

Our Impact in 2023



T1International





T1International

Our Impact in 2023

A Note From Our Founder	03
Our Approach and Values	04
Our Work	05
Global Advocacy Network Highlights	06
USA Advocacy Network Highlights	07
Working Groups	08
Key Moments	09
Advocacy in Action: Ten Years of T1I #insulin4all	09
Lowering Insulin Prices in the USA	10
Supporting the struggle of Diabetes in Gaza	11
Expanding access to insulin pens: Honouring diabetes preferences	12
Our Year in Numbers	13
Our Team	14
Thanks to Funders and Partners	15
Our Finances	16
USA Finances	16
Global Finances	17

A Note From Our Founder



It's astonishing to acknowledge that 2023 marked a decade of T1International's impactful existence. T1International has been around for 10 years! We started off as a handful of people coming together to take action because we were outraged by the global insulin price crisis. And now, we have grown to a thousands-strong global movement continuing to celebrate wins towards access to insulin for all.

Together we have changed and improved countless lives — adding insulin to the Essential Medicines List, changing policy and practice in states and countries around the world, and pressuring Big Pharma to lower some insulin prices. I am so proud of all that we've achieved so far.

However, I continue to feel a huge sense of urgency about the work that's still to be done. Too many people around the world are continuing to ration their insulin and are burdened with exorbitant expenses, shelling out a disproportionate amount of their income for insulin and glucose testing supplies. Others find themselves ensnared in humanitarian crises and are denied essential aid, including insulin. This is an outrage, and the reality is: people are still dying every single day because of not being able to access insulin.

Just as we have reshaped the prevailing landscape already, we can do so much more together to combat these injustices. By working directly with local communities to ensure they have the education and tools they need to stand up for their rights — and by being an independent megaphone to amplify voices — I firmly believe that we will ensure that long-term access to insulin and diabetes supplies becomes a reality for all.

Elizabeth Pfiester

T1International is a non-profit led by people with and impacted by type 1 diabetes, for people with type 1 diabetes. We believe that where you are born should not determine whether you live or die from diabetes. However, 1 out of every 2 people in need of insulin cannot access or afford it. We bring experiences and voices of patients to the forefront of local and global health agendas to create sustainable, long-term change.

Our Vision

We believe in a world where everyone with type 1 diabetes — no matter where they live — has everything they need to survive and achieve their dreams.

Our Mission

We support local communities by giving them the tools they need to stand up for their rights so that access to insulin and diabetes supplies becomes a reality for all.

Our Values

The values of Patient-led, Independence, Transparency, Inclusivity, Boldness, and Hope serve to inspire us and hold us accountable alongside our action plans.



Photo • T1International Global Team members present about diabetes at the Salesforce offices in London.

How We Work

At T1International, we believe that we can win #insulin4all. We campaign for systemic, long-term change by supporting volunteers across the globe to build strong groups and take strategic action for insulin access and affordability. We support advocates worldwide with organising skills, trainings, setting goals, and making action plans that are tailored to the local political context, as well as connecting advocates with experts in our community.

We are building a cohesive network of connection for the #insulin4all movement through mentoring, advice, and peer-to-peer networks to learn from each other on campaign plans that win. We also take action on our common agenda as a collective and powerful force for change. This involves testifying, meeting with decision-makers, sharing data and information, and providing our lived experience expertise.

We are setting the global agenda on insulin access and affordability. Like those who advocated before us, we say “nothing about us without us”, as we work to centre the stories of those most impacted by the insulin price crisis in the media, in research, and in all advocacy related to our goals. At T1International, we are building power for patients, not Big Pharma. In all of our work, we seek to build a strong community for #insulin4all, building grassroots leadership by sharing tools, trainings, and support needed to win.



Photo • Sana Ajmal (Pakistan, Meethi Zindagi), Elizabeth Pfiester (UK, T1I), Lucy Johnbosco (Tanzania, DiCoCo), and Shaina Kasper (USA, T1I) stand together with the T1International toolkit at the ACCISS meeting in Amsterdam.

