Stanford



Dessi Zaharieva

Assistant Professor (Research) of Endocrinology

Pediatrics - Endocrinology

Bio

BIO

Dr. Dessi P. Zaharieva is an Instructor, Certified Exercise Physiologist (CEP), and Certified Diabetes Care and Education Specialist (CDCES) currently working in Pediatric Endocrinology at Stanford University – School of Medicine. Her research focuses on strategies to manage blood glucose concentrations around exercise in youth and adults with type 1 diabetes. Dessi was the Principal Investigator (PI) of the 4T Exercise Study that focused on implementing structured exercise education and monitoring physical activity patterns in newly diagnosed youth with type 1 diabetes with support from The Leona M. and Harry B. Helmsley Charitable Trust. She is also working on integrating wearable physical activity tracker data (e.g., heart rate, step count, energy expenditure) and continuous glucose monitoring (CGM) data into the Electronic Medical Record (EMR) and our Timely Interventions for Diabetes Excellence (TIDE) remote monitoring platform. This data overlay will allow healthcare professionals and diabetes educators to visualize and integrate exercise discussions into standard diabetes care visits.

Dr. Zaharieva completed her Ph.D. at York University in Toronto, Canada under the supervision of leading exercise physiologist, Dr. Michael C. Riddell. She has published numerous research articles on glucose regulation and exercise with topics ranging from the effects of caffeine on exercise metabolism to hypoglycemia prevention strategies using automated insulin delivery systems during exercise. She has also served as a regular presenter at academic conferences and various industry partners on the use of technology to better manage diabetes and volunteers with non-profit organizations such as I Challenge Diabetes (ICD).

Dr. Zaharieva has also been living with type 1 diabetes for over 30 years and is a second-degree black belt in taekwondo and purple belt in Brazilian jiu jitsu. She has represented Team Canada in taekwondo for many years and earned a bronze medal at the World Championships in 2013. Dr. Zaharieva has a passion for helping people like herself better manage their diabetes, especially with the challenges faced during exercise.

ACADEMIC APPOINTMENTS

- Assistant Professor-Research, Pediatrics - Endocrinology
- Member, Wu Tsai Human Performance Alliance

HONORS AND AWARDS

- Outstanding Oral Presentation Award, 12th Annual Pediatrics Research Retreat (April 2021)
- Top 10 Reviewers for 2020, Canadian Journal of Diabetes (Jan 2021)
- ISPAD-JDRF Research Fellowship, International Society for Pediatric and Adolescent Diabetes (ISPAD) (Dec 2020)
- Vanier Canada Graduate Scholarship, Canadian Institutes of Health Research (CIHR) (2015-2018)

- Winner of 'Inspirational Females', Best Health Magazine (Jun 2014)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Northern California (NorCal) JDRF Board Member, Juvenile Diabetes Research Foundation (JDRF) (2022 - present)
- Guest Editor, Frontiers in Endocrinology - Special Issue (2022 - present)
- Advisory Board Member, Dexcom (2022 - present)
- National Youth Strategies Committee Member, American Diabetes Association (2021 - present)
- Research Committee Member, Stanford Pediatrics Advancing Anti-Racism Coalition (SPAARC) (2021 - 2023)

PROFESSIONAL EDUCATION

- Certified Diabetes Educator, Certification Board for Diabetes Care and Education (CBDCE) (2022)
- Certified Exercise Physiologist, Health and Fitness Federation of Canada (HFFC) (2019)
- Doctor of Philosophy (PhD), York University (2018)
- Master of Science (MSc), York University (2014)
- Bachelor of Kinesiology (BKIN), Brock University (2011)

LINKS

- Twitter: https://twitter.com/5dess?lang=en

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

The 4T (Teamwork, Targets, Technology, and Tight Control) Exercise Study focuses on addressing the attitudes & barriers to exercise for families and newly diagnosed youth with type 1 diabetes (T1D). We are currently establishing feasibility and understanding physical activity patterns and behaviours in newly diagnosed youth with T1D using wearable activity trackers. This work also involves delivering structured exercise education to families and youth with T1D over telehealth.

