

2026 RESEARCH FELLOWS

for T1International's Out-of-Pocket Expenses and Rationing Survey



Amira
USA

Amira Gee, She/ her/hers, from New York, USA,
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Amira Gee is a Brooklyn, NY native and a PhD candidate in biomedical sciences at NYU School of Medicine. Her research focuses on autoimmune condition management, nutrition, and women's health, particularly preconception and maternal health among women with type 1 diabetes (T1D). Her work applies evidence-based research and implementation science to develop education and mHealth interventions that improve access to care, medications, and health information in New York City. Grounded in her research background in chemistry, public health, and population health and motivated by her lived experience with T1D, Amira is committed to translating research into patient-centered solutions and informing health policy. She previously served as a Peace Corps Volunteer in Ukraine in the education sector. In her personal time, Amira enjoys traveling, spending time

with family, serving in her local church, and trying low-carb recipes. Amira speaks novice Ukrainian.



Anna
Uzbekistan

Anna Alieva, she/her, from Tashkent, Uzbekistan,
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I am a member (volunteer) of the NGO named Endocrinological and Diabetes Association of Uzbekistan working with both PLD and healthcare workers. She is a board member for the Endocrine Connections, is the head of the Scientific Department of intensive Care and IT in Endocrinology and has been a WHO consultant for NCDs. Anna speaks English, Russian, and Uzbek.



Annete Opiyo, she/her from Nairobi, Kenya,
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Annete A. Opiyo is a human right and a global health advocate with extensive experience working across the development and humanitarian contexts. She currently works with the Médecins Sans Frontières in Kenya mission where she leads advocacy initiatives on the non-communicable diseases including diabetes. The advocacy focuses on strengthening the health systems, reduced out of pocket expenditure for diabetic patients and the accessibility and affordability of drugs. She holds a Bachelor of Laws degree from Kenyatta University, a Postgraduate Diploma from the Kenya School of Law and a Master of Laws in specialising on Human rights from the Centre for Human Rights, University of Pretoria. Similarly, she holds numerous certifications relating to access to quality health care. Annete is passionate about advancing equitable health financing, strengthening

governance structures within county health systems, and promoting youth empowerment through human rights-based programming.



Brittany McWilliams, She/her, from Ann Arbor, MI, USA,
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Brittany McWilliams is currently pursuing a PhD in history at the University of Michigan Ann Arbor. She is studying the history of insulin production and access around the globe with specific attention to Argentina and Brazil. She has had type 1 diabetes for over 13 years now and has worked with the #insulin4all movement in various capacities since 2020. In her free time, she loves to hang out with her husband, Sam, and her cat, Jenny. Her favorite snack for a blood sugar low has always been Smarties. Brittany speaks Spanish and beginner Portuguese.



Iqra Javaid ch, she from Lahore, Pakistan
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My name is Iqra and I live in Pakistan and have been diagnosed with T1D after going into DKA. It's been a hell of a journey so far and I have no idea but I am still learning. I am a cat mom. I have been actively involved with T1International through advocacy and community engagement, especially focusing on insulin access and inclusion of rapid-acting insulin in the WHO Essential Medicines List. I've also contributed to awareness campaigns amplifying lived experiences from Pakistan. I am so excited to get connected with everyone. Iqra speaks Urdu.



Jamie
USA

Jamie Hartmann-Boyce, she/her, from Amherst, MA, USA,
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I am an Assistant Professor in Health Policy and Management at UMass Amherst and hold a PhD in Primary Care Health Sciences from the University of Oxford. I've lived with type 1 diabetes since I was 10, and moved to the UK in 2006 (after graduating college) so that I didn't have to worry about insulin access. I moved back to the US in 2023, with my partner, two kids, a loving dog and an aloof cat. I am very comfortable with interpreting survey data, summarizing findings, and academic writing. I also have experience translating research insights into actionable recommendations through work with various policy making organizations, including but not limited to the WHO, the FDA (US) and NICE (UK).



