



T1International

Our Impact in 2022



Reflections from our work in 2022



T1International

Our Impact in 2022

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Thank You!

This past year was not an easy one for many of us. Our community saw ongoing impacts from the COVID-19 pandemic and faced ongoing struggles with their health and access to affordable care because of broken healthcare systems and corporate greed. Still, our community's actions led to much-needed change - as the following pages demonstrate.

T1International continued to support our advocates with tools to help them stand up for their health rights. Every day and every hour we work with and alongside our advocates, we feel energised by their strength and dedication. They are the backbone of our existence and of every success we have achieved. This report serves to highlight just some of the work which has been possible thanks to them, and thanks to the generosity and commitment of our partners, funders, and volunteers.

Despite many uphill battles, we remain absolutely committed to ensuring that insulin truly belongs to the world in our lifetime. Together we will achieve #insulin4all. Please reach out to us for a conversation anytime to learn more.

With hope and gratitude,

A handwritten signature in blue ink that reads "Liz".

Elizabeth Pfiester
Founder & Executive Director



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. As a non-profit organisation founded and led by people living with diabetes, we bring the 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.

To achieve our goals in 2022 and beyond, we focused our advocacy in three key areas:

Grassroots Advocacy

We educated and supported advocates worldwide, providing volunteers with in-depth training to equip them with the skills, knowledge and tools to affect change in their states and regions. Coupled with this training, we supported advocates to create tailored and specific actions plans, contextualised according to local need. By the end of 2022, we were working closely with advocates in more than 20 countries, and our advocacy resources had been downloaded thousands of times, used in more than 30 countries, and translated into 10 languages.



National Policy Change

Through our advocacy training, we supported individual leaders to bring about change within their own communities, states and countries. Many of them advocated as part of local networks and 'Chapters' of T1International. Through mentoring, advice, and peer-networks we supported groups to develop local advocacy goals and deliverables so they could apply pressure on governments to ensure diabetes remains a priority and key policies and targets are implemented.



A Global Agenda

Throughout 2022, we continued to advocate to make diabetes a priority within the global agenda. T1International's Global Advocacy Network worked with the World Health Organisation (WHO) and other high-level actors to represent patients and ensure their voices were at the forefront of access to medicines policy-making and guidance. Through submitting testimony at insulin price hearings, and sharing real stories and hard data, we campaigned for price transparency and policies to make insulin universally affordable. More patients with diabetes were represented at global forums than ever before.



Photos • Advocates participating in a direct action at the Utah State Capitol • T1International team and Chapter Members at an insulin affordability rally with Sen. Schumer • Materials and participants at the 2022 #insulin4all Retreat

The Global Advocacy Network (GAN) is made up of individuals, groups, and organisations advocating for the rights of people living with diabetes in more than 20 countries:

Global Advocates

Volunteers located outside the US wishing to learn advocacy skills and push for change related to insulin and diabetes treatment access in their country or region.

Global Chapters

Groups of individual volunteers working together under the banner of T1International, to learn advocacy skills and push for change related to insulin and diabetes treatment access in their country or region.

