

Dear Members of the WHO Expert Committee,

As someone who has lived with type 1 diabetes for many years, I want to express my support for the inclusion of short-acting insulin analogues on the WHO Model List of Essential Medicines.

When I transitioned from regular human insulin to rapid-acting analogues, it made a noticeable difference in my daily life. I experienced fewer hypoglycemic events, had more flexibility around meals, and could respond more confidently to the needs of my body. That flexibility might sound small on paper, but for people like me, it means being able to eat, work, or sleep with less fear and more freedom.

These insulins are important for children, adolescents, and people with unpredictable routines or co-existing conditions. For us, they are not a luxury, they are a crucial part of managing diabetes in a way that protects both short- and long-term health, while also improving emotional well-being and reducing daily distress.

Including these analogues in the Essential Medicines List would recognize the lived experiences of people with diabetes and help bring equity to diabetes care globally. It would be a meaningful step toward ensuring that everyone, no matter where they live, has access to the tools they need to live safely and fully with this condition.

Thank you for considering the real-life impact behind this decision.

Warm regards,

Anum Anwar,
Diabetes Advocate,
Pakistan.