CLINICAL TRIALS

- Using a Personalized Decision Support Tool to Help People With Type 1 Diabetes Manage Exercise, Recruiting
- Teamwork, Targets, Technology, and Tight Control in Newly Diagnosed Pediatric T1D - 4T Study, Not Recruiting

Publications

PUBLICATIONS

- **Physical Activity Support in Diabetes Care: A Narrative Review of Practice Gaps and the Role of Qualified Exercise Professionals in Canada and the United States.** *Canadian journal of diabetes*
  Cummer, K., Ferguson, M., Hastings, M. K., Kelly, V. E., Zaharieva, D. P., Yardley, J. E.
  2026
- **Practical Guidance for the Use of Control-IQ Technology During Physical Activity and Exercise.** *Diabetes, obesity & metabolism*
  Di Molfetta, S., Haxhi, J., Franco, F., Papa, G., Rigamonti, A., Riddell, M. C., Zaharieva, D. P., Moser, O.
  2026
- **Pre-Bedtime Whey Protein Ingestion Increases Blood Glucose Overnight in Adults With Type 1 Diabetes.** *Diabetes, obesity & metabolism*
  Zhao, S., Dao, G. M., Schofield, C., Vogrin, S., Hennessy, D. T., Smart, C. E., Zaharieva, D. P., O'Neal, D. N., Bruce, C. R., Kowalski, G. M., Morrison, D. J.
  2026

- **Temporary Target Use with Automated Insulin Delivery Is Associated with Longer and Safer Exercise in Adolescents with Type 1 Diabetes: A Post Hoc Analysis from the Fast Advanced Closed-Loop Therapy Study.** *Diabetes technology & therapeutics*
  Zaharieva, D. P., Bergford, S., Bratina, N., Fröhlich-Reiterer, E., Potočnik, N., Hropot, T., Fritsch, M., Calhoun, P., Battelino, T., Dovč, K.
  2026: 15209156261457755

- **Adopters and discontinuers: Mapping the diabetes device adoption journeys of adults with type 1 diabetes after continuous glucose monitoring uptake.** *Patient education and counseling*
  Pasmooij, M. B., Zaharieva, D. P., McFadden, N., Mulvaney, S., Tanenbaum, M. L.
  2026; 150: 109708

- **Mitigating Glycemic Disparities: Understanding Contributions of Sociodemographic Variables in the 4T Study.** *The Journal of pediatrics*
  Addala, A., Ritter, V., Shaw, B., Bishop, F. K., Zaharieva, D. P., Hood, K. K., Prahalad, P., Unaka, N., Desai, M., Maahs, D. M.
  2026: 115156

- **Whey Protein Ingestion Stimulates Glucagon Secretion and Raises Blood Glucose Levels in Adults With Type 1 Diabetes.** *Diabetes*
  Dao, G. M., Zhao, S., Schofield, C., Vogrin, S., Hennessy, D. T., Smart, C. E., Zaharieva, D. P., O'Neal, D. N., Bruce, C. R., Kowalski, G. M., Morrison, D. J.
  2026

- **Diabetes Technology: An Update.** *The Journal of clinical endocrinology and metabolism*
  Prahalad, P., Zaharieva, D., Maahs, D.
  2026

- **Swimming With the Omnipod 5 Automated Insulin Delivery System: An Observational Investigation of Swimmers With Type 1 Diabetes in the Omnipod 5 Pivotal Trial.** *Diabetes, obesity & metabolism*
  Zaharieva, D. P., Kingman, R. S., Lal, R. A., Nykaza, E., Buckingham, B. A., Hughes, M. S.
  2026

- **Cost-Effectiveness of Continuous Glucose Monitoring With Remote Patient Monitoring in Pediatric Patients With Newly Diagnosed Type 1 Diabetes in the U.S.** *Diabetes care*
  Dupenloup, P., Chen, Y., Prahalad, P., Johari, R., Addala, A., Zaharieva, D. P., Lee, M. Y., Maahs, D. M., Scheinker, D., Brandeau, M. L.
  2026

- **A Quantitative Framework for Evaluating the Performance of Algorithm-Directed Whole-Population Remote Patient Monitoring: Tutorial for Type 1 Diabetes Care.** *JMIR diabetes*
  Kurtzig, J., Addala, A., Bishop, F. K., Dupenloup, P., Ferstad, J. O., Johari, R., Maahs, D. M., Prahalad, P., Zaharieva, D. P., Scheinker, D.
  2026; 11: e72676