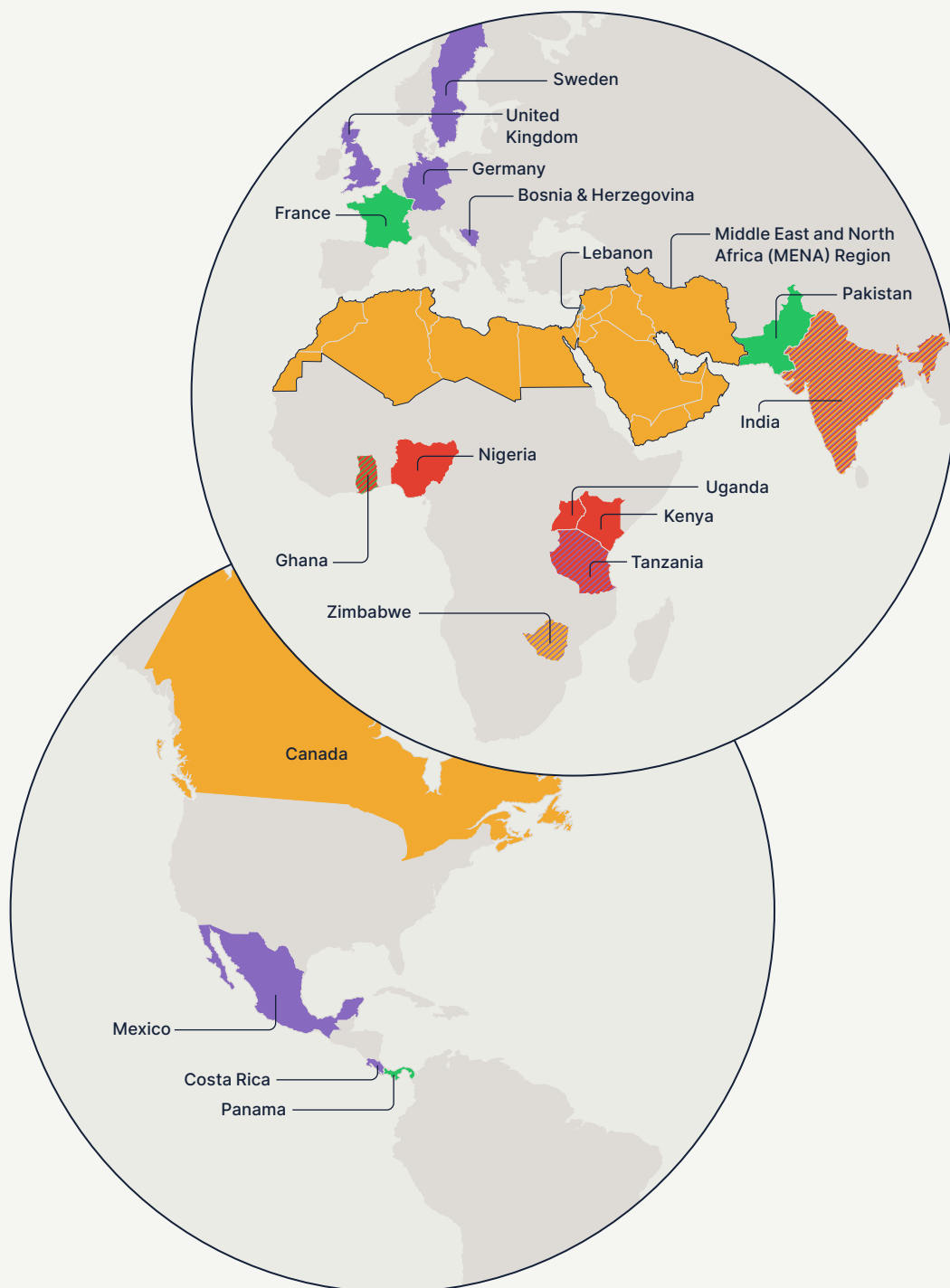
Global Advocacy Partners

Organisations that already have established structures, goals and missions but are part of the Global Advocacy Network. Partners gain advocacy support from T1International and exchange ideas and support with T1International in a mutually beneficial partnership.

2022 Global Advocacy Partners include: Diabète et méchant (France), Diabetes Fighters Trust (India), Diabetes LATAM (Panama), Meethi Zindagi (Pakistan), Diabetes Youth Care (Ghana), and Sonia Nabeta Foundation (Pamoja Project Partner)

Project Partners

Organisations we work with on very specific, focused and time-bound projects or programmes. For example, The Sonia Nabeta Foundation is a project partner for the Pamoja Advocacy Program.