Jenny
USA

Jennifer Perkins, she/they, from Tacoma, WA, USA,
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As a nurse, and as a person living with type 1 diabetes in Tacoma, Washington, I volunteer with Type1United, a local diabetes community group that runs diabetes camps and year round programming. Recently, I went back to graduate school to obtain my PhD in nursing school. I am a first-generation high school graduate so I have definitely struggled at times, but I believe that research can make a difference so I decided to go for it. My area of research interest is insulin use. However, my dissertation will use a completely different methodology (Foucauldian Discourse Analysis) so I am thrilled to work with you all on this research project to build my skills and get to meet with you. I look forward to being with you!



Juliana
Brazil

Juliana Lessa, she/her, from Rio de Janeiro, Brazil,
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I am an electrical engineer who lives in Rio, loves to write, travel and enjoy the days of Carnaval. Diagnosed with Type 1 Diabetes in 2009, I created a Blog (Insulina Portátil) to share my own experience as a person with diabetes. In 2018, published a book called The Insuline Rhyme. I advocate seeking for diabetes education as a way to move on, motivate and empower others to keep fighting for the right to have a full life. Juliana speaks Portuguese.



Karlynn Holland, she/her, from Brooklyn, NY, USA,

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Former chapter leader for NYinsulin4all chapter. I served in the UN General Assembly as a representative of T1International. I interviewed Lar Jorgensen, CEO of NovoNordisk and published a blog post on T1International website. I graduated with my Master's in Public Health in Biostatistics from the SUNY Downstate Medical University. My original research has been published and presented at conferences sponsored by the National Cancer Institute (NIH, poster presentation) and Association of Veteran Affairs Surgeons (AVAS, abstract and conference presentation at annual meeting). JAMA Surgery recently accepted a research letter on which I am first author.



Katarina Braune, she/her, from Potsdam, Germany,

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Global Diabetes Advocate; Advisor. I have extensive experience leading and contributing to international research projects focused on access to diabetes care, digital health, and real-world data. I regularly design and interpret survey-based studies, analyze quantitative and qualitative data, and translate findings into actionable recommendations for clinical practice and policy. I am a frequent lead and senior author of peer-reviewed publications, and I enjoy collaborative writing processes that center lived experience and stakeholder relevance.

Katarina has been on the Out-of-Pocket Expenses and Rationing Survey authorship team in 2024 and 2022 and 2020.



Laura Nally, she/her, from New Haven, CT, USA,

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I am a clinician scientist (physician whose role is primarily research focused) at Yale School of Medicine and have extensive experience in clinical research related to type 1 diabetes. I have experience with quantitative and qualitative data analysis.



Pilar
Panama

Pilar Gomez, she, from Panama,

pgomez@diabeteslatam.org

Pilar is a British-Colombian who directs DiabetesLATAM in Panamá, Central America since January 2020. We educate and support children and teens with T1D and their families. We also advocate for T1's 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. My mum, brother, cousin, and daughter have type 1 diabetes. Other relatives in my family have type 2 and LADA. Diabetes is part of my family history. Pilar has been on the Out-of-Pocket Expenses and Rationing Survey authorship team in 2024 and 2022. Pilar speaks Spanish.



Sobia
Pakistan

Sobia Aziz Siddiqui, She/Her, from Pakistan,

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Sobia Aziz Siddiqui is a diabetes advocate from Pakistan, living with type 1 diabetes since 2011. She has been actively involved in diabetes awareness, education, and community support since 2018. Sobia is passionate about improving access to diabetes care and making diabetes technologies more affordable and accessible for people in low-resource settings. Sobia speaks Urdu.

Co-facilitated by:



Chris
USA

Chris Toavs, she/her, from Montana, USA,

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Chris is T1International's Global Advocacy Manager. Her twelve years of living with diabetes has manifested into her passion and pursuit of policy change to lower insulin prices and open accessibility for all. Chris completed her Master's degree at the London School of Economics and Political Science in International Health Policy. She is pursuing her PhD in sustainable engineering at Cambridge University. She has lived in Seoul, South Korea and currently lives in Cambridge, UK. She was on the authorship team for the 2024 Out-of-Pocket Expenses and Rationing Survey.



Shaina Kasper, she/her from Vermont, USA,

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Shaina is T1international's Executive Director. She has lived with diabetes for thirteen years and has been on the team at T1International in policy work since 2021. Shaina has a BA in Environmental Studies and Political Science from Macalester College. She led and organized the authorship team for the 2024 Out-of-Pocket Expenses and Rationing Survey.