Global Advocacy Network

The Global Advocacy Network is made up of Global Advocates, Global Advocacy Chapters, and Global Advocacy Partners in more than 20 countries worldwide. Together, we advocate for the rights of people living with diabetes all around the world, including our Fight for Five Campaign.

- Global Advocates
- Global Chapters
- Global Advocacy Partners
- Project Partners

In India, Global Advocacy Partner **Diabetes Fighters Trust** initiated the #BeFreeWithT1D social media campaign, combating stigma. They also played a proactive role in securing ministry approval for a circular distributed to various education boards, enabling students to carry snacks, conduct blood sugar tests, and administer insulin during school exams.

In Panama, Global Advocacy Partner **DiabetesLATAM** signed an agreement with the health minister to ease the importation of donated insulin, glucagon, and other supplies.

In Sierra Leone, Global Advocacy Partner **Help Madina** produced a documentary on insulin access and affordability in that country.

The **MENA #insulin4all Chapter** ensured diabetes health education training for all primary healthcare professionals and free insulin analog pens in Palestine.

In Costa Rica, Global Advocate **Daniela Rojas** piloted face-to-face education programmes for patients.

In **New York, USA**, board member Melissa attended the UN High Level hearing on Universal Health Coverage.



USA Advocacy Network Highlights

The USA Advocacy Network is made up of Advocates, Chapters, and Advocacy Partners in all 50 states fighting for #insulin4all.



The documentary *Pay or Die* premiered at film festivals in **Texas, New York, and DC** before becoming widely available in theatres across the United States and on Paramount+. It features footage from T1International actions and follows advocates, including T1International Ambassador Nicole Smith-Holt and her family, as they fight for the passage of Alec's Law, which established the first insulin safety net program.

The state of **Maine** released their report on Public Production. T1International also published our Public Pharma State Policy Toolkit with Democracy Collaborative and Democracy Policy Network.

#insulin4all advocates met with the **California** Health Care Authority to guide the patient advisory council for CalRx and public production of insulin.

Kentucky, Kansas, Illinois, California, Utah and Arizona sued insulin manufacturers.

Seven states passed new copay cap policy. Highlights include: **West Virginia** set a copay cap for \$35 for all insulin prescriptions, and \$100 for all diabetes related supplies, including allowing for blood glucose testing supplies to be purchased without a prescription; and **Illinois** lowered their insulin copay cap from \$100 to \$35 and created a program to purchase insulin at a post-rebate state-negotiated price.

T1International's Tracy Ramey presented a proposal to **Indiana-based** Eli Lilly board and Shareholders (on behalf of Trinity Health and six other co-filers). The proposal asked Eli Lilly to adopt a policy which considers the impact on patient access to medicines like insulin when the company is deciding on extending patents.

In **Washington DC**, twenty-five #insulin4all advocates showcased messages, including "Access to insulin is a human right" and "Our blood is on your hands", and witnessed a USA Senate Hearing with the CEOs of the Big Three insulin manufacturers.

Photos • T1International and #insulin4all advocates at the United States Senate Committee Hearing about insulin.

Working Groups

At T1International, we believe that everyone with diabetes, no matter where they live, has everything they need to survive and achieve their dreams. That's why our Fight for Five campaign is advocating for a world where the cost of insulin and glucose testing supplies represents **no more than 5%** of a person's income in any given country.

In 2023, we launched the **Fight for Five Working Group** with members of our global community to lead on our efforts to this goal. The Fight for Five Working Group is:

- **Pushing the World Health Organization to set strong affordability metrics.**
- **Pressuring Big Pharma to make insulin more affordable, particularly in low- and middle-income countries.**
- **Pushing for policy change in our four focus countries of India, Pakistan, Panama, and Zimbabwe.**

The Fight for Five Working Group has gotten over 40 organisations and 200 individuals to sign on to the Fight for Five campaign, and almost 3,000 people taking action to pressure the Big Three insulin manufacturers to lower the price of insulin.



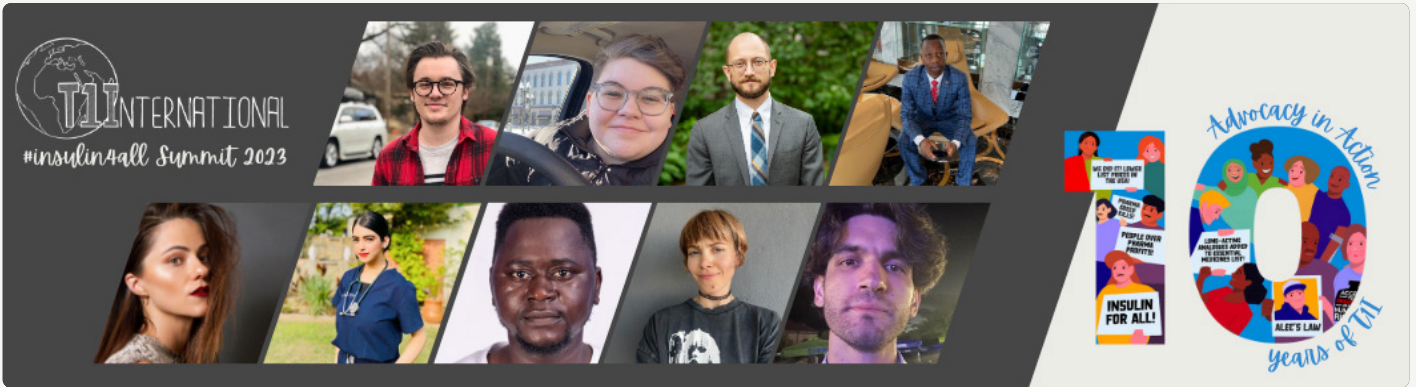
In the US, we run several Working Groups to achieve our goals.

- **Communities of Color Working Group** informs the direction of T1International's work to be led by advocates from historically racial and ethically excluded communities across the USA.
- **Families United for Affordable Insulin** is an advocacy and support group for those who have lost a loved one due to insulin rationing.
- **Federal Working Group** leads T1International's federal policy and strategic action.

This year, we also launched our **State Working Group** to support #insulin4all advocates to learn more on policies and strategize for how to best advocate for the passage of strong legislation across the USA. The working group heard from issue experts and other #insulin4all advocates, provided tools and trainings for State Chapters, and helped ensure our work is patient-led.

Image • Fight for Five graphic image.

Advocacy in Action: Ten Years of T1I #insulin4all



In September, we came together to celebrate T1International's tenth anniversary year with a day of learning, community, and action. Our fifth annual event featured powerful sessions co-created with and facilitated by members of our five working groups and our Advocacy Network. Staff, partners, and advocates came together from Austria, France, India, Italy, Pakistan, Panama, Russia, Sweden, the United Kingdom, the United States, and Zimbabwe to learn with and from each other.

Sessions addressed ways to build power across borders, the intersectional impacts of language on ourselves and our movement, the ways in which creative practices like art and film can strengthen and inform advocacy, and so much more. It was incredible to hear how T1International has touched the lives of so many people, and the impact the organisation has had on advocates' success around the world.

"I love the community of this event - I wish it could happen more than once a year! I also learned a lot about advocacy around the world, what people are doing, what people hope to do, and what might work in my area."
- **Summit Attendee**

"I am always blown away by just how much T1I is achieving with so many programmes and allies and volunteers all over the world."
- **T1International Trustee**

Image • T1International #insulin4all Summit Speakers promotional image.

Lowering Insulin Prices in the USA



T1International has been speaking out against pharmaceutical industry price-gouging and protesting outside of Eli Lilly and other insulin manufacturers for almost a decade. After years of advocacy, Eli Lilly, Novo Nordisk, and Sanofi all announced they would lower the prices of some of their insulins by the end of the year. The decision for more affordable insulin shows the power of grassroots advocacy and organising and the vital role that T1International has played in bringing about change. Specifically, the announcement from Eli Lilly to lower the list price of their authorised generic Lispro to \$25 demonstrates the momentum and power behind the #insulin4all movement.

