

Education for Life.



Greetings from the Education Recognition Program (ERP) team!

This fall, we are excited to provide you with updates on the Know Diabetes by Heart™ and Focus on Diabetes™ initiatives of the American Diabetes Association® (ADA) and more! In this issue, you will also find the new online ADA Consumer Guide.

We would like to thank each and every one of you for all that you do for people with diabetes.

What's New

Advocacy Corner



The ADA is the nation's leading voluntary health organization fighting to bend the curve on the diabetes epidemic and helping people living with diabetes thrive. For more than 80 years, the ADA has been driving discovery and research to treat, manage, and prevent diabetes while working relentlessly for a cure. We help people with diabetes thrive by fighting for their rights and developing programs, advocacy, and education designed to improve their quality of life.

The ADA continues to lead efforts, both at the federal and state level, to ensure that insulin is affordable for those who rely on it to live. In 1996, a vial of insulin had a list price of \$21. Today, that same vial of insulin has a list price of over \$300. Even before the pandemic began, people with diabetes were often forced to choose between paying for insulin and paying for other essentials like rent, utilities, or food for their families. Rationing or skipping doses of insulin is unsafe and can lead to costly and preventable emergency room, hospital visits, and serious health complications.

Our outreach has led to congressional hearings and spurred the introduction of federal legislation aimed at reducing the cost of insulin and the creation of the Medicare Part D Senior Savings Program that caps copayments on insulin at \$35 among participating providers. On the state front, we've driven dramatic change as well. Over the past two years, the ADA has fought to pass laws capping copayments on insulin. To date, 20 states and the District of Columbia have approved these laws improving insulin affordability.

We know from independent state analysis that insulin co-pay caps do not

significantly raise premiums. They can, however, provide economic relief to impacted individuals paying hundreds of dollars per month for their insulin.

We encourage you to [sign-up to be an advocacy influencer](#) so you can support the ADA and people with diabetes to bend the curve on diabetes and help people thrive. We thank you for your efforts to help the diabetes community. If you have policy issues you'd like to bring to the ADA's attention, we invite you to share them with us by contacting Lisa Murdock, Senior Vice President of Advocacy at lmurdock@diabetes.org.

Thank you for your partnership.

If you or someone you know is struggling to pay for insulin, the ADA has resources to help-visit InsulinHelp.org.

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

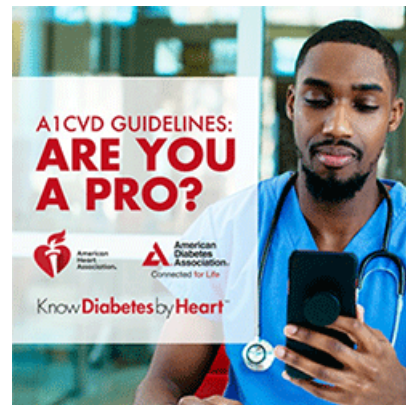


Know **Diabetes by Heart**™

The American Heart Association® and the ADA have partnered to create the Know Diabetes by Heart initiative, with the goal to reduce cardiovascular death, heart attack, stroke, and heart failure in people living with type 2 diabetes.

The Know Diabetes by Heart initiative provides health care professionals with resources focused on the link between cardiovascular disease (CVD) and type 2 diabetes.

- **Webinar Series**: The webinar series consists of relevant, cutting-edge topics such as up-to-date standards of care, guidelines, and their implications for type 2 diabetes and CVD—among other topics. Providers are invited to join upcoming webinars:
 - October 5, 3:00–4:00 p.m. ET: [*Beyond Awareness: How Do We Reverse Compounded Disparities in Diabetes and Heart Disease?*](#)
 - October 19, 2:00–3:00 p.m. ET: [*The Role of Diabetes Technology for People with Type 2 Diabetes and Impact on CVD Risk Management*](#)
- **Managing Sterling's Journey**: During this poster series, manage a patient's journey and learn how different factors such as medication adherence and lifestyle interventions affect Sterling's glycemic control, CVD risk management, and overall outcomes.
- **Know Diabetes by Heart Podcasts**: The link between CVD and type 2 diabetes has important implications for your patients. Join us for a podcast series that explores standards of care, guidelines, approaches to shared decision-making, and more.
- **A1CVD Pro App**: Challenge your clinical decision-making skills with the Know Diabetes by Heart professional interactive medical education app. A1CVD Pro will help you improve your clinical management of patients with type 2 diabetes through case-based learning.



