
Education for Life.



Greetings from the Education Recognition Program (ERP) team!

As summer transitions into fall, we want to share with you some of the exciting things happening within the ERP program and throughout the American Diabetes Association® (ADA).

In this edition, you will find the first ERP National Benchmarks, free videos, handouts, and curriculum that can be used in the education and support of those with diabetes as well as some of the advocacy programs currently underway, including *Know Diabetes by Heart™* and *Focus on Diabetes™*. Also included is a sneak peek on the Centers for Disease Control and Prevention's toolkit to market your diabetes self-management education and support (DSMES) service. Finally, we would like to highlight the important work of one of our services, Medical Outreach Ministries.

If you have not, please [register](#) for the upcoming DSMES Symposium which will be held on December 9. See details below.

What's New

2021 ERP National Benchmarks

We are excited to present the 2021 ERP National Benchmarks and more information on the significant impact the ADA's recognized programs are making in the health and quality of life of their participants. [Learn more](#)

ERP Updates

December Virtual DSMES Symposium

The ERP team is excited to announce that registration is now open for our first virtual ERP DSMES Symposium on Friday, December 9.

The ERP DSMES Symposium is an accredited health care provider continuing education program that will award up to 10 CE credits to physicians, physician assistance, nurses, dietitians, pharmacists, and certified diabetes educators that attend.

The program's goal is to increase participant access to quality, evidence-based, and sustainable DSMES programs. The one-day program will guide attendees through establishing and maintaining a DSMES program that adheres to the 2022 National Standards for Diabetes Self-Management Education and Support. The program is designed for adult learners, task oriented, and interactive promoting, networking, and best practice sharing.

- **When:** Friday, December 9
- **Time:** 11:00 a.m.–4:15 p.m. ET
- **Cost:** \$150.00
- **CEU opportunity:** 10 CEUs
- **Where:** Zoom
- **Registration deadline:** Monday, December 5

[Register Now!](#)

Diabetes Prevention Program (DPP)

ADA Resources with Nutritional Recommendations for Individuals with Diabetes

The ADA has developed a series of nutrition-related materials to educate and inspire your patients. The six resources include both videos and handouts, covering topics like understanding how to read a food label, offering alternative, healthy ways to cook, and how to measure portion sizes. All the materials are available in English and Spanish.

These videos and handouts have been developed for people with or at risk for prediabetes and can also help those living with diabetes. They have been developed using plain language to make healthy eating habits easy to understand.

[View](#) the English and Spanish videos and handouts.

Read below for more information about the six topics covered in these useful resources:

[Plan Your Plate](#)



This guide explains that a balanced plate includes appropriate portions of vegetables, grains, beans or lentils, and protein. It's based on the ADA's [Diabetes Plate Method for meal planning](#) and includes a breakdown of each food group and their recommended portion sizes. It also provides recommendations for beverages and a visual example of how to divide the plate.

[Food Label Know-How](#)

Knowing how to read a food label is essential for healthy lifestyle choices and diabetes management. This tool gives patients the knowledge to understand ingredients and serving sizes and helps explain carbohydrates, added sugars, calorie counts, and fats.

[Healthy Ways to Cook](#)

Nutrition for Life: Healthy Ways to Cook and Season Your Food

Healthy eating is about how we eat, what we eat, and the ways we prepare our food, including the cooking method and the seasoning we use. Knowing a little about cooking methods goes a long way.

The healthiest way to prepare our food is by using little or no fat and adding flavor without too much salt or sugar. Cooking methods include baking, roasting, steaming, sautéing, stir-frying, poaching, braising, broiling, and grilling.

Let's explore these cooking methods:



Baking — Food is cooked in the oven slowly with gentle heat.

Roasting — Food is cooked uncovered in the oven. It is useful to brush or spoon liquid over meat (baste) to add flavor and prevent it from drying. The best way to do this is to use fat-free liquids like water or low-sodium broth.



