



American Diabetes Association®

Education Recognition Program

Winter 2018

Happy Holidays

'Tis the season to celebrate our ERP family! From the bottom of our hearts, we thank each and every one of you for all that you do for people with diabetes, and we wish you and your loