



STOPPING THE SYNDEMIC:

Successful Strategies for Managing Glucose and Promoting Weight Loss

Action Steps: Patient-Centered Care in T2D and Obesity

- Practice empathy, respect, and equity, particularly with patients with obesity¹⁻³
 - Treat the whole patient and recognize that several measures are as important as A1C
 - Emphasize that obesity is a multi-factorial disease process
 - Incorporate solutions to address disparities in T2D and obesity management including access to novel therapies
 - Utilize shared decision-making (SDM) tools
- Avoid generalizing populations along limited racial categories²
- Integrate best practices such as cultural and language-concordant care to account for differences in social determinants of health (SDoH)³
- Recognize and address unconscious (implicit) bias, discrimination, and structural racism

Resources for Addressing Unconscious Bias

- Implicit Association Test (IAT)
 - The IAT measures the strength of associations between concepts and evaluations or stereotypes to reveal our hidden or subconscious biases.
 - There are many versions of this online tool used to uncover biases that each and every one of us has. The most commonly used one was created by Harvard University: <https://implicit.harvard.edu/implicit/takeatest.html>
- Seeing Patients: Unconscious Bias in Health Care, A Surgeon's Story of Race and Medical Bias
 - By Augustus. A. White III, M. D., the first African American medical student at Stanford University, surgical resident at Yale University, and professor of medicine at Yale.

1. Akam EY, et al. *Curr Diab Rep.* 2022;3:129-136
2. Cerdeña JP, et al. *Lancet.* 2020;396(10257):1125-1128.
3. Duggan CP, et al. *Am J Clin Nutr.* 2020;112(6):1409-1414.