Steaming — Food is cooked in a double pan or cooked in a steamer basket over boiling water in a covered pan.

Sautéing — This method is used to cook food quickly in a small amount of liquid or oil over direct heat. Try using low-sodium broth to keep it low in fat.

Stir-frying — This method is ideal for cooking small pieces of meat and/or vegetables over very high heat while stirring continuously. It's best to use oils that don't burn easily, such as sesame, canola, safflower, or avocado oil.

Poaching — With this method, you place food in a simmering liquid over direct heat. Try it with fish or eggs.

["Healthy Ways to Cook" Handout](#)

This resource showcases the importance of food preparation and highlights easy ways to cook healthily for people with prediabetes or diabetes, such as limiting oils,

sauces, seasonings, and premade marinades or mixes—as they contain high levels of sugar and sodium.

It also gives time-saving tips in the kitchen and provides healthier options for cooking family favorites.

Navigating the Grocery Store

Healthy eating habits begin with healthy choices at the grocery store. This resource promotes meal planning and preparation through the creation of a well-rounded grocery list.

It includes examples of healthy food choices with the goal of incorporating whole foods, rather than processed foods, into daily eating. It also provides recommendations for proper care and preparation of fruits and vegetables.

Food Groups and Portion Sizes

Understanding how food groups work together can help your patients work toward their goals. Although they may be eating healthier, their portions may be impeding their progress.

From vegetables to protein to dairy, the amounts and nutrients in each food group support different functions and can provide patients with a proper basis to understand what and how much they should be eating. This material promotes foods that are low in saturated fats, added sugars, and sodium.

Sugar Substitutes

This guide demonstrates how sugar substitutes are a great alternative to white granulated sugar and how only a small amount is needed to sweeten foods and reduce calories.

Nutrition

What Can I Eat?

Healthy Choices for
American Indians and
Alaska Natives with
Type 2 Diabetes.



Diabetes Nutrition Education Curriculum for American Indians and Alaska Natives with Type 2 Diabetes

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes (AI/AN WCIE) is a diabetes nutrition education program for Native American adults with type 2 diabetes. The goal of this program is to help Native American people learn about healthy eating with diabetes. The program includes five classes with topics on healthy nutrition and diabetes, physical activity, and ways to make healthy food choices.

This curriculum will be available soon and free of charge to programs that serve Native American adults in both urban and rural settings. AI/AN WCIE is meant to enhance the nutrition education that programs provide with culturally relevant content.

Stay tuned for access late in fall!

Advocacy Corner

Know Diabetes by Heart Program Offers Cutting-Edge Resources for Providers, Including a Case-based Learning App and Webinars

Test Your Diabetes and CVD Knowledge with the Know Diabetes by Heart™ Pop Quiz

The American Heart Association (AHA) and the ADA, along with industry leaders, are working together on the Know Diabetes by Heart™ initiative to reduce cardiovascular deaths, heart attacks, heart failure, and strokes in people living with type 2 diabetes. Know Diabetes by Heart provides health care professionals with resources focused on the link between cardiovascular disease (CVD) and type 2 diabetes.

Test your diabetes and CVD knowledge with the Know Diabetes by Heart case study competition. Sharpen your skills with these quick case study exercises and earn points, have fun, learn something new, and discover relevant resources that can support your practice. Sign up to receive one quiz question delivered directly to your inbox twice a week.

[Sign up today!](#)

Team-Based Care Strategies to Improve Patient Outcomes

Join **Know Diabetes by Heart™** for our webinar on Wednesday, October 19, 2022, 2:00-3:00 p.m. ET

Rodica Busui, MD, PhD
University of Michigan Medical Center

Khurram Nasir, MD, MPH
Houston Methodist DeBakey Cardiology Associates

Tracey Taveira, PharmD, CDOE
University of Rhode Island

REGISTER NOW
[KnowDiabetesbyHeart.org/Webinars](https://www.knowdiabetesbyheart.org/webinars)

American Heart Association
American Diabetes Association
Connected for Life

Know Diabetes by Heart™

On October 19, join our interactive panel discussion on team-based approaches to type 2 diabetes and CVD risk management. Sign up for our webinar, *Team-Based Care Strategies to Improve Patient Outcomes*. Learn about successful models that redefine the roles of the health care team and empower patient self-management through case-based scenarios using the latest ADA and AHA guidelines.

