonca

Global health advocate & lived experience expert

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