Next Step Eye Challenge Raises Awareness of Diabetes-Related Eye Disease



People living with diabetes or prediabetes are at an increased risk for developing a diabetes-related eye disease such as diabetic retinopathy, diabetic macular edema, glaucoma, or cataracts. Yet, recent polls indicate that one in four people with diabetes are putting off annual eye exams because of the COVID-19 pandemic.

Fortunately, vision loss from diabetes-related

eye disease is 95% preventable with early detection, timely treatment, and appropriate follow-up care. That's why it's imperative for people with diabetes to prioritize eye care.

Focus on Diabetes—a multi-year initiative of the ADA and its Visionary Partners VSP Vision Care and Regeneron—is working to spread that message. The initiative recently launched *The Next Step Eye Challenge*, an awareness campaign emphasizing the steps people can take to maintain better eye health regardless of where they are on their diabetes journey. To bring the challenge to the community, the ADA welcomed a new cadre of Focus on Diabetes Champion patient advocates for 2021, joining the three 2020 Champions to share their stories of living with diabetes and eye health issues across many ages, stages, and walks of life.

In observance of Healthy Vision Month, Focus on Diabetes kicked off the campaign with a virtual educational roundtable on diabetes and eye health. The May 5 event featured a retina specialist, a diabetes health expert, an optometrist, and two patient advocates discussing the impact COVID-19 has had on people living with diabetes, and especially on their eye health. For those who missed the event, [you can still view the recording](#).

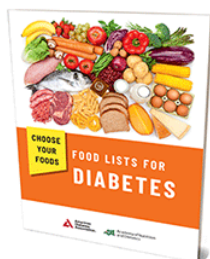
Choose Your Foods: Diabetes meal planning based on choice!

Published in conjunction 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. Recently updated, it is now better than ever! These new editions include carbohydrate counts and choice

values for a wider variety of foods, portion weights in ounces, and much more.

Did you know you can receive your **40% ERP** discount at checkout on the Shop Diabetes store? Visit shopdiabetes.org or call **1-800-232-6733**, Monday–Friday between 8:00 a.m. and 5 p.m. ET to speak with a customer service representative. To create an account, visit shopdiabetes.org/account/register.

Remember, every purchase you make at Shop Diabetes supports the ADA's diabetes research, advocacy, awareness, and education programs.



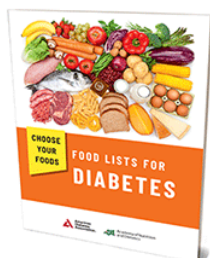
Choose Your Foods: Food Lists for Diabetes, 5th Edition (25/Pkg)

By the American Diabetes Association and Academy of Nutrition and Dietetics

Item# 5601-14

No more “exchanging”, this is diabetes meal planning based on *choice!* Now patients can use these comprehensive food lists to plan meals. This new edition includes carbohydrate counts and choice values for a wider variety of foods, portion weights in ounces, and more. Lists are grouped into carbohydrate, fat, and protein choices and now 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.

[Buy Now!](#)

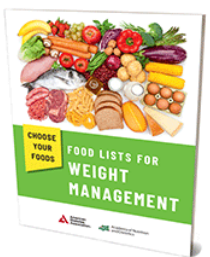


Choose Your Foods: Food Lists for Diabetes (Spanish), 5th Edition (25/Pkg) - Escoja Sus Alimentos: Listas de Alimentos para la Diabetes

By the American Diabetes Association and Academy of Nutrition and Dietetics

Item#: 5615-09

[Compra Ahora!](#)



Get your ERP discount on the all new Choose Your Foods!

Choose Your Foods: Food Lists for Weight Management, 5th Edition (25/Pkg)

By the American Diabetes Association and Academy of Nutrition and Dietetics

Item# 5603-09

Patients with diabetes can achieve weight loss goals with food lists that make it easy to build healthy meals by understanding how carbohydrate, protein, and fat can be combined into eating plans they choose. This new edition includes

carbohydrate counts and choice values for a wider variety of foods, portion weights in ounces, and more. Lists are grouped into carbohydrate, fat, and protein choices and now 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.

[Buy Now!](#)

The Consumer Guide—New!

Consider the ADA Consumer Guide your comprehensive guide to diabetes products. From insulin pens and continuous glucose monitors to insulin pumps and medications and so much more, this guide allows you to easily compare across various brands of diabetes products so you can decide what works best for you and your lifestyle.



ERP Program Spotlight



The Loretto Hospital Diabetes Service is located in the Chicago neighborhood of Austin and serves a predominantly African American and Latin community—groups that experience some of the most severe health outcomes faced in the United States. Loretto Hospital Diabetes Service is dedicated to addressing the needs of and providing resources for Austin residents to take control of their health.