[Register now!](#)

Focus on Diabetes

Clinical Compendium: A Practical Guide to Diabetes-Related Eye Care

This summer, the ADA published a comprehensive guide to eye care as part of Focus on Diabetes, the multi-year initiative that brings together the ADA and

partners from leading organizations in vision care to increase awareness about diabetes and eye health.

The guide, authored by Thomas W. Gardner, MD, MS, and a team of experts, aims to improve outcomes for people with diabetes-related retinal disease. The authors identify key data eye care professionals need to receive from health care providers and vice versa to ensure the eye health of their shared patients. They also provide helpful suggestions for reducing patient apprehension by explaining what to expect from retinal screenings and therapeutic procedures.

In addition, the authors emphasize the need to address social determinants of health and ensure equity in the provision of eye care services. Online access to this compendium is free, supported by unrestricted education grants from VSP™ Vision Care and Regeneron. [Access this and all ADA-published compendia.](#)



September 27 at 2:00 p.m. ET

Ethnic groups – does race matter in diabetes eye disease?

Join us for a live Q&A for **FREE**, online at diabetes.org/experts or by phone, text “**EXPERTS**” to **833-898-5483**

Health Equity Now

Continuous glucose monitors (CGMs) provide potentially life-changing benefits for diabetes management. Unfortunately, many people with diabetes in the lowest income brackets don't have the same access to these lifesaving technologies as their higher income peers. We are seeking feedback from health care professionals about how current utilization barriers impact your business and patients. [Learn more about this ADA initiative.](#)

Diabetes and You

Coming Soon!

Diabetes and You: Personalized Services: A New Way of Talking About DSMES

It's time to reimagine how we talk about DSMES services. These services provide an evidence-based foundation to empower people with diabetes to navigate self-management decisions and activities, but in the United States, they are used by less than 5% of Medicare beneficiaries and 6.8% of privately insured people with diagnosed diabetes.

DSMES services are delivered in a variety of formats and settings which can make it challenging to communicate consistently about the benefits. For this reason and more, CDC and its partners (the ADA, the Association of Diabetes Care & Education Specialists, the American Association of Nurse Practitioners, the American Academy of Family Physicians, Diabetes Sisters, and Diabetes Stories from New York) joined together in a multi-year effort to create a clear and compelling way to promote DSMES services.

Diabetes and You: Personalized Services were developed using a branding approach to foster awareness, loyalty, and motivation to act, as well as a series of interviews, surveys, and focus groups with people with diabetes, diabetes care and education specialists, and referring health care providers. This service offers a fresh approach to communicating about DSMES services and key topics related to diabetes care.

From the ADCES7 Self-Care Behaviors™ to the four key times to refer to DSMES services, the materials and messages can be used to share the benefits of DSMES services and the availability of the essential programs and providers that deliver them.

In the coming months, the CDC and partners will share a free marketing toolkit that can be used by recognized or accredited programs, and all who promote DSMES services.

The toolkit will include:

- A library of 150 ready to use high- and low-resolution photos
- Templates for flyers, postcards, posters, and digital ads
- Messages that can be shared with people with diabetes and health care providers
- Ideas for integrating the materials into existing outreach efforts

CAULIPOWER®

5 Ways to Get More Veggies into Your Diet

Does eating healthy mean your meals need to be super boring? Absolutely not! Try these five tips:

- Try a cauliflower crust during pizza night!
- Swap traditional noodles for cauliflower pasta
- Try chicken tenders coated with cauliflower instead of breadcrumbs
- Switch out toast for sweet potato toast

All these options can help you to create a more diabetes-friendly diet. [Explore more options brought to you by CAULIPOWER \(PDF advertisement\)](#), a proud supporter of Diabetes Food Hub®.