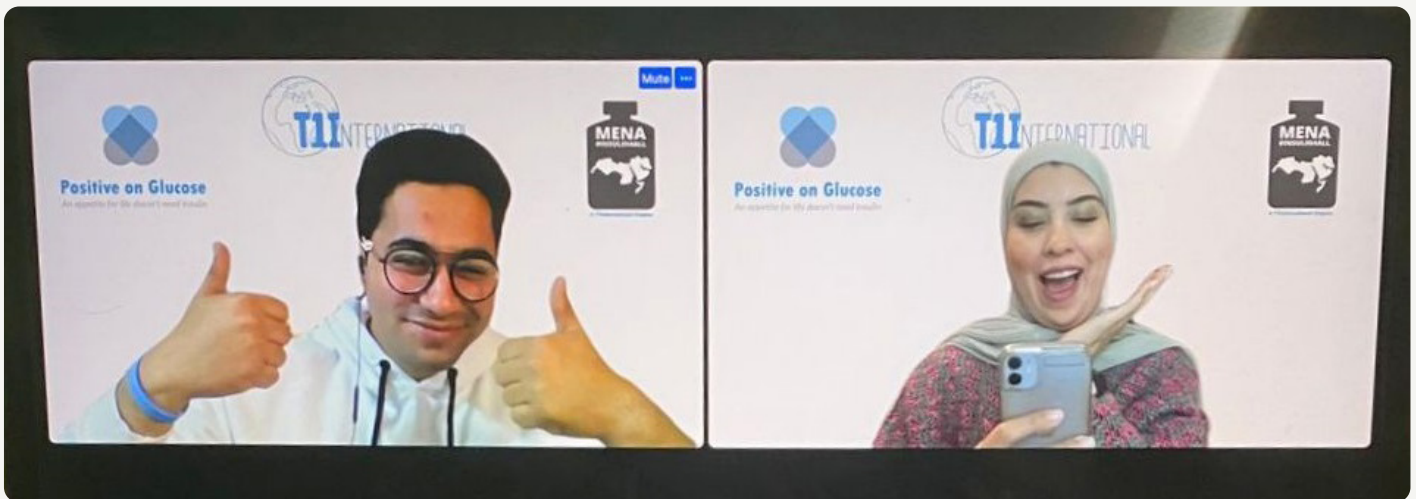
Several Senate Offices released a report in July with a letter from T1International sharing patient stories that insulin Lispro was not available for patients at the promised \$25 a vial price at pharmacies across the country.

There is still much work to be done, and T1International is dedicated to ensuring that commitments from companies are more than just public relations stunts, and that policy is passed to keep prices low. We celebrate the significant advocacy win, and know that T1International's voice is needed more than ever.

Check out our [Policy Playbook](#) that we published this year (thanks to support from West Health) for all of the reasons why insulin remains expensive and what to do about it!

Photo • T1International advocates march outside Eli Lilly in Indianapolis in 2022, calling for lower insulin prices. • Photo Credit Erin Lubin.

Supporting the struggle of Diabetes in Gaza



Mohammed Seyam is a medical doctor living with type 1 diabetes in Gaza. With T1International support, he started the MENA #insulin4all Chapter in 2021 with the goal of securing free insulin analogue pens. Through his advocacy, he was able to get them listed on Palestine's Essential Medicines List and provided free of charge to all Gaza residents living with diabetes. He and advocate Cyrine Farhat in Lebanon led the first online advocacy training, based on T1International's Advocacy Toolkit, in Arabic. Mohammed left for graduate school in London in mid-September planning to continue to facilitate the Chapter's efforts to watchdog this insulin access implementation from abroad, feeling proud of what he had accomplished.