Combining over three decades of experience as a registered nurse and the education received through the certified diabetes care and education specialist (CDCES) program, I set out to start new diabetes self-management education and support (DSMES) services for underserved families. My

goal was to reach the underserved and educate them on the prevention and management of prediabetes, diabetes, and heart disease. Alongside my work as the CDCES for both the inpatient and outpatient setting, I also took on the new role of Diabetes Quality Coordinator (DQC) when the pandemic was on the rise. The end of in-person visits to the outpatient clinic brought the need for a shift towards a telehealth-based DSMES services to better accommodate the needs of our at-risk patients. To accomplish this transition, Deatra Howard, CNO, and senior leadership approved telehealth services. Additionally, the team approved our application for the ADA ERP.



There were many parts to work on for the success of our new virtual telehealth DSMES service and the ADA application process. Part of this involved the acquisition of virtual resources such as patient handouts and videos. The Barnard Medical Center (BMC) provided a plant-based nutrition curriculum at no cost to us. The non-profit organization had created virtual templates and educational tools, originally to be utilized with its DSMES services, which helped us on our way to meet the ADA's DSMES certification criteria. To provide the very best for our patients and the community as a whole, I obtained the ADA Life with Diabetes curriculum to ensure that we met the high-quality national standards for excellence of our DSMES service.

I contacted Steven Burdette to ask for any recommendations and he suggested many useful online resources including the March 2021 DSMES Symposium. Most helpful of all was making use of the ADA's DSMES charting platform, Chronicle Diabetes, to ensure I met and maintained Standards 7–9. The use of Chronicle for comprehensive assessment, documentation, and creation of patient progress snapshot reports ensured that our DSMES service focused on documentation that met the national standards and ADA ERP, and ultimately helped to streamline the entire process of application.

With all these highly valuable and essential ADA resources in hand, I began the process of recruiting volunteers to assist me in obtaining and implementing the ADA ERP. I made the request for and received the help of multiple Loretto Hospital volunteers consisting of medical students, health care providers, champions of diabetes service, a dietetic intern, as well as my husband, Andres Rodriguez, CNA. To point out but a few of these essential volunteers, I would like to personally thank medical student, Mr. Jenish Patel; Dr. Athanasia Sarros, DPM; Mrs. Carolyn Clark; and my husband, Andres Rodriguez, CNA, for the time and effort they put into assisting me with the process for meeting the standards.



Mr. Patel was vital in setting up telehealth online classrooms, meetings, organizing online resources, teaching the technology to the patients, and assisting with the data collection Continuous Quality Improvement surveys. Dr. Sarros was critical in her role of giving input as volunteer Assistant Diabetes QC and teaching prevention of diabetes foot complications, utilizing her background in podiatry. Furthermore, Mrs. Clark's support ensured collection of all the Loretto Hospital Diabetes Service required paperwork for application submission while Andres' assistance was vital to follow-up of patient referrals, and distribution of educational

resources. The collective support of the organization was instrumental in earning our DSMES certification.



The changes brought about to the lives of those individuals who put their trust in our telehealth DSMES services were exemplified by DSMES champion, Mrs. Armesha Jones. She took the opportunity to join the Loretto Hospital DSMES virtually and implemented the information from BMC's plant-based nutrition and lifestyle curriculum that led to successful reversal of her prediabetes and hypertension. As an Austin resident, community stakeholder, and volunteer liaison, her testimonial not only encouraged many others to join the Loretto Hospital Diabetes Service, but also gave them the courage to take back control of their health. Mrs. Jones is a shining example of the DSMES mission and outcome from access to virtual DSMES services that passionately strives for compassion and excellence as a new DSMES service recognized by the ADA.



Center: Nancy Rodriguez, RN BSN CDCES, DQC

Left to right: Andres Rodriguez, CNA; Chiemeka Arize; Jenish Patel; Athanasia Sarros, DPM; Hubert Fernandes, MD; Jessica Swain

Volunteers not in the picture: Deatra Howard, MHA, BSN, RN, Vice President/Chief Nursing Officer; Steven Burdette; Rohit Yadav, MD, MBA, LBBP; Dr. Waseema Tajammul, RN, FNP-BC, MSN; Kristina Drayton, MSN, APN, FNP-C; Carolyn Clark; Armesha Jones, CHAA; Pauline Serowik, RDN; Susan Levin, MS, RD, CSSD (BMC); Denise Hampton; Fred Henderson; Deloris Summerville

If your patients or someone you know is struggling to pay for insulin, the ADA has resources to help. Visit [InsulinHelp.org](https://www.insulinhelp.org).

There's nothing we can't do when we're Connected for Life.



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