Bio

Dr. Ananta Addala is a pediatric endocrinologist and physician scientist addressing disparities in pediatric type 1 diabetes management and outcomes. As a physician with a background in pediatric endocrinology, epidemiology, and behavioral health, she aims to build an evidence-based approach to addressing T1D disparities by systematically evaluating youth-, family-, provider-, and system-level barriers to optimal diabetes care in youth from low socioeconomic and racial/ethnic minority groups.

To date, her publications have demonstrated that the disparities in pediatric T1D by socioeconomic status are worsening in the US, provider bias against public insurance is common, and public insurance mediated interruptions to diabetes technology adversely impact glycemic outcomes. She has also been leading the efforts to improve justice, equity, diversity, and inclusion in research at Stanford University through her leadership at Stanford Pediatrics Advancing Anti-Racism Coalition and as the co-chair of TrialNet's Underrepresented Minorities Outreach Committee.

CLINICAL FOCUS

- Pediatric Endocrinology

ACADEMIC APPOINTMENTS

- Instructor, Pediatrics - Endocrinology and Diabetes
- Member, Maternal & Child Health Research Institute (MCHRI)

PROFESSIONAL EDUCATION

- Board Certification: Pediatric Endocrinology, American Board of Pediatrics (2021)
- Fellowship: Stanford University Pediatric Endocrinology Fellowship (2020) CA
- Residency: LACplusUSC Pediatric Residency (2017) CA
- Board Certification: Pediatrics, American Board of Pediatrics (2016)
- Medical Education: University of New England College of Osteopathic Medicine (2013) ME
LINKS

• Twitter: https://twitter.com/DrAAddala

Research & Scholarship

CLINICAL TRIALS

• BEAD-T1D: Building the Evidence to Address Disparities in Type 1 Diabetes, Not Recruiting

Publications

PUBLICATIONS

• Implicit Racial-Ethnic and Insurance Mediated Bias to Recommending Diabetes Technology: Insights from T1D Exchange Multi-Center Pediatric and Adult Diabetes Provider Cohort. *Diabetes technology & therapeutics*
  2022

• Provider Implicit Bias Impacts Pediatric Type 1 Diabetes Technology Recommendations in the United States: Findings from The Gatekeeper Study. *Journal of diabetes science and technology*
  Addala, A., Hanes, S., Naranjo, D., Maahs, D. M., Hood, K. K.
  2021: 19322968211006476

• Cost considerations for adoption of diabetes technology are pervasive: a qualitative study of persons living with type 1 diabetes and their families. *Diabetic medicine : a journal of the British Diabetic Association*
  2021: e14575

• A Decade of Disparities in Diabetes Technology Use and HbA1c in Pediatric Type 1 Diabetes: A Transatlantic Comparison. *Diabetes care*
  2020

• Uninterrupted Continuous Glucose Monitoring Access is Associated with a Decrease in HbA1c in Youth with Type 1 Diabetes and Public Insurance. *Pediatric diabetes*
  Addala, A., Maahs, D. M., Scheinker, D., Chertow, S., Leverenz, B., Prahalad, P.
  2020

• CGM Initiation Soon After Type 1 Diabetes Diagnosis Results in Sustained CGM Use and Wear Time. *Diabetes care*
  Prahalad, P. n., Addala, A. n., Scheinker, D. n., Hood, K. K., Maahs, D. M.
  2019

• Sustained Continuous Glucose Monitor Use in Low-Income Youth with Type 1 Diabetes Following Insurance Coverage Supports Expansion of Continuous Glucose Monitor Coverage for All *DIABETES TECHNOLOGY & THERAPEUTICS*
  Prahalad, P., Addala, A., Buckingham, B., Wilson, D. M., Maahs, D. M.
  2018; 20 (9): 632–34

• Relationship Between Moderate-to-Vigorous Physical Activity and Glycemia Among Young Adults with Type 1 Diabetes and Overweight or Obesity: Results from the Advancing Care for Type 1 Diabetes and Obesity Network (ACTION) Study. *Diabetes technology & therapeutics*
  2022

• “Much more convenient, just as effective!” Experiences of starting continuous glucose monitoring remotely following Type 1 diabetes diagnosis. *Diabetic medicine : a journal of the British Diabetic Association*
  2022: e14923

• Design of the advancing care for type 1 diabetes and obesity network energy metabolism and sequential multiple assignment randomized trial nutrition pilot studies: An integrated approach to develop weight management solutions for individuals with type 1 diabetes. *Contemporary clinical trials*
2022: 106765

- The Impact of Telehealth Adoption During COVID-19 Pandemic on Patterns of Pediatric Subspecialty Care Utilization. *Academic pediatrics*
2022

- Mindfulness, disordered eating, and impulsivity in relation to glycemia among adolescents with type 1 diabetes and suboptimal glycemia from the Flexible Lifestyles Empowering Change (FLEX) Intervention Trial. *Pediatric diabetes*
2022

- Diabetes Technology and Therapy in the Pediatric Age Group. *Diabetes technology & therapeutics*
Maahs, D. M., Addala, A., Shalitin, S.
2022; 24 (S1): S107-S128

