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.
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

• Sparking a Movement, Not a Moment: Framework and Outcomes from a Pediatrics Department-Wide Coalition to Advance Anti-Racism. Academic pediatrics
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• 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
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• 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
"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*

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*

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

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*

*Diabetes Technology and Therapy in the Pediatric Age Group. Diabetes technology & therapeutics*
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*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*

*Using Peer Power to Reduce Health Disparities: Implementation of a Diabetes Support Coach Program in Federally Qualified Health Centers. Diabetes spectrum: a publication of the American Diabetes Association*

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

*Heterogeneity in the Impact of the COVID-19 Pandemic on Disparities in Pediatric Endocrine Care*

*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*

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

*Barriers to Technology Use and Endocrinology Care for Underserved Communities With Type 1 Diabetes. Diabetes care*
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Early Introduction of Continuous Glucose Monitoring Is Well Accepted by Youth and Parents
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