Testimony by

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"A Future Without Type 1 Diabetes: Accelerating Breakthroughs and Creating Hope"

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Good morning, Chairwoman Collins, Senator Shaheen, Ranking Member Murray, and Members of the Committee. Thank you for the opportunity to share my story.

When I was diagnosed with T1D at age 11, my very first question to my doctor wasn't "Why me?"—it was, Can I still climb?

Climbing has always been my passion. And I decided right away that T1D was not going to stop me from achieving my goals.

That mindset has helped shape everything I've done since then. From earning a spot on the youth and Elite U.S. climbing teams, to becoming the youngest champion in *A*merican Ninja Warrior*'s* Women's Championship. I've learned how to compete at the highest level, while managing my diabetes around the clock.

But T1D is relentless and carries an enormous toll on my body and my mental health. It isn't something I can pause or ignore. It's often the simplest things, that aren't visible to the outside world, that are most difficult.

Sleep is a constant struggle. I consistently wake up to alarms or unexpected highs and lows. And when you're not sleeping well, you're not recovering well, and that directly affects my ability to train, perform, and stay healthy.

I've competed in China, Europe, and all over the world, and every time I go, I have to figure out how to manage my blood sugars with unfamiliar food, different time zones, and new schedules. I've had to carry my own food across continents.

And as a female athlete, hormone cycles throw in another unpredictable layer. There are weeks when everything I've figured out no longer works, and I have to readjust all over again.

People see me win a national title or run up the wall on TV, but they don't see the 100+ decisions I make every day. They don't see me stopping in the middle of training to treat a low, or the days I feel completely wiped out from a night of bad blood sugars. They don't see the toll it takes, because a lot of us with T1D carry it well. We have to.

These challenges are very real, but I am still inspired by the progress that has been made and hopeful about the potential cures to come.

Today, I wear a continuous glucose monitor on my arm. It gives me a blood sugar reading every five minutes and lets me see trends in real time on my phone. That technology means I don't have to stop climbing or competing just to poke my finger. I also use an insulin pump to stay in range during training, competitions, and even during overnight filming for American Ninja Warrior.

The development of this technology did not happen by accident. It is a direct result of policymakers like you, who have funded the Special Diabetes Program. In fact, a new study finds that the SDP has led to at least $50 billion in federal healthcare savings- that's more than a 10- fold return on your Invesment. That’s why I’m here to strongly urge Congress to renew the SDP. The program funds the science that makes T1D more manageable, and it brings us closer to cures.

For millions of Americans with type 1 diabetes, the SDP means hope. It means the development of cell therapies that can replace insulin-producing beta cells. It means disease-modifying therapies aimed at preventing, slowing, halting, or even reversing T1D progression.

This week at Breakthrough T1D’s Children’s Congress, I’ve had the opportunity to meet so many young people, like Rachel and Ruby, who are also leading amazing lives because of research breakthroughs. We all imagine what our lives will be like when we have cures. I know we’ll get there thanks to you. Thank you again for hearing my story, and for being our champions.