- Current and Novel Strategies to Reduce Fear of Hypoglycemia as a Barrier to Physical Activity in Adults and Youth With Type 1 Diabetes. *Canadian journal of diabetes*
Zaharieva, D. P., Addala, A.
2022; 46 (1): 1-2

2022; 35 (3): 295-303

- Teamwork, Targets, Technology, and Tight Control in Newly Diagnosed Type 1 Diabetes: Pilot 4T Study. *The Journal of clinical endocrinology and metabolism*
2021

- Heterogeneity in the Impact of the COVID-19 Pandemic on Disparities in Pediatric Endocrine Care
Addala, A., Shah, S., Saynina, O., Wise, P., Chamberlain, L.
KARGER.2021: 51-52

- Global Well-Being Is Associated With A1C and Frequency of Self-Monitoring of Blood Glucose in Predominately Latinx Youth and Young Adults With Type 1 Diabetes. *Diabetes spectrum : a publication of the American Diabetes Association*
Addala, A., Chan, R. Y., Vargas, J., Weigensberg, M. J.
2021; 34 (2): 202-208

- Changes to Care Delivery at Nine International Pediatric Diabetes Clinics in Response to the COVID-19 Global Pandemic. *Pediatric diabetes*
2021

- Barriers to Technology Use and Endocrinology Care for Underserved Communities With Type 1 Diabetes. *Diabetes care*
2021

- Clinically serious hypoglycemia is rare and not associated with time-in-range in youth with new-onset type 1 diabetes. *The Journal of clinical endocrinology and metabolism*
2021

- "I was ready for it at the beginning": Parent experiences with early introduction of continuous glucose monitoring following their child’s Type 1 diabetes diagnosis. *Diabetic medicine : a journal of the British Diabetic Association*
2021: e14567
• **Weight Management in Youth with Type 1 Diabetes and Obesity: Challenges and Possible Solutions.** *Current obesity reports*
  Zaharieva, D. P., Addala, A., Simmons, K. M., Maahs, D. M.
  2020

• **Clinically Significant Hypoglycemia Is Rare in Youth with T1D during Partial Clinical Remission**
  AMER DIABETES ASSOC.2020

• **The Association between Time-in-Range, Mean Glucose, and Incidence of Hypoglycemia in Youth with Newly Diagnosed T1D**
  AMER DIABETES ASSOC.2020

• **Early Introduction of Continuous Glucose Monitoring Is Well Accepted by Youth and Parents**
  AMER DIABETES ASSOC.2020

• **Newly Diagnosed Pediatric Patients with Type 1 Diabetes Show Steady Decline in Glucose Time-in-Range (TIR) over 1 Year: Pilot Study**
  AMER DIABETES ASSOC.2020

• **Early CGM Initiation Improves HbA1c in T1D Youth over the First 15 Months**
  AMER DIABETES ASSOC.2020

• **ISPAD Annual Conference 2019 Highlights.** *Pediatric diabetes*
  Addala, A., March, C., Marks, B., Tommerdahl, K., Shapiro, J., Oyenusi, E., Yauch, L. M., Goethals, E. R., Ahmad, P. O., Adhami, S., Ng, M., Ehtisham, S., Agwu, et al
  2020; 21 (2): 152–57

• **Improving Clinical Outcomes in Newly Diagnosed Pediatric Type 1 Diabetes: Teamwork, Targets, Technology, and Tight Control-The 4T Study.** *Frontiers in endocrinology*
  2020; 11: 360

• **Unintended Consequences of COVID-19: Remember General Pediatrics.** *The Journal of pediatrics*
  2020

• **50 Years Ago in The Journal of Pediatrics: Gluconeogenesis and Insulin in the Ketotic Variety of Childhood Hypoglycemia and in Control Children.** *The Journal of pediatrics*
  Addala, A., Maahs, D. M.
  2019; 207: 122

• **Gluconeogenesis and Insulin in the Ketotic Variety of Childhood Hypoglycemia and in Control Children** *JOURNAL OF PEDIATRICS*
  Addala, A., Maahs, D. M.
  2019; 207: 122

• **Depression in Context: Important Considerations for Youth with Type 1 vs Type 2 Diabetes.** *Pediatric diabetes*
  2019

• **The Interplay of Type 1 Diabetes and Weight Management: A Qualitative Study Exploring Thematic Progression from Adolescence to Young Adulthood.** *Pediatric diabetes*
  2019

• **Can Real World Evidence on Body Mass Index Trajectories Inform Clinical Practice?** *JOURNAL OF PEDIATRICS*
  Addala, A., Maahs, D. M.
• Sustained Continuous Glucose Monitor Use in Low-Income Youth with Type 1 Diabetes Following Insurance Coverage Supports Expansion of Continuous Glucose Monitor Coverage for All. *Diabetes technology & therapeutics*
  Prahalad, P., Addala, A., Buckingham, B., Wilson, D. M., Maahs, D. M.
  2018

• Can Real World Evidence on Body Mass Index Trajectories Inform Clinical Practice? *The Journal of pediatrics*
  Addala, A., Maahs, D. M.
  2018