

My name is Nina Kritzberger and I am the daughter of Angela and Peter Kritzberger. I am 16 years old, and I go to school at Hillsboro High School. I was diagnosed with Type One diabetes in 2016 at the age of 7.

I was a little kid playing tee ball one summer but one day something changed. We went to our local clinic to see what was going on. I was drinking a lot of water and going to the bathroom frequently. I had lost over 20 pounds. I was eating and my diet had not changed but I was slowly losing energy and felt tired all the time. It took a few trips to the doctor to find out what was wrong. I was terrified when they said I had Type One diabetes because as a 7-year-old I had never heard of it and didn't know what it was.

I slowly learned about the new disease that I had just gotten diagnosed with and I learned how to give myself my own shot after 2 days. I had to prick my finger to test every time I ate and many other times to see if my blood sugar was in range. I had to take shots every night before I went to bed and every time I ate food. Type 1 Diabetes can be partly genetic and it could also not be.

On the average day I use 65 units of insulin a day. I am a very active 16-year-old and I enjoy participating in my school's extracurriculars and sports. One day I'm hoping to explore the world and learn about the cultures of other places and meet great people. I truly want to make a difference and I want my story to be known.

When I first learned the outrageous price of insulin I was furious. As a 6th grader I was so upset I was determined to spread awareness about this disease and all of the little secrets that lie between the lines. I call insulin liquid gold because it truly is because of how highly priced it is you might as well call it that. I have had diabetes now for almost 9 years and I've learned a lot about the disease and the things that connect with this disease. One of those connections to my disease is this insulin bill.

On January 23, 1923 Banting, Collip and Best patented insulin and sold it for one dollar. They believed that insulin should be accessible to anyone that needed it to survive diabetes. Approximately 54,000 people in North Dakota live with some sort of diabetes. I am asking you why people have to pay such outrageous prices for something that helps them live. It's like saying that I'm going to make you pay for oxygen, because I want to take advantage of the people that breathe it and make them pay for something that is necessary for something that all of us need to survive.

I don't want to remember this bill because I lost a friend to it or a family member. I want to remember this bill so that I can know that my fellow North Dakotans like me are going to be safe and not have to ration their insulin just so that they can live and provide for their family. I fear the day that I age out of my parent's health insurance at the age of 26. I dream of

teaching kids in my future, but will I have one if I can't afford insulin? I will continue to keep fighting and spreading awareness about the disease - if I don't fight who will?

As a 16-year-old living with type one diabetes, there is one thing in the back of my mind that I think about every day. If this bill doesn't pass, I might not be here in the future and maybe I'll just become one of the many that have died because they couldn't afford the high prices of insulin. My future depends on this bill.

Thank you for your time.

Nina Kritzberger

Hillsboro, ND

Type One Diabetic