- **USE OF WHEY PROTEIN TO REDUCE RISK OF HYPOGLYCEMIA DURING EXERCISE FOR PEOPLE WITH TYPE 1 DIABETES**
  Morrison, D., Agnoletto, L., Schofield, C., Hennessy, D., Dao, G., Zaharieva, D., Kowalski, G., Bruce, C., O'Neal, D.
  SAGE PUBLICATIONS INC.2026: 10S

- **Advances in Exercise and Nutrition as Therapy in Diabetes.** *Diabetes technology & therapeutics*
  Riddell, M. C., Turner, L. V., Zaharieva, D. P.
  2026; 28 (2_suppl): 140S-152S

- **COST-EFFECTIVENESS OF A PRECISION DIGITAL HEALTH PROGRAM FOR GLUCOSE MANAGEMENT IN PEDIATRIC PATIENTS WITH NEWLY DIAGNOSED TYPE 1 DIABETES**
  Dupenloup, P., Chen, Y., Prahalad, P., Johari, R., Addala, A., Zaharieva, D., Lee, M., Maahs, D., Scheinker, D., Brandeau, M.
  SAGE PUBLICATIONS INC.2026: 132S

- **TYPE 1 DIABETES AND EXERCISE EDUCATION & INFORMATION RESOURCES, UPCOMING INNOVATIVE SOLUTIONS, AND INSPIRE-T1D**
  Zaharieva, D.
  SAGE PUBLICATIONS INC.2026: 9S-10S

- **EXERCISE AND TYPE 1 DIABETES: CLINICAL TRIALS VERSUS REAL-WORLD EVIDENCE - WHICH TELLS THE FULL STORY?**
  Zaharieva, D.
  SAGE PUBLICATIONS INC.2026: 7S

- **SHORT-TERM GLYCEMIC OUTCOMES AND PHYSICAL ACTIVITY PATTERNS IN OLDER ADULTS WITH TYPE 1 DIABETES (T1D)**
  Zaharieva, D., Sarteau, A., Dubal, A., Ercolino, G., Ho, J., Lee, Z., Young, L., Fruik, A., Kahkoska, A.

SAGE PUBLICATIONS INC.2026: 82S-83S

- **Automated insulin delivery systems and improved glycaemic outcomes in type 1 diabetes: what comes next?** *The lancet. Diabetes & endocrinology*
  Zaharieva, D. P.
  2026

- **Rethinking control-IQ+ technology: Simple strategies for easy optimization.** *Diabetes, obesity & metabolism*
  Shah, V. N., Choudhary, P., Halperin, I., Rabbone, I., Zaharieva, D. P., Messer, L.
  2026

- **International clinical opinion on transparency, standardisation, and calibration alignment in the performance evaluation of systems for continuous glucose monitoring.** *Diabetes, obesity & metabolism*
  Pemberton, J. S., Andrews, R. C., Barnard-Kelly, K., Battelino, T., Danne, T., Heinemann, L., Kar, P., Lumb, A., Maahs, D. M., Mader, J. K., Mathieu, C., Mohan, V., Murphy, et al
  2026

- **Variation in Hypoglycemia Risk During Real-World Physical Activity in Adults with Type 1 Diabetes: Insights from the Type 1 Diabetes Exercise Initiative.** *Diabetes technology & therapeutics*
  Dhaliwal, M., Tang, K., Aiello, E. M., Zaharieva, D. P., Lal, R. A., Summers, C., Arbiter, B., Watson, K., Connolly, M. J., Figg, L. E., Balistreri, I., Cortes, A. L., Kingman, et al
  2025

- **Use of the Omnipod 5 Automated Insulin Delivery System Activity Feature Reduces Insulin Delivery and Attenuates the Drop in Glycemia Associated With Exercise in a Randomized Controlled Trial.** *Diabetes care*
  Turner, L. V., Sherr, J. L., Zaharieva, D. P., Baran, J., Hirsch, I. B., Bode, B. W., Brown, S. A., Bzdick, S., Church, M. M., Hansen, D. W., Kingman, R., Laffel, L. M., Shah, et al
  2025

- **Regression discontinuity in Time: Evaluating the impact of evolving digital health interventions.** *International journal of medical informatics*
  Thapa, I., Laforcade, P. A., Bishop, F. K., Ferstad, J., Desai, M., Maahs, D. M., Prahalad, P., Zaharieva, D. P., Scheinker, D., Johari, R.
  2025; 204: 106050

