

To the Expert Committee at the World Health Organization regarding the application for **A.18 Insulin, analogue rapid-acting – diabetes mellitus**,

My name is Rwothomio Hadison and I am an expert in lived experience as a person living with type 1 diabetes and a T1International #insulin4all advocate in COUNTRY. I believe in a world where everyone who needs insulin, no matter where they live, has access to it. I am writing in support of the addition of rapid-acting insulin analogues to the WHO Model List of Essential Medicines for the treatment of children and adults with type 1 and type 2 diabetes mellitus and for gestational diabetes.

In Uganda, access to insulin is inconsistent, especially when it comes to short-acting or rapid-acting insulin. Public hospitals often run out of stock, and patients are left to buy insulin like Actrapid from private pharmacies, which many cannot afford. Instead, people are given long-acting insulin alone, which doesn't properly manage blood sugar throughout the day. This forces patients into a cycle of hyperglycemia during the day and severe hypoglycemia at night. For many, this unpredictability becomes dangerous and terrifying.

I remember going to the hospital for my insulin refill and check-up, only to be told that short-acting insulin was out of stock. I was prescribed Insulin Lente and advised to buy Actrapid to use alongside it but I simply couldn't afford both. So I used only the long-acting insulin. Each day, I'd inject the prescribed dose, but my blood sugar would remain high all day until late evening, when I'd crash into a severe hypoglycemic episode. This cycle made my life miserable. I tried adjusting my meals to fix the highs, but that only worsened the lows.

Eventually, the fear of hypoglycemia made me afraid to take my insulin at all. That decision led me into diabetic ketoacidosis (DKA) for a long time. I was scared for my life. No one should have to choose between dangerous highs and dangerous lows just because the right insulin isn't available.

Having access to the right types of insulin, especially rapid-acting analogues would make a huge difference. These insulins offer better blood sugar control and reduce the risk of severe highs and lows. If these analogues were added to the WHO Essential Medicines List, it would help governments prioritize them in procurement and make them more available to people like me. It could prevent hospitalizations, long-term complications, and even death.

I urge the World Health Organization to add rapid-acting insulin analogues to the Essential Medicines List. This change would help ensure that people living with diabetes have the tools they need to survive and to live with dignity and confidence.

Diabetes doesn't have to be a death sentence. With the right insulin, it is manageable. Please help make modern, life-saving insulin available to all because every life matters.

Sincerely,

Rwothomio Hadison
Person living with type 1 diabetes
T1International #insulin4all Advocate in Uganda