Then in October, the already tenuous position of so many living with diabetes in Gaza became much worse. Mohammed's hospital and his entire family had to flee south due to bombing. Amidst all the chaos, death, and destruction, patients were running out of insulin.

Mohammed and Cyrine helped lead an international effort calling on the USA government and world leaders to take action and support people with diabetes in Gaza by calling for a humanitarian crossing and humanitarian corridor to move insulin, supplies and support into Gaza during this time of crisis. Thousands of people have taken action, and the advocacy continues.

Photo • Mohammed Sayem, T1International MENA #insulin4all Chapter Leader, and Cyrine Farhat, Global Advocate, lead a T1International advocacy training in Arabic.

Expanding access to insulin pens: Honouring diabetes preferences



We believe that everyone with diabetes should have everything they need to survive and achieve their dreams. This means having choice over the type of insulin and delivery method that works best for them. In 2021, we succeeded in ensuring Long-Acting Insulin Analogues were added to the World Health Organization's Essential Medicines List (EML). Our continued actions in 2023 helped lead to another EML win. T1International and MSF Access Campaign conducted a survey related to insulin pen preferences. That survey showed that 82% of patients with diabetes prefer using insulin pens over insulin vials and syringes. We shared feedback from our Global Advocacy Network with the World Health Organization to let them know that pens should be included on the Essential Medicines List for human insulin.

"I've used both, pens and vials...and pens are definitely better. Pens work better especially in climates like some of ours where refrigeration is essential for vials. I also experienced going to school with both vials and pens. The convenience of pens meant less worrying about dropping and breaking the pen (I broke at least 3 vials in high school). Vials are just a lot more work."

- Yemurai, Zimbabwe

And our advocacy worked! The WHO added disposable pens and reusable pens with cartridges for human and long-acting insulin to their Essential Medicines List. This decision paves the way for *short-acting* insulin analogues to be added to the WHO EML in 2025 in both vial and pen preparations.

Photo • Advocate Daniela Rojas in Costa Rica holds up her insulin pen.

Our Year In Numbers

Some patients are paying more than **80%** of their income in insulin and glucose testing supplies; we are advocating that the cost for everyone is **5%** or less.

T1International staff and advocates presented at the World Health Organisation Global Diabetes Compact Forum **2** times, pushing our campaign goals forward

44 organisations have signed onto the Fight for Five campaign

All **3** of the major insulin manufacturers — Eli Lilly, Novo Nordisk and Sanofi — announced they would be lowering the list price of **9** insulins **65-78%** 'by 2024'

3 patient leaders spoke at the United States Patent and Trademark Office public listening sessions and we submitted a letter with over **1,000** signatures

9 USA patient advocates voiced their support for Novolog and Fiasp insulin prices to be negotiated by the government at the Medicare Drug Price Negotiation Program Patient Listening Sessions

10 pieces of USA state legislation passed because of patient advocacy in the United States

Big Pharma has to pay **15%** minimum in taxes in the USA due to our advocacy

Our work was featured in media in **15** countries in over **30** publications

22 advocates across the United States surveyed their local pharmacies to find that the promised lower price insulin Lispro was mostly not available

T1International staff attended OPEN roundtable with **25** experts to focus on equity in diabetes technology

Over **65** supporters held fundraisers for T1International

69 countries were represented in T1International's 2022 Out-of-Pocket Expenses survey data; abstracts were presented at **2** diabetes conferences (ISPAD and IDF)

100+

meetings held with decision-makers worldwide

107

people took part in T1International's original global survey data about diabetes burnout

2053

people have been able to access insulin in Minnesota due to the passage of Alec's Law, the total value of insulin **\$9.31** million

5721

advocates took action on insulin pricing

Our Team

T1International is a registered charity in England and Wales and T1International USA is a registered 501(c)(3) organisation based in the United States. The two entities are distinct, but work together with the same mission and vision, bringing together local, national, and global efforts so that we collaborate as one movement for change.