- **Sustained HbA1c Improvements Over 36 Months in Youth in the Teamwork, Targets, Technology, and Tight Control (4T) Study.** *The Journal of clinical endocrinology and metabolism*
  Prahalad, P., Ding, V. Y., Zaharieva, D. P., Addala, A., Johari, R., Scheinker, D., Hood, K. K., Desai, M., Maahs, D. M.
  2025

- **Peer Mentoring Improves Diabetes Technology Use and Reduces Diabetes Distress Among Underserved Communities: Outcomes of a Pilot Diabetes Support Coach Intervention.** *Journal of diabetes research*
  Maizel, J., Haller, M. J., Maahs, D. M., Addala, A., Filipp, S. L., Lal, R. A., Gurka, M. J., Figg, L., Hechavarria, M., Zaharieva, D. P., Malden, K. G., Westen, S., Dixon, et al
  2025; 2025: 1970247

- **Physical Activity Is Associated With Improved Glycemic Outcomes in Newly Diagnosed Youth With Type 1 Diabetes: 4T Exercise Program.** *Diabetes care*
  Zaharieva, D. P., Ritter, V., Bishop, F. K., Desai, M., Addala, A., Prahalad, P., Riddell, M. C., Maahs, D. M.
  2025

- **Glycaemic impact of the pre-exercise timing of an elevated glucose target implemented using an automated insulin delivery system in adults with type 1 diabetes.** *Diabetes, obesity & metabolism*
  Morrison, D. J., Vogrin, S., Zaharieva, D. P., Manos, G., Halim, B., O'Neal, D.
  2025

- **DISSEMINATION AND IMPLEMENTATION: NARRATIVES OF SUCCESSFUL CLOSED LOOP ADOPTION AFTER DISCONTINUING USE OF CONTINUOUS GLUCOSE MONITORING IN ADULTS WITH TYPE 1 DIABETES**
  Pasmooij, M., Zaharieva, D., Tanenbaum, M. L.
  OXFORD UNIV PRESS INC.2025: S491

- **Advances in Exercise and Nutrition as Therapy in Diabetes.** *Diabetes technology & therapeutics*
  Zaharieva, D. P., Shakeri, D., Turner, L. V., Riddell, M. C.
  2025; 27 (S1): S126-S140

- **A QUANTITATIVE FRAMEWORK FOR EVALUATING THE PERFORMANCE OF ALGORITHM-DIRECTED WHOLE-POPULATION REMOTE PATIENT MONITORING FOR TYPE 1 DIABETES CARE**
  Kurtzig, J., Ferstad, J., Dupenloup, P., Zaharieva, D., Maahs, D., Prahalad, P., Johari, R., Bishop, F., Addala, A., Scheinker, D.
  MARY ANN LIEBERT, INC.2025: E248

- **The Glycemic Impact of Protein Ingestion in People With Type 1 Diabetes.** *Diabetes care*
  Dao, G. M., Kowalski, G. M., Bruce, C. R., O'Neal, D. N., Smart, C. E., Zaharieva, D. P., Hennessy, D. T., Zhao, S., Morrison, D. J.
  2025

- **Exercise and Glycemic Management in Females and Women with Diabetes: The Role of Sex and Gender Across the Lifespan.** *Canadian journal of diabetes*
  Peters, T. M., Brazeau, A. S., Bally, L., Govette, A., Heyman, E., Jung, M. E., Laesser, C. I., Lespagnol, É., Logan, J. E., Momeni, Z., Perry, T., Talbo, M. K., Bonhoure, et al
  2025

- **Postprandial time in tight range with faster insulin aspart compared with standard insulin aspart in youth with type 1 diabetes using automated insulin delivery.** *Diabetes, obesity & metabolism*
  Dovč, K., Spanbauer, C., Chiarle, E., Bratina, N., Fröhlich-Reiterer, E., Potočnik, N., Zaharieva, D. P., Hropot, T., Fritsch, M., Calhoun, P., Battelino, T.
  2025

- **A Comparison of Glucose and Additional Signals for Three Different Exercise Types in Adolescents with Type 1 Diabetes Using a Hybrid Closed-Loop System.** *Diabetes technology & therapeutics*
  Seckold, R., Smart, C. E., O'Neal, D. N., Riddell, M. C., Rafferty, J., Morrison, D., Obeyesekere, V., Gooley, J. L., Paldus, B., Valkenborghs, S. R., Vogrin, S., Zaharieva, D. P., King, et al
  2025