Proud Supporter of Diabetes Food Hub®



State of Diabetes—Take the survey or share with your participants!

We want to hear from people with diabetes! The ADA is conducting a survey to better understand your awareness and experience with clinical trials to improve how we deliver care.

This survey can be completed in under seven minutes and the information collected will be completely anonymous. Take the survey or share with someone you know.

[Take Survey](#)



If you have questions about your rights as a research subject, you may contact Nuha ElSayed, MD MM Sc, at nelsayed@diabetes.org or 1-800-Diabetes.

ADA Resources

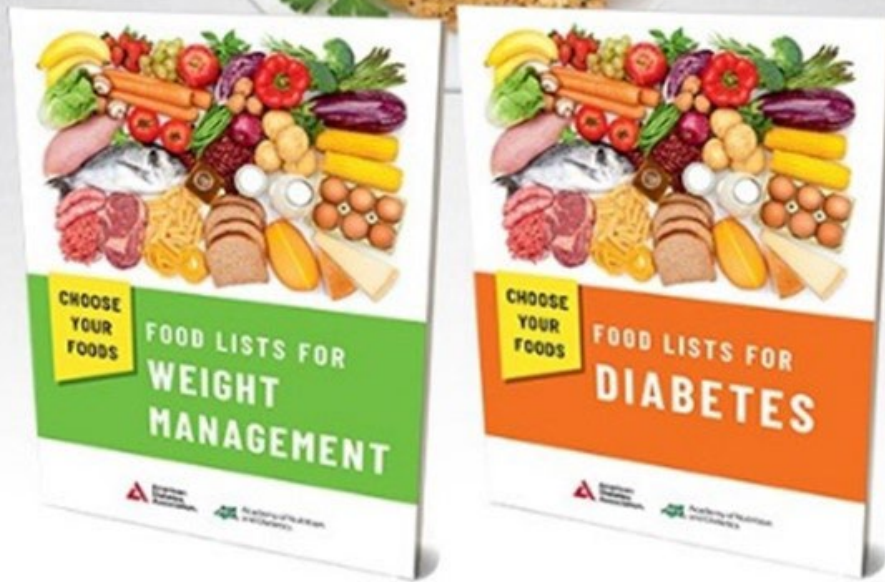
Meal Planning Tools from the ADA

Choose Your Foods Diabetes Meal Planning Based on Choice!

Published with the Academy of Nutrition and Dietetics, the Choose Your Foods series is the most trusted meal planning tool for people with diabetes and has been used by nutrition professionals for years to help patients make meal planning decisions, lose weight, and manage glucose levels.

