

# The Type 1 Diabetes Access Charter

*Around the globe today, people with type 1 diabetes are dying because they cannot afford or get a hold of insulin, supplies, education and treatment.*

To survive and live a full life, everyone with type 1 diabetes has the right to the following:

## **1. The right to insulin**

Everyone should have enough affordable insulin and syringes.

## **2. The right to manage your blood sugar**

Everyone should be able to test their blood sugar levels regularly.

## **3. The right to diabetes education**

Everyone should be able to understand their condition, including adjusting insulin dosages and diet.

## **4. The right to healthcare**

Everyone should have hospital care in the case of emergencies and ongoing specialist care from a professional who understands type 1 diabetes.

## **5. The right to live a life free from discrimination**

No one should be subject to any form of discrimination or prejudice because they have type 1 diabetes.

## CHARTER BRIEFING

### 1. The right to insulin

This means lower prices, more availability, and enough insulin to keep your blood sugars as stable as possible.

### 2. The right to know your blood sugar

Everyone with type 1 diabetes should have, at the basic level, a glucometer, and blood glucose testing strips, a glucagon injection for emergencies, and urine ketone strips.

Everyone should have the ability to receive the glucagon injection during severe hypoglycaemia. They should be able to test for ketones which typically occur along with high blood sugars and can be extremely dangerous if not addressed. Adequate amounts of test strips should be made available and affordable. This means that people should be able to test their blood sugar *at least* four times per day.

### 3. The right to diabetes education

Access to diabetes education for everyone with type 1 diabetes is vital so that they can manage their condition. If a person with type 1 diabetes can access and afford their insulin and supplies, but they do not understand how to use these tools and medicines, they are still in danger. Understanding how insulin works, the things that affect blood sugar levels, and how best to manage high and low blood sugars is vital for the health of people with type 1 diabetes.

### 4. The right to healthcare

Everyone should receive quality care during diagnosis from professionals who understand type 1 diabetes. They should also have ongoing appointments and advice from a healthcare professional. If someone with type 1 finds themselves in an emergency situation, there should be care for them. If they suffer from complications, they should have the support and guidance of specialists to ensure they are treated properly.

### 5. The right to live a life free from discrimination

In many places people with type 1 diabetes are prevented from gaining employment. Women can be seen as unfit for marriage and unable to produce children. Everyone with type 1 diabetes has the right to work, marry, and not be judged or treated as inferior.

### Who can sign the Charter?

Both individuals and organizations alike can sign the charter.

### What will this Charter be used for?

This Charter will be used to bolster type 1 diabetes advocacy efforts worldwide. It will show the world that there are many voices united in support of these rights. It can be used to influence the actions of governments and organizations so that policies can be changed and the rights of people with type 1 diabetes can be prioritized.

### What do you mean by 'affordable'?

To us, affordable means that the cost of buying that item does not impact your ability to pay for other essentials like food, shelter or education. A health condition should not be a threat to your survival.

## TERMS

**Hypoglycaemia** is a deficiency of glucose in the bloodstream, otherwise known as a low blood sugar.

**Glucagon injection** is an emergency medicine used to treat severe hypoglycemia in patients with diabetes who have passed out or cannot take some form of sugar by mouth.

A **glucometer** (glucose meter) is a device for determining the approximate concentration of glucose in the blood.

**Ketone testing strips** check for the presence of ketones in urine. Without enough insulin, the cells in the body can't absorb glucose and go into starvation mode, breaking down fats for energy.

**Ketones** are a by-product of fat breakdown, and high levels of these in the blood can be toxic.