- **Peer Mentoring Improves Diabetes Technology Use and Reduces Diabetes Distress Among Underserved Communities: Outcomes of a Pilot Diabetes Support Coach Intervention** *JOURNAL OF DIABETES RESEARCH*
  Maizel, J., Haller, M. J., Maahs, D. M., Addala, A., Filipp, S. L., Lal, R. A., Gurka, M. J., Figg, L., Hechavarria, M., Zaharieva, D. P., Malden, K. G., Westen, S., Dixon, et al
  2025; 2025 (1)

- **Project ECHO Diabetes Trial Improves Outcomes for Medically Underserved People.** *Diabetes care*
  Walker, A. F., Haller, M. J., Addala, A., Filipp, S. L., Lal, R. A., Gurka, M. J., Figg, L. E., Hechavarria, M., Zaharieva, D. P., Malden, K. G., Hood, K. K., Westen, S. C., Wong, et al
  2024

- **The use of automated insulin delivery around physical activity and exercise in type 1 diabetes: a position statement of the European Association for the Study of Diabetes (EASD) and the International Society for Pediatric and Adolescent Diabetes (ISPAD).** *Diabetologia*
  Moser, O., Zaharieva, D. P., Adolfsson, P., Battelino, T., Bracken, R. M., Buckingham, B. A., Danne, T., Davis, E. A., Dovč, K., Forlenza, G. P., Gillard, P., Hofer, S. E., Hovorka, et al
  2024

- **The Use of Automated Insulin Delivery around Physical Activity and Exercise in Type 1 Diabetes: A Position Statement of the European Association for the Study of Diabetes (EASD) and the International Society for Pediatric and Adolescent Diabetes (ISPAD).** *Hormone research in paediatrics*
  Moser, O., Zaharieva, D., Adolfsson, P., Battelino, T., Bracken, R. M., Buckingham, B. A., Danne, T., Davis, E. A., Dovc, K., Forlenza, G. P., Gillard, P., Hofer, S. E., Hovorka, et al
  2024: 1-28

- **Psychosocial outcomes in a diverse sample of youth and their families who initiated continuous glucose monitoring within the first year of type 1 diabetes diagnosis.** *Diabetes, obesity & metabolism*
  Addala, A., Ritter, V., Schneider-Utaka, A. K., Alamarie, S. A., Pang, E., Balistreri, I., Shaw, B., Bishop, F. K., Zaharieva, D. P., Prahalad, P., Desai, M., Maahs, D. M., Hood, et al
  2024

- **Sex Differences in Glycemia and Self-Management Strategies for Exercise in an Active Adults Cohort with Type 1 Diabetes.** *The Journal of clinical endocrinology and metabolism*
  Yardley, J. E., Li, Z., Zaharieva, D. P., Riddell, M. C., Gal, R. L., Calhoun, P.
  2024

- **Not all healthcare inequities in diabetes are equal: a comparison of two medically underserved cohorts.** *BMJ open diabetes research & care*
  Walker, A. F., Haller, M. J., Addala, A., Filipp, S. L., Lal, R., Gurka, M. J., Figg, L. E., Hechavarria, M., Zaharieva, D. P., Malden, K. G., Hood, K. K., Westen, S. C., Wong, et al
  2024; 12 (4)

- **Haptoglobin phenotype and levels in type 2 diabetes and effects of fenofibrate.** *Journal of diabetes investigation*
  Januszewski, A. S., Young, H. K., Ong, K. L., Li, L., O'Connell, R. L., Lyons, T. J., Kelly, C., Zaharieva, D. P., Sullivan, D. R., Scott, R. S., Keech, A. C., Jenkins, A. J.
  2024

- **Refining Insulin on Board with netIOB for Automated Insulin Delivery.** *Journal of diabetes science and technology*
  Riddell, M. C., Lewis, D. M., Turner, L. V., Lal, R. A., Shahid, A., Zaharieva, D. P.
  2024: 19322968241267820