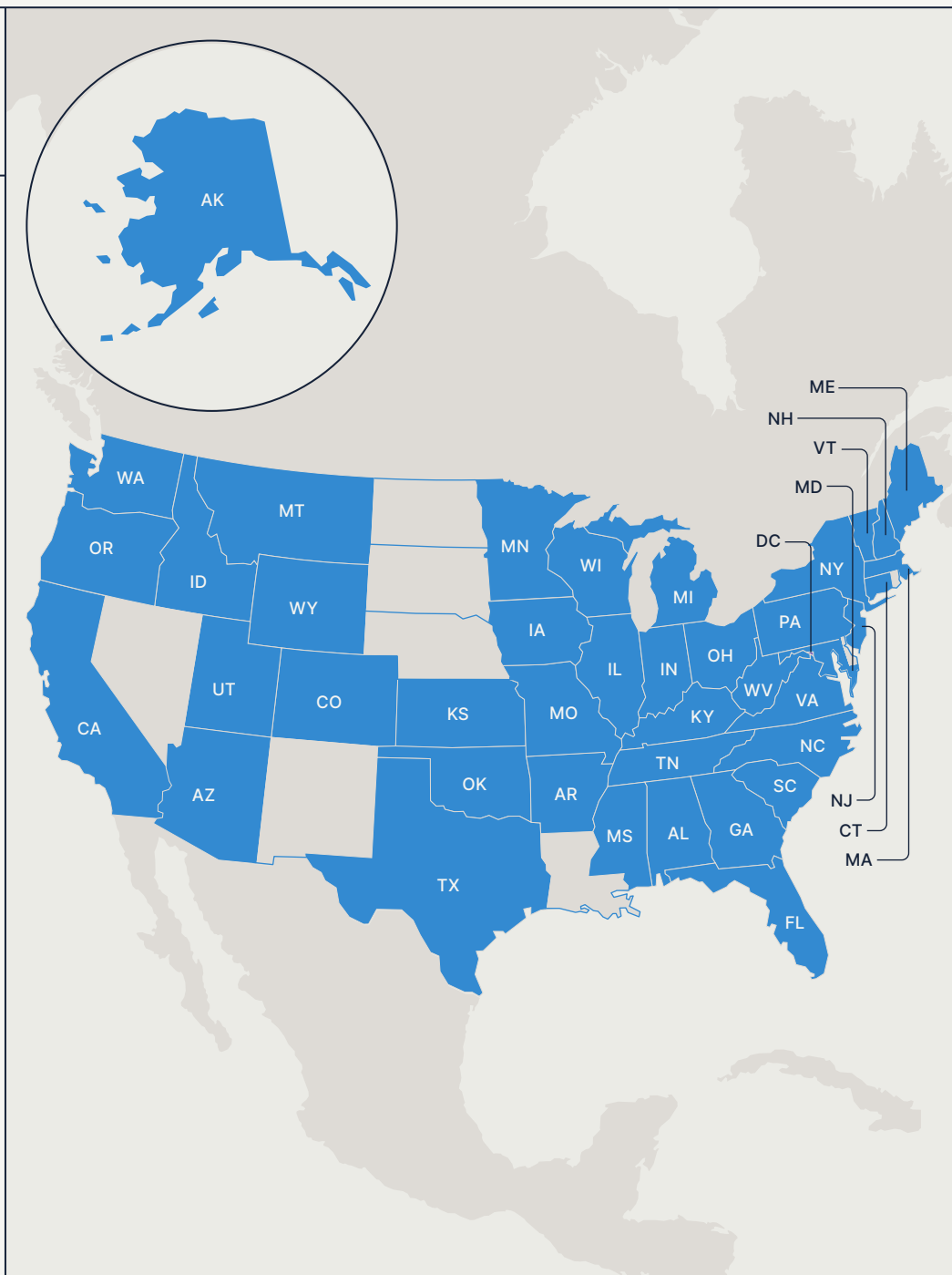


Taking Action: T1International Global Advocate⁷ Daniela Rojas (Costa Rica) and Alumna Apoorva Gomber (India) were elected to and served on the Technical Advisory Group of Experts on Diabetes (TAG-D)⁷ over the past year. Together with other diabetes health care experts, Daniela and Apoorva discussed key priorities and provided guidance to the World Health Organization (WHO) to meet the needs of the global diabetes community. They are showing that patients truly are experts and should be treated as such.

We now have 42 #insulin4all Chapters operating across the United States:

■
US Chapters

Alabama (AL)
Alaska (AK)
Arizona (AZ)
Arkansas (AR)
California (CA)
Colorado (CO)
Connecticut (CT)
DC Metro Area (DC)
Florida (FL)
Georgia (GA)
Idaho (ID)
Illinois (IL)
Indiana (IN)
Iowa (IA)
Kansas (KS)
Kentucky (KY)
Massachusetts (MA)
Maine (ME)
Maryland (MD)
Michigan (MI)
Minnesota (MN)
Mississippi (MS)
Missouri (MO)
Montana (MT)
New Jersey (NJ)
New Hampshire (NH)
New York (NY)
N. Carolina (NC)
Ohio (OH)
Oklahoma (OK)
Oregon (OR)
Pennsylvania (PA)
S. Carolina (SC)
Tennessee (TN)
Texas (TX)
Utah (UT)
Vermont (VT)
Virginia (VA)
Washington (WA)
W. Virginia (WV)
Wisconsin (WI)
Wyoming (WY)



Taking Action: On World Diabetes Day, our Utah and Washington Chapters took meaningful action to call for change. In Utah, leaders and advocates rallied at the capitol steps to make their voices heard in favour of adding insulin to the list of medications a pharmacist can prescribe. The Washington Chapter held their annual protest outside of Novo Nordisk's Seattle headquarters, calling for lower list prices for insulin.