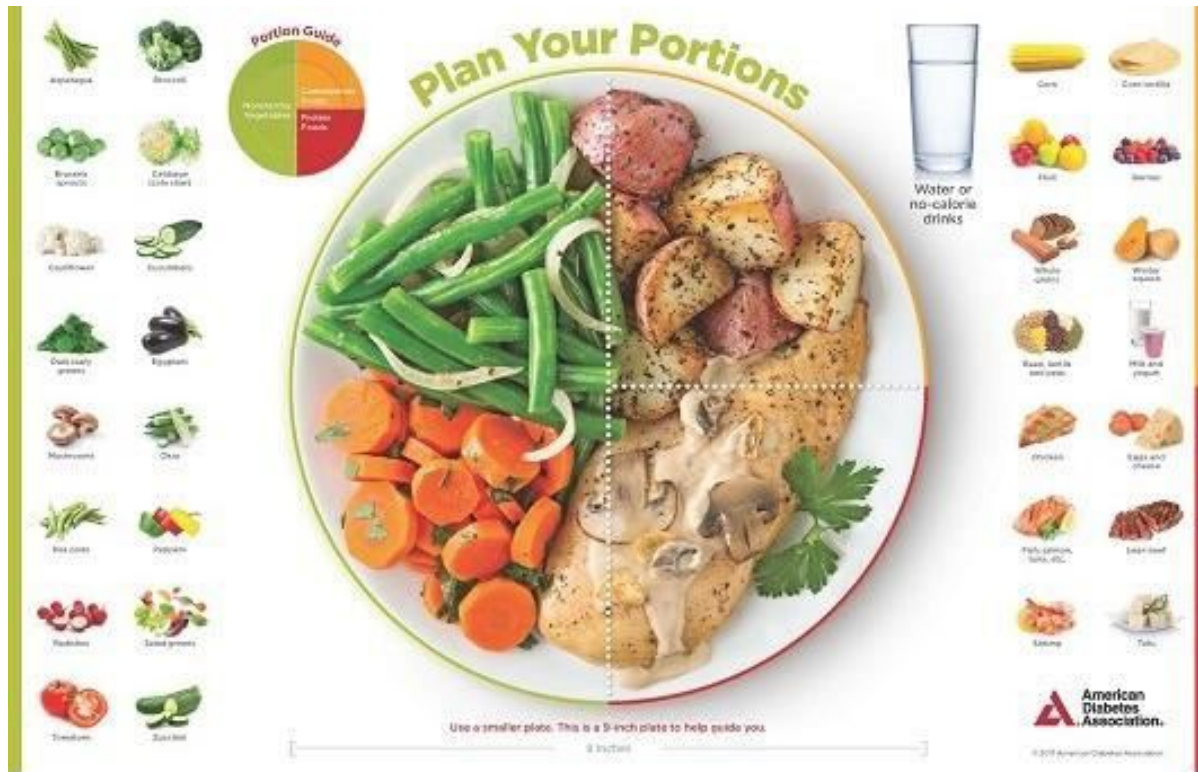
These editions include carbohydrate counts and choice values for a wider variety of foods, portion weights in ounces, and much more. Lists are grouped into carbohydrate, fat, and protein choices and allow patients to understand the overall patterns of healthy eating by choosing foods from lists categorized by starches, protein, fat, fruit, milk, snacks, and desserts. [Learn more about Choose Your Foods.](#)

CHOOSE YOUR FOODS



The Diabetes Placemat

The Diabetes Placemat is a simple guide to planning meals and managing portions. The sample dish shows common foods consumed in the U.S. The back side of the placemat provides simple tools for estimating portions. Seven cuisine-type placemats are available, including Classic, Hispanic, Southern, Pacific Islander, Indian, and Vegetarian. [Learn more about the Diabetes Placemat](#)



Details:

- Made in USA
- Full colored graphics, double-sided
- 11' x 17' laminated placemat

ERP Spotlight—Medical Outreach Ministries

This is the mission statement for Medical Outreach Ministries (MOM),” As a witness for Jesus Christ, Medical Outreach Ministries exists to minister to the physical, emotional, and spiritual needs of the medically underserved by providing free health care services”.

MOM is a primary health care facility that is a beacon of hope to the uninsured of the Montgomery, Alabama tri-county area. Since 1993, MOM has provided free primary health care to adults ages 19–64 who live at or below 200% of the federal poverty level. MOM is a largely volunteer organization with 10 employees and more than 80 volunteers. The volunteers include 13 physicians and 12 nurses, with Betty

Fitzgerald, RN serving as the volunteer clinical coordinator. There are six pharmacists, two mental health counselors, a physical therapist, and a certified diabetes care and education specialist (CDCES).

In 2021, MOM provided care to about 1,000 unique patients in almost 10,000 patient encounters. Almost 44% of MOM's patients have diabetes, much higher than the national and state averages and an indicator of the level of need seen among MOM's patients. In addition to free primary health care, MOM removes many health care barriers for its patients by providing referrals to specialists, free medications, and supplies such as syringes and pen needles, glucometers and glucometer supplies, home blood pressure cuffs, glucose tablets, and ketone strips. Mary Wisdom, volunteer statistician extraordinaire, gathers all the data for the MOM DSME program, and she reported that 76% of individuals with diabetes receiving care at MOM achieved an A1C <8%, and 64% achieved an A1C <7% in 2021.