- **'We're taught green is good': Perspectives on time in range and time in tight range from youth with type 1 diabetes, and parents of youth with type 1 diabetes.** *Diabetic medicine : a journal of the British Diabetic Association*
  Tanenbaum, M. L., Pang, E., Tam, R., Bishop, F. K., Prahalad, P., Zaharieva, D. P., Addala, A., Wong, J. J., Naranjo, D., Hood, K. K., Maahs, D. M.
  2024: e15423

- **Changing Glucose Levels during the Menstrual Cycle as Observed in the Type 1 Diabetes Exercise Initiative Study.** *Canadian journal of diabetes*
  Li, Z., Yardley, J. E., Zaharieva, D. P., Riddell, M. C., Gal, R. L., Calhoun, P.
  2024

- **Automated Insulin Delivery Systems in Pediatric Type 1 Diabetes: A Narrative Review.** *Journal of diabetes science and technology*
  Adolfsson, P., Hanas, R., Zaharieva, D. P., Dovc, K., Jendle, J.
  2024: 19322968241248404

- **Equitable implementation of a precision digital health program for glucose management in individuals with newly diagnosed type 1 diabetes.** *Nature medicine*
  Prahalad, P., Scheinker, D., Desai, M., Ding, V. Y., Bishop, F. K., Lee, M. Y., Ferstad, J., Zaharieva, D. P., Addala, A., Johari, R., Hood, K., Maahs, D. M.
  2024

- **Assessment of Glycemia Risk Index and Standard Continuous Glucose Monitoring Metrics in a Real-World Setting of Exercise in Adults With Type 1 Diabetes: A Post-Hoc Analysis of the Type 1 Diabetes and Exercise Initiative.** *Journal of diabetes science and technology*
  Morrison, D., Vogrin, S., Zaharieva, D. P.
  2024: 19322968241246458

- **Exercising Safely with the MiniMed™ 780G Automated Insulin Delivery System.** *Diabetes technology & therapeutics*
  O'Neal, D. N., Zaharieva, D. P., Morrison, D., McCarthy, O., Nørgaard, K.
  2024; 26 (S3): 84-96

- **Advances in Exercise and Nutrition as Therapy in Diabetes.** *Diabetes technology & therapeutics*
  Riddell, M. C., Shakeri, D., Smart, C. E., Zaharieva, D. P.
  2024; 26 (S1): S141-S152

- **Smart Start - Designing Powerful Clinical Trials Using Pilot Study Data.** *NEJM evidence*
  Ferstad, J. O., Prahalad, P., Maahs, D. M., Zaharieva, D. P., Fox, E., Desai, M., Johari, R., Scheinker, D.
  2024; 3 (2): EVIDoa2300164

- **TIME-IN-RANGE VS. TIME-IN-TIGHTER-RANGE: PARENT AND TEEN EXPERIENCES WITH CGM METRICS FOR PEDIATRIC T1D MANAGEMENT**
  Tanenbaum, M., Pang, E., Tam, R., Bishop, F., Naranjo, D., Prahalad, P., Wong, J., Zaharieva, D., Basina, M., Addala, A., Hood, K., Maahs, D.
  MARY ANN LIEBERT, INC.2024: A56-A57

- **SMART START: LEVERAGING PILOT STUDY DATA TO DESIGN MORE POWERFUL CLINICAL TRIALS OF REMOTE PATIENT MONITORING**
  Ferstad, J., Prahalad, P., Maahs, D., Zaharieva, D., Fox, E., Desai, M., Johari, R., Scheinker, D.
  MARY ANN LIEBERT, INC.2024: A133

- **EMPOWERING US: A COMMUNITY-LED SURVEY TO INVESTIGATE OPTIMISING THE DESIGN AND USE OF ADVANCED GLUCOSE MANAGEMENT TECHNOLOGIES TO EMPOWER ADULTS WITH TYPE 1 DIABETES.**
  Read, M., Henshaw, K., Zaharieva, D., Brown, T., Varga, A., Bray, C., Cox, M., Goody-Rohdin, P., Hider, K., Jelleyman, P., Jenkins, A., Jones, C., Kerr, et al
  MARY ANN LIEBERT, INC.2024: A328-A329

- **TEAM-BASED PEDIATRIC T1D CARE: A COSTEFFECTIVENESS ANALYSIS**
  Dupenloup, P., Nielsen, P., Prahalad, P., Zaharieva, D., Maahs, D., Scheinker, D.
  MARY ANN LIEBERT, INC.2024: A356