T1International Working Groups:



We now have launched 3 working groups that have a national membership and are co-lead by stipended advocates. These working groups ensure our commitment to our work being led by patients and those impacted by diabetes. We are so grateful for the dedication and support from all of our members.

The Communities of Color Working Group (CoCWG) is a space where voices of advocates - from historically racial and ethnic excluded communities - can shape and inform the direction of the organisation's work. This year, the CoCWG welcomed Chelcie Rice as the Co-Leader, created a charter and one pagers, established a CoCWG Facebook Group to support the community, and created goals for 2023 to increase representation within the CoCWG and T1International.

Families United for Affordable Insulin (FUFAl) is an advocacy and support group for those who have lost a loved one due to insulin rationing. The group is facilitated by Nicole Smith-Holt, the T1International Ambassador, who lost her son Alec in 2017 to insulin rationing. The group originated the idea for last year's What We Lost Campaign⁷, hosted mental health spaces facilitated by Dr. Nagra of Diabetes Redefined⁷, and supported October's Direct Action in Indianapolis by bravely sharing their stories.

The Federal Working Group (FWG) leads T1I's federal policy strategy and action. As a patient-led organisation, this first year of T1I's federal prioritisation process decided on: insulin price caps, pharma taxes reform, and patent reform. The FWG Co-Leader (Kristen Whitney Daniels) and 12 other members lead the #insulin4all movement on endorsing and moving policy.

Photo • T1International team members and advocates gather for an #insulin4all rally including Tracy, member of the T1I Communities of Color Working Group

Just Some Key Moments Include:

Jan • Submitted comments to WHO to Strengthen and Monitor Diabetes Responses Within National Non-Communicable Disease Programmes • Global Advocates Dani and Apoorva participated in the WHO Technical Advisory Group of Experts **Feb** • Launched 6 Strategies for Ethical Patient Engagement • Held multilingual watch party for our Gift To Greed video in four languages • Advocates gathered at the Iowa statehouse to urge the Senate to pass copay cap and emergency insulin legislation **Mar** • Selected our Global Advocacy Priority • 3 Global Advocacy Network members participated in WHO Focus Groups for people living with diabetes • Supported Actor Noah Averbach-Katz on short film about type 1 **Apr** • Worked with Human Rights Watch on their Insulin Human Rights Crisis publication • Spoke at the WHO Fair Pricing Forum about patient-led advocacy • Featured on the Crooked Media podcast America Dissected • Completed 4 Pamoja skills building trainings for 22 advocates in Ghana, Kenya, Tanzania, Uganda, Nigeria and South Africa **May** • Launched the T1International's 2022 Out-of-Pocket Cost Survey • MA Chapter held a Rally outside of Eli Lilly in Cambridge, MA **June** • Published The Realities of Diabetes Burnout • Formalised and distributed our advocacy model • Launched principles for Ethical Collaboration **July** • NY and CT Chapters led a protest at Senator Schumer's NYC office to improve insulin access and delivered a petition signed by 2,000 #insulin4all advocates • Global Partner Mridula Khapil Bhargava selected for WomenLift Global Health Leadership journey **Aug** • Shared scoping review of people living with type 1 diabetes and HIV at the AIDS 2022 conference • Set US State Legislative priorities with our community • Featured on Crooked Media podcast Pod Save the People • Iowa Chapter Leader Janelle wrote a powerful piece published by CNN **Sept** • Delivered Health is Wealth Summit • Continued our partnership with Sonia Nabeta Foundation **Oct** • NY Chapter Leader Taylor spoke at Senator Schumer's press conference • Led a Direct Action and Team Retreat • Spoke at an action at Health and Human Services **Nov** • WA Chapter held a demonstration outside of Novo Nordisk • Utah Chapter held a rally at the state capitol • Launched the Fight For Five campaign **Dec** • Kansas and Illinois filed lawsuits against Big Pharma • Published the Public Pharmaceuticals State Policy Toolkit with partners Published Diabetes Burnout: A Common but Neglected Impact of Diabetes in IDF's Diabetes Voice