We are often told that from the outside, T1International looks much bigger than it actually is. In 2023 we went from 12 full-time staff to 7. Despite the need to downsize after previously scaling up, we're proud that we have continued to grow our community. Our UK and USA teams are made up of extremely talented and dedicated people. You can read more about our current team and Board of Trustees on our website.



Photo • T1International team members stand together at an event in London. • Photo Credit The Funding Network.

Thanks to Funders and Partners

We're truly grateful for every supporter of T1International, no matter the amount. Our vital work costs money, and we will never accept funding from Big Pharma. That's why we need all the support we can get from dedicated people like you to sustain our independent advocacy. We have no intention of stopping our advocacy, despite numerous challenges. In this year of transition, we'll continue to be bold and show that our community is more powerful than ever.

Thank you to all of our Global G1vers, whose steadfast monthly support empowers our team in a sustainable, ongoing way.

Our Funders

Anonymous
 Arnold Ventures
 Gary and Mary West Health Policy Center
 Joffe Charitable Trust
 JustPax Fund
 McPike-Zima Foundation

At T1International, we believe that by working together we can make a bigger impact in the lives of people living with diabetes than if we were only working as individual organisations. Partners work together with T1International on projects or programs, and we act with mutual recognition and allyship on our collective goals.

Our Partners

Diabète et méchant (France)
 Diabetes Youth Care (Ghana)
 Diabet Centro (Guatemala)
 Diabetes Fighters Trust (India)
 Diabetes LATAM (Panama)
 Help Madina (Sierra Leone)
 Meethi Zindagi (Pakistan)
 The Democracy Collaborative (USA)
 Democracy Policy Network (USA)
 MSF Access Campaign
 National Health Law Program (NHELP) (USA)
 Science, Health, and Information Clinic (SHIC) (USA)
 Sonia Nabeta Foundation (SNF) (Uganda)

USA Finances

Our USA figures relate to funds raised, managed and spent through T1International USA, a tax-exempt organisation (EIN: 84-2544817) under section 501(c)(3) of the United States Internal Revenue Code.

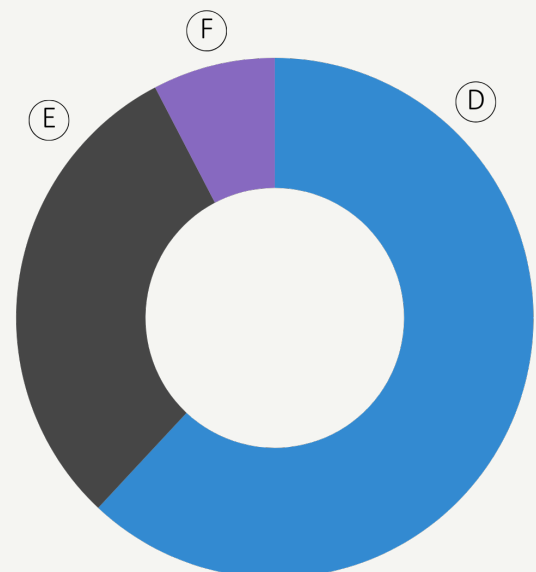
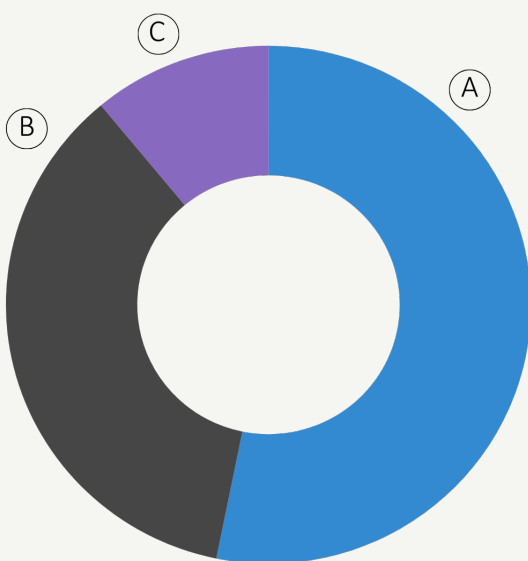
Over the past year, we have focused on diversifying our income streams, increasing our individual fundraising and refining our budgets to be as sustainable as possible. Although we spent more than we were able to raise in 2023, we did so knowing we would be able to roll over funds from previous years surpluses.

