T1INTERNATIONAL
Advocating for people with type 1 diabetes around the world

Sent electronically to emlsecretariat@who.int on April 16.

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

This mission is personal to me because I live with type 1 diabetes and know firsthand how broken healthcare systems can be. When I moved to a new country, I quickly learned that my health insurance did not cover preexisting conditions. That meant no access to insulin prescriptions or supplies. I was not even thinking about choosing the insulin that worked best for me - I was struggling just to get any insulin at all.

I use an insulin pump, which means I rely solely on rapid-acting insulin. Without it, I would not survive. But this is not just about me. Rapid-acting insulin is essential for everyone living with type 1 diabetes - not a luxury, but a life-saving necessity.

I spent weeks trying to figure out how to get my medication. I called doctors, searched for loopholes, and constantly worried about what would happen if my insulin ran out. I felt invisible in a system that refused to acknowledge my basic needs. No one with diabetes should have to fight just to stay alive.

Governments must ensure that insulin is accessible and affordable for everyone, regardless of where they live or their insurance status.

For too long, access to insulin has been controlled by profit-driven pharmaceutical companies and restrictive healthcare policies. But we can push for change - now.

We urge the World Health Organization to add rapid-acting insulin analogues to the Essential Medicines List. These insulins are not optional - they are a lifeline. Including them on the list would be a major step toward ensuring that every person with type 1 diabetes has access to the treatment they need to survive. Access to insulin is a right, not a privilege.

Together, we can make insulin accessible for all!

Signed,

Arina Parkhomova

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#insulin4all Advocate