

Testimony by

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Breakthrough T1D 2025 Children's Congress Delegate

From North Hampton, New Hampshire

At the Hearing entitled:

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

Wednesday, July 9, 2025, at 10:00 a.m.

Before the

United States Senate

Committee on Appropriations

Dirksen Senate Office Building, Room 106

Washington, D.C.

Good morning, Chairwoman Collins, Senator Shaheen, Ranking Member Murray, and Members of the Committee,

Thank you so much for giving me the opportunity to be here today. My name is Rachel White, and I'm a high school student, a nationally ranked junior tennis player, and I live with type 1 diabetes.

My diagnosis came just before I turned 12. My mom noticed something wasn't right—I was eating and drinking water nonstop, but I was losing weight. I had just grown an inch, but I had also lost five pounds. I started waking up in the middle of the night to use the bathroom, which had never happened before.

At the doctor's office, no one was immediately alarmed, but my mom insisted on bloodwork and that's when everything changed.

PAUSE

My blood sugar was over 600. My A1C was over 14. I had type 1 diabetes—and my life as I knew it was suddenly and completely different.

At 11 years old, I had to learn how to manage a disease that has no cure and never takes a day off. That was the scary part!

A typical day for me now starts at 6:30 a.m. I eat the same breakfast almost every day because it helps keep my blood sugar stable. I do the same for lunch and snacks, even though it gets boring, because steady blood sugars help me get through my intense school and tennis schedule.

PAUSE

I train for tennis anywhere from one to three hours a day. It's a true passion of mine. My goal is to eventually play tennis at an elite college. But tennis with T1D is a real challenge.

I carry juice with me at all times, because I tend to have low blood sugars when playing. I check my blood sugar on changeovers—not to get an advantage over the opponent, but to check if I'm safe. Having low blood sugars can make me feel dizzy, unfocused, and there is a risk of passing out.

While most players think about winning the next point, I have to think: *Am I crashing? Do I need juice? Did I take too much insulin?*

Adding this extra challenge to an already mentally demanding sport is difficult at times, very frustrating. However I chose to move forward.

PAUSE

Every single day, I am making complex, high-stakes decisions—while trying to live the life of a normal teen. That’s why I’m here today—to ask you to please keep supporting the work that makes life with T1D a little more livable, and one day, curable.

Thank you for extending the Special Diabetes Program through September. The research the SDP funds is the reason we have better devices, smarter insulin pumps, and more hope than ever. I hope you will extend the program for years to come so it can continue to deliver treatments and cures that will improve the lives of millions of Americans, like my own. My family and I truly believe that with your support and improvements in technology, a cure for this disease in the near future, is very much a possibility.

PAUSE

I’m grateful for the tools I have now, I recognize that I am very fortunate that my family has been able to support me in this journey, but I dream of a future where I don’t have to carry juice in my tennis bag, explain to a chair umpire that I have T1D, check my blood sugar in the middle of a math test, or wonder what will happen if my insulin doesn’t arrive on time.

Thank you Senators for taking the time to listen to my story, and for supporting all of us living with type 1 diabetes. Speaking in front of you today has been an honor, and something that I will remember for the rest of my life.