In 2008, Chris Anderson, RN came to MOM to volunteer as a staff nurse and quickly realized providing DSMES may be helpful to individuals with diabetes who received care at MOM. Chris decided she wanted to volunteer when she was doing a cursory foot exam on a 32-year-old woman with diabetes and realized the patient was numb from her toes to above her knees. This began an educational journey to prepare Chris to offer DSME to MOM patients. Pamela Green RDN, LD, CDE, director of Baptist Center for Diabetes and Nutrition Education, served as a mentor to Chris, helping her on a path that led to receiving a Master's in Diabetes Education and Management from Columbia University Teachers College. As Chris pursued her degree, she was able to tailor her coursework and projects toward the goal of creating a DSME program at MOM. Chris was excited in 2014 when the National Certification Board for Diabetes Educators opened the CDE exam to allow volunteer diabetes educators to take the exam. Chris took the exam and became a certified diabetes educator, now a CDCES.

MOM's DSMES program began in 2013, offering group classes/support groups and individual DSMES sessions. The wonderful volunteer doctors who provide health care to MOM patients joined the DSMES vision, referring patients to the new program. The nurses and front office staff also embraced the DSMES program, helping with the extra workload of adding a comprehensive DSMES program to other MOM services. Chris says, "I'm so thankful to the Lord for His guidance and provision to help us start and sustain the MOM DSME program. It has been wonderful to see the staff and volunteers work together to make this program become a reality. Because we work with uninsured people who have had little access to primary care, often someone comes to us who has had diabetes for 20 years and has never had an opportunity to participate in DSMES. It really lights my fire when I see that light turn on inside a patient when he realizes he can make a difference in his health outcome, or she realizes she CAN eat bread by working it into her carb management."

In 2016, the MOM DSMES program achieved ADA recognition and remains the only volunteer-staffed ADA-recognized DSMES program in the nation that exists exclusively to provide DSMES to uninsured individuals with diabetes. In 2017, Governor of Alabama Kay Ivey presented a proclamation of commendation to MOM for service to the community and for providing excellent DSMES services to those who receive care at MOM. In 2021, with the help of Carol Correia of the Capital Area Adult Literacy Council and other stakeholders in the MOM DSME program, Chris wrote and published, *Living Well with Diabetes*, a diabetes handbook written specifically for those with low literacy skills. The handbook is available to all individuals with diabetes who receive care at MOM and want to learn more about managing diabetes.

Barbara Eischens, RPh has practiced pharmacy for 45 years and has served as a volunteer pharmacist at MOM since November 2019. Chris was thrilled when Barbara expressed interest in joining the DSMES program in May 2021. Barbara has been working alongside Chris and plans to take the CDCES exam soon and remain as an important member of the MOM DSMES team. This year, with the help of generous funders, the MOM DSMES program added an A1C machine and CGMs to its offerings, which Chris and Barbara are putting to good use. Chris and Barbara's goal at MOM is to provide the same excellent DSME to those who seek care at MOM as any insured person with diabetes can receive anywhere! Chris and Barbara feel blessed to be able to help families and individuals with diabetes thrive and learn to live long and well! [Learn more about MOM.](#)



Molly Stone, MOM Executive
Director



Sadrelli Yelder, Receptionist;
Henry Llorens, Patient Advocate;
Jimmy Barnes, Resource
Coordinator



Brittani Baker, Cassandra
Hartman, MOM Medical
Assistants; Volunteer Clinical
Coordinator Betty Fitzgerald



MOM Volunteer Providers



Barbara Eishcens RPh, Chris Anderson MS, RN,
CDCES



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