USA Income

A. Grants	\$192,500
B. Individuals	\$129,545
C. Corporates and Community	\$39,865
<hr/>	
	\$361,910

USA Expenditure

D. Direct Programme Costs	\$284,128
E. Core Staff Costs	\$139,325
F. Operational Costs	\$35,104
<hr/>	
	\$458,556



Global Finances

Our global figures relate to funds raised, managed and spent through T1International based in the UK, Charity Commission registration number 1168249.

Over the past year, we have focused on investing in our global community of advocates, diversifying our income streams, and refining our budgets to be as sustainable as possible.

Global Income

A. Grants	£191,300
B. Individuals	£7,807
C. Corporates and Community	£19,911
<hr/>	
	£219,018

Global Expenditure

D. Direct Programme Costs	£ 118,080
E. Core Staff Costs	£123,833
F. Operational Costs	£6,982
<hr/>	
	£205,215

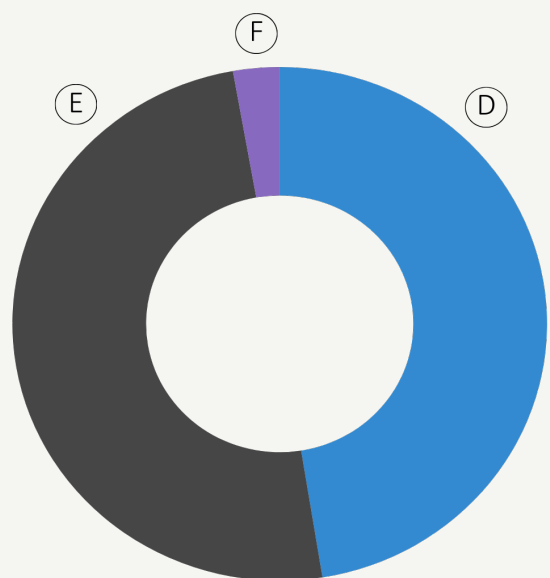
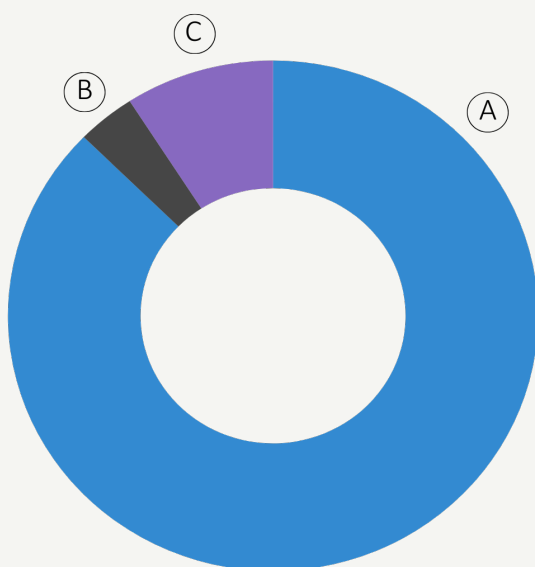




Photo • Founder & Executive Director, Elizabeth Pfister, holds a vial of insulin. • Photo Credit Erin Lubin.

If you have any questions or want to find out how you can get involved, please reach out to us at: contact@t1international.com.

To make a donation or become a sustaining Global G1ver today, visit: t1international.com/donate.

T1International is a registered charitable incorporated organisation (CIO) in England and Wales (1168249).

T1International is a tax-exempt organisation (EIN: 84-2544817) under section 501(c)(3) of the United States Internal Revenue Code.