- **TRANSLATION OF EXERCISE GUIDELINES INTO PRACTICAL APPLICATIONS FOR TYPE 1 DIABETES**
  Zaharieva, D.
  MARY ANN LIEBERT, INC.2024: A32

- **"It changed everything we do": A mixed methods study of youth and parent experiences with a pilot exercise education intervention following new diagnosis of type 1 diabetes.** *Journal of diabetes and its complications*
  Tanenbaum, M. L., Addala, A., Hanes, S., Ritter, V., Bishop, F. K., Cortes, A. L., Pang, E., Hood, K. K., Maahs, D. M., Zaharieva, D. P.
  2023; 38 (1): 108651

- **Diabetic ketoacidosis (DKA) at diagnosis in youth with type 1 diabetes (T1D) is associated with a higher hemoglobin A1c even with intensive insulin management.** *Diabetes technology & therapeutics*
  Zaharieva, D. P., Ding, V., Addala, A., Prahalad, P., Bishop, F., Hood, K., Desai, M., Wilson, D. M., Buckingham, B. A., Maahs, D. M.
  2023

- **Sex influences health: reporting on female characteristics should be mandatory in exercise and physical activity-related diabetes research.** *Diabetologia*
  Yardley, J. E., Govette, A., Laesser, C. I., Lespagnol, É., Logan, J. E., Sim, J. A., Talbo, M. K., Prévost, M. S., Perry, T., von Zezschwitz, J. D., Bally, L., Brazeau, A. S., Heyman, et al
  2023

- **The Promising Success of Project Extension for Community Healthcare Outcomes (ECHO) Diabetes: Case Series.** *JMIR diabetes*
  Figg, L., Addala, A., Jain, I., Anez, C., Midney, P., DeChirico, C., Symanski, C., Fitzgerald, B. C., Colbert, K., Raymer, T., Stockton-Joreteg, C., Murphy, E., Collins, et al
  2023; 8: e46050

- **"Empowering Us": A Community-Led Survey of Real-World Perspectives of Adults with Type 1 Diabetes Using Insulin Pumps and Continuous Glucose Monitoring to Manage Their Glucose Levels.** *Diabetes research and clinical practice*
  Read, M., Henshaw, K. D., Zaharieva, D. P., Brown, T. C., Varga, A. E., Bray, C., Cox, M., Goody-Rohdin, P. J., Hider, K., Jelleyman, P., Jenkins, A., Jones, C., Kerr, et al
  2023: 110830

- **A Comparison of Faster Insulin Aspart to Standard Insulin Aspart using Hybrid Automated Insulin Delivery System in Active Children and Adolescents with Type 1 Diabetes: A Randomized, Double-Blind Crossover Trial.** *Diabetes technology & therapeutics*
  Dovc, K., Bergford, S., Fröhlich-Reiterer, E., Zaharieva, D. P., Potocnik, N., Müller, A., Lenarcic, Z., Calhoun, P., Fritsch, M., Sourij, H., Bratina, N., Kollman, C., Battelino, et al
  2023

- **A quantitative model to ensure capacity sufficient for timely access to care in a remote patient monitoring program.** *Endocrinology, diabetes & metabolism*
  Chang, A., Gao, M. Z., Ferstad, J. O., Dupenloup, P., Zaharieva, D. P., Maahs, D. M., Prahalad, P., Johari, R., Scheinker, D.
  2023: e435

- **Swimming With the Omnipod 5 Automated Insulin Delivery System: Connectivity in the Water.** *Diabetes care*
  Hughes, M. S., Kingman, R. S., Hsu, L., Lal, R. A., Buckingham, B. A., Zaharieva, D. P.
  2023

- **An Overview of Diet and Physical Activity for Healthy Weight in Adolescents and Young Adults with Type 1 Diabetes: Lessons Learned from the ACT1ON Consortium.** *Nutrients*
  Bishop, F. K., Addala, A., Corbin, K. D., Muntis, F. R., Pratley, R. E., Riddell, M. C., Mayer-Davis, E. J., Maahs, D. M., Zaharieva, D. P.
  2023; 15 (11)

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  Zaharieva, D. P., Morrison, D., Paldus, B., Lal, R. A., Buckingham, B. A., O'Neal, D. N.
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PRESENTATIONS