5

T1International advocates representing patients at the high-level

6

direct actions held across the United States

12

pieces of US state legislation passed through patient advocacy in the US

34

trainings offered to advocates around the world

56

meetings held with federal legislators focused on federal priorities

Selecting Our Global Advocacy Priority:



“

After gathering lots of input from advocates around the world, T1International volunteers all voted on a global advocacy priority to focus on over the coming years. We chose: a world where no one with diabetes has to spend more than 5% of their income on insulin and blood glucose testing supplies by the year 2025.

Later in the year, T1International launched the Fight For Five campaign⁷ to help raise awareness of our priority and build momentum for our fight to achieve the goal. The vote ushered in a new-found collective goal for many advocates from around the world. We vowed to work towards this in hopes of a better future.

Personally, my advocacy journey is built upon the gross disparity in access to Insulin and supplies in

my home country, Pakistan, where a considerable portion of the population still struggle to access Insulin and supplies due to either unavailability or unaffordability.

I especially appreciate T1International because it recognizes people around the world who have diabetes and are suffering because of country policies or high insulin prices. The global advocacy priority of the Fight for Five raises hope for many across the globe who are struggling, and I look forward to continuing to work with T1International to fight for equitable diabetes care.

”

-Komal Zahid, Global Advocacy Partner Representative (Meethi Zindagi) in Pakistan

Photo • Advocate and T1International global partner Komal working to ensure everyone in her country has access to affordable and reliable medical and diabetes care

Our Federal Work and the Inflation Reduction Act:



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After years of organising around #insulin4all at the federal level, the Inflation Reduction Act (IRA) was passed in August 2022. Though many celebrated this as a victory, T1International and its advocates didn't see the legislation as fulfilling our mission: that everyone has affordable and equitable access to insulin.

Early in 2022, T1International's Federal Working Group set a campaign priority goal of a federal price cap on insulin. A price cap will apply to everyone, regardless of insurance status, and will hold Big Pharma Accountable. The legislation being proposed by Congress was never a price cap - rather it was a copay cap. Insulin copay caps would cap the copay that people with insurance pay. This is a good first step, but it allows for Big Pharma to continue to raise the price of insulin, leading to higher insurance premiums for everyone. Most importantly, copay caps don't cover

people without insurance. Like one in four patients, I've gone without insurance.

Even though we didn't endorse the IRA, we did not give up on trying to make it better! When the bill was first introduced, it shockingly didn't include anything about insulin. We acted quickly and delivered thousands of signatures to Senator Schumer at a rally in front of his office in New York. This led to a \$35 copay per insulin prescription for Medicare beneficiaries in the final law.

We need T1International in order to win the fight for #insulin4all because the organisation is committed to ensuring we keep fighting to make sure no one is left out. The organisation's mere existence is a victory for people with diabetes.

”

-Kristen Whitney Daniels, Connecticut Chapter Leader and Federal Working Group Co-Leader

Photo • T1International advocates and NY Chapter Members gather for a photo after an #insulin4all rally held in New York City

The 2022 #insulin4all Global Summit:



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I came across T1International as I was looking for a not-for-profit way to help my community, and I immediately clicked with their mission and values.

One of the goals is to educate people and provide them with knowledge and tools to stand up for their rights, and what better way to do so than T1International's Summit? The purpose is to discuss issues, share what it is actually like to live with diabetes in our regions, and to expose what is being done and what is not.

The September Summit provided unity and strength, and we explored new solutions and strategies to move forward and achieve more goals. The T1International Summit always reaffirms and reassures me that advocacy is important, and personally gives me the extra motivation to create more changes in my country.

Being able to participate in the Spanish language session was an especially amazing opportunity because it shows that T1International prioritises ensuring that everyone with diabetes worldwide is represented and heard in their own voice.

As Latin Americans we can relate to many of the issues we face in our region. At the same time we can learn from each other and create a strong united community. T1International are leaders in building the world people with diabetes need. I feel surrounded and supported by an incredible patient-led organisation, and this makes me feel more confident to keep up the work.