- Strategies for Glycemic Management around Exercise for Type 1 Diabetes - Harold Hamm Diabetes Center Summit (August 26, 2022)
- Diabetes Teen Boot Camp: A Type 1 Diabetes Perspective - Diabetes Training Camp [DTC] Foundation (August 6, 2022 - August 8, 2022)
- Navigating the “Blood Glucose Rollercoaster” During and After Exercise with Type 1 Diabetes - ORRSE Annual Meeting (July 30, 2022)
- Fighting Back with Type 1 Diabetes - Kids N’ Us Conference (May 28, 2022)
- Navigating Strategies to Encourage Physical Activity in Children and Adolescents with Type 1 Diabetes: Presented by Drs. Zaharieva and Davis - International Society for Pediatric and Adolescent Diabetes (ISPAD) (March 29, 2022)
- How to Safely Get Your Patients Moving - Touro University Conference (November 5, 2021)
- Being Physically Active with Artificial Pancreas Systems and Continuous Glucose Monitoring - American Diabetes Association Encore: Diabetes Essentials for Clinicians: 10-Month Online Program (January 6, 2021)
- Glucose Management in the Pediatric and Adult Female Population: Sex Differences in the Management of Exercise in the Pediatric and Adult Population - Advanced Technologies & Treatments for Diabetes (ATTD) Conference (2/1/2023)

- ATTD Yearbook Chapter: Advances in Exercise and Nutrition as Therapy in Diabetes - Advanced Technologies & Treatments for Diabetes (ATTD) Conference (February 2023)
- Exercise in Diabetes: Is Technology Useful for Breaking Down Barriers to Exercise in Diabetes? - Advanced Technologies & Treatments for Diabetes (ATTD) Conference (February 2023)
- Wireless Blood Pressure Monitoring - 21st Virtual Diabetes Technology Meeting (DTM) (November 4, 2021)
- Staying Active to Feel Your Best: Ask the Expert, Type 1 Diabetes Series - Stanford University (November 2021)
- Reduce Glycemic Fluctuations and Promote Physical Activity in Type 1 Diabetes - Association of Diabetes Care & Education Specialists (ADCES) Conference (August 12, 2021 - August 15, 2021)
- Use of CGM in Women with Gestational Diabetes Mellitus - 81st Scientific Sessions - American Diabetes Association Conference (6/14/2021)
- Strategies for Exercise with Minimal Carbohydrate Intake for Weight Loss and Exercise with Automated Insulin Pumps - Diabetes Action Canada Webinar (January 22, 2021)
- Exercise and Type 1 Diabetes - Connected in Motion (CIM) Slipstream Conference for Healthcare Providers (May 2021)
- Strategies for Avoiding the Dreaded Exercise Low - Connected in Motion (CIM) Slipstream Conference (4/25/2021)
- Use of Exercise Monitors to Provide Information for Monitoring Type 1 Diabetes - 20th Diabetes Technology Meeting (DTM) (11/16/2020)
- Strategies for Prevention of Exercise-Associated Dysglycemia in Type 1 Diabetes - Australian Diabetes Conference (ADC) (October 22, 2021)
- Level Up Your Fitness - Children with Diabetes (CWD) Friends for Life Conference (March 20, 2021)
- Youth with type 1 diabetes benefit from early continuous glucose monitoring initiation irrespective of diabetic ketoacidosis at diagnosis: 4T pilot study results - 15th Advanced Technologies & Treatments for Diabetes (ATTD) Conference (April 30, 2022)
- Physical activity and glucose management in newly diagnosed youth with type 1 diabetes: 4T exercise pilot study results at 6 months. - International Society for Pediatric and Adolescent Diabetes (ISPAD) Conference (October 13, 2021)
- Integration of physical activity metrics into electronic health records using apple HealthKit for youth with type 1 diabetes. - International Society for Pediatric and Adolescent Diabetes (ISPAD) Conference (October 13, 2021)
- Perceived knowledge and exercise prescription for type 1 diabetes among pediatric diabetes healthcare providers. - International Society for Pediatric and Adolescent Diabetes (ISPAD) Conference (October 13, 2021)
- Reducing Basal Insulin 90 Minutes Before Exercise Protects Against Hypoglycemia Better than Insulin Suspension at Exercise Onset in T1D: The OmniTIME Results - 78th Scientific Sessions - American Diabetes Association Conference (June 23, 2018)