”

-Marian Garcia de Alba, Global Advocate in Mexico

Photo • T1International advocate Marian, who is an active member of our Global Advocacy Network and the #insulin4all Summit

Our Direct Action outside of Eli Lilly:



“

In late October, #insulin4all activists from across the globe gathered in my hometown of Indianapolis ahead of World Diabetes Day to demand that Eli Lilly lower the list price of insulin. I joined other advocates to share stories of having to choose between bills and insulin (life!). We then marched powerfully together toward Eli Lilly's International Headquarters, chanting “C'mon C'mon join the fight, access to insulin is a human right!” and “Medicines for People Not for Profit!” and we delivered our petition.

After years of advocating primarily online, coming together for the direct action at Eli Lilly in October felt liberating and powerful. I also loved hearing people passing by shouting and honking in their support for our mission as they left work! I also loved to know that we were inclusive of our global community by having our action livestreamed⁷.

Eli Lilly responded the day of the action, releasing a generic and incorrect statement⁷ that downplayed their role in the crisis, and ignoring the fact that insulin is unaffordable to millions across the globe. However, in the fallout from a viral fake Eli Lilly tweet saying insulin would be available for free, Eli CEO David Ricks did admit culpability⁷, saying “It probably highlights that we have more work to do to bring down the cost of insulin for more people.”

We're going to continue to build power together and hold Eli Lilly and all insulin manufacturers accountable until they lower insulin prices.

”

-Sa'Ra Skipper, Advocate in Indianapolis, Indiana, USA

Photo • Sa'Ra Skipper stands in solidarity with numerous #insulin4all advocates outside of Eli Lilly headquarters ahead of a direct action in 2022

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 US team focuses on state and national level mobilisation and advocacy throughout the US, while the team in the UK focuses on global initiatives. The two entities are distinct, but work together with the same mission and vision, bringing together local and national efforts across the world 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 2022 we had about 12 full time staff throughout the year. We're proud to achieve more than many organisations twice our size. Our UK and US teams are extremely talented and dedicated people. You can read more about our current team and Board of Trustees on our [website](#).

Our Fundraising Promise:

T1International truly appreciates each of its supporters, aims to treat them with respect and values their contribution regardless of amount. T1International raises funds from a variety of sources but it is important to us and our community that in doing this, we maintain our independence and credibility and do not allow any external parties to impact T1International's integrity or our vision for how we work toward #insulin4all.

As long as we exist, T1I will remain committed to our decision to never accept funding from pharmaceutical companies and organisations linked either directly or indirectly with them. Our commitment is broader than this and we will continue to always be mindful of our funding streams to ensure we never take money from organisations or individuals that cause harm to our community.

Every financial decision we make, and every penny we spend, is focused on our mission and our work to support advocates around the world.



Arnold
Ventures



McPZ
FOUNDATION

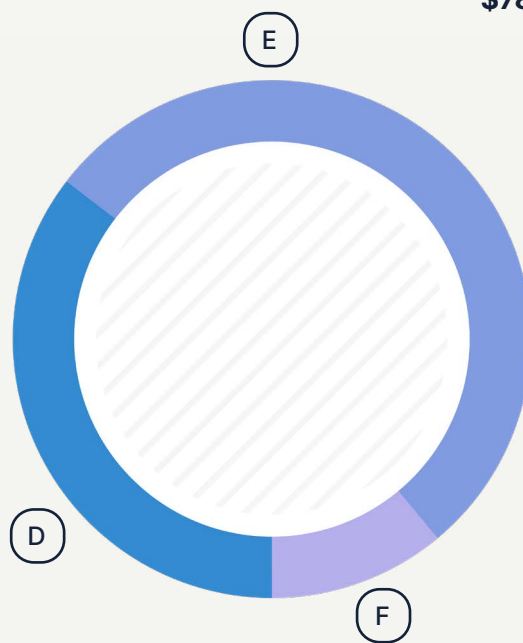
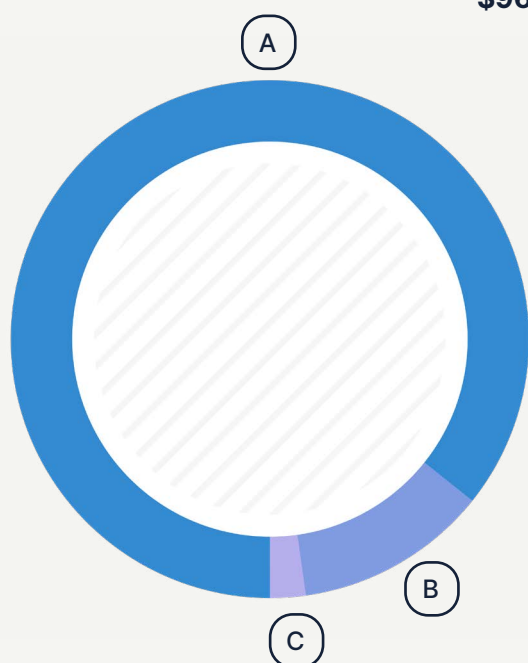
USA Finances:

Fundraising Highlight:

We want to thank our advocate Krissy Lopez and the crew that for the second year running produced diabeTEASE, a dance show which raised an amazing \$2,500. We look forward to many more advocate-run fundraisers in 2023.

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

US Income		US Expenditure	
A. Grants	\$826,700	D. Direct Programme Costs	\$279,377
B. Individuals	\$116,239	E. Core Staff Costs	\$421,965
C. Other	\$21,454	F. Operational Costs	\$87,152
	\$964,393		\$788,494



Direct Programme Costs: All costs associated with the delivery of our advocacy programme including staff, materials, events and consultancy.

Core Staff Costs: All internal staff costs that keep our organisation running and enable our programme team to do their work, including roles in operations, communications and fundraising/development.

Operational Costs: All other necessary costs such as travel, insurance, subscriptions and printing.

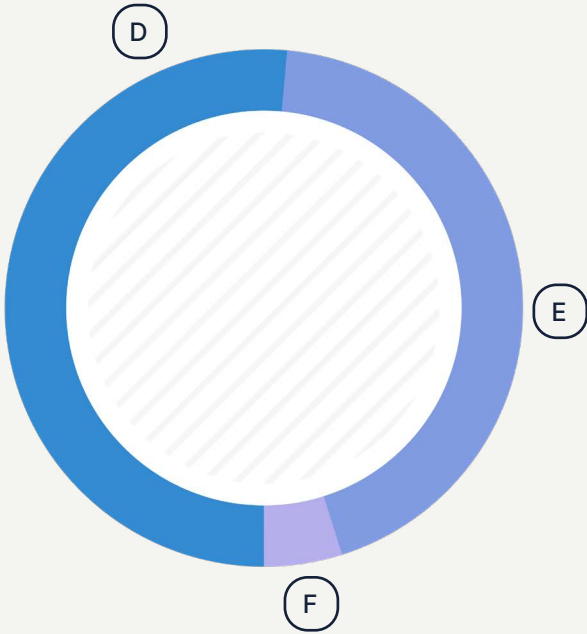
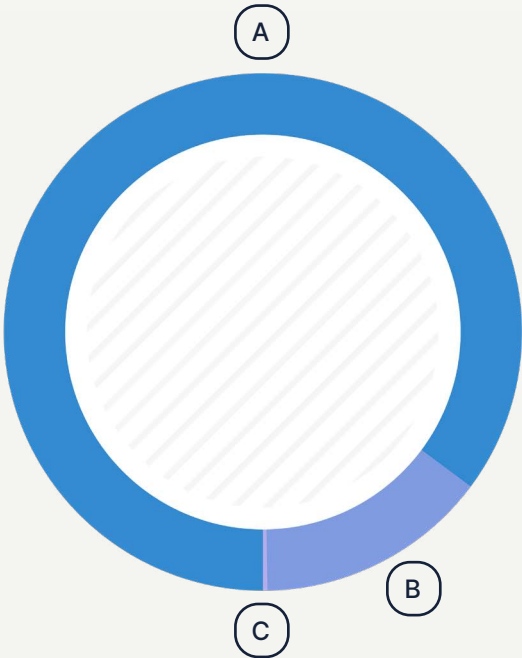
Note: Above represents pre-audit figures

Global Finances:

Fundraising Highlight:
Melanie Smith chose to undertake L'Etape Cyprus to support our fundraising this year. She completed an incredible 136km (3,000m) elevation and raised over £1,000. Her generous employer even matched her efforts, doubling the amount raised!

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

Global Income		Global Expenditure	
A. Grants	£264,440	D. Direct Programme Costs	£157,133
B. Individuals	£45,114	E. Core Staff Costs	£133,463
C. Other	£887	F. Operational Costs	£14,933
£310,441		£305,529	



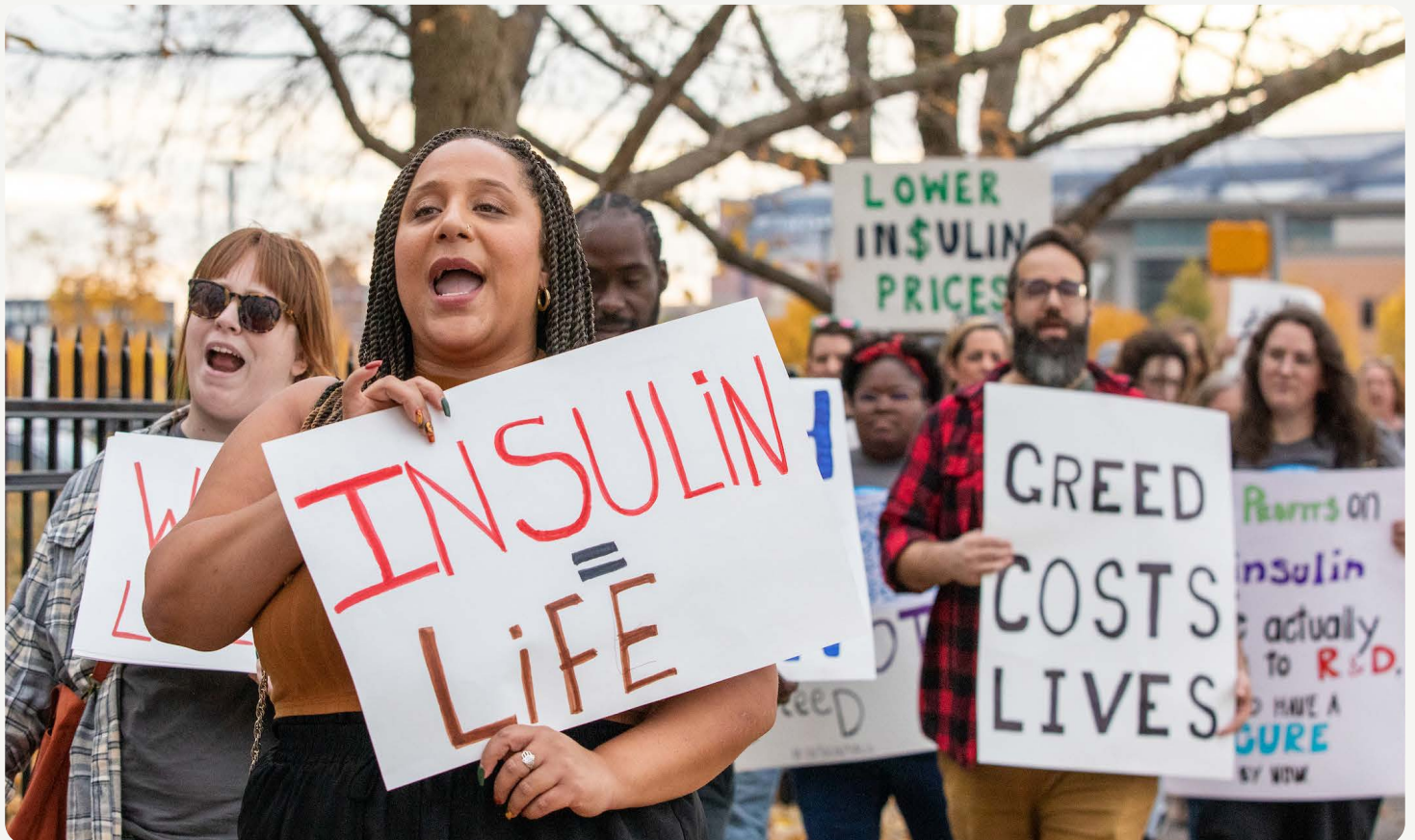
Note: Above represents pre-audit figures



T1International



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



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

T1International USA is a tax-exempt t1international.com organization (EIN: 84-2544817) under section 501(c)(3) of the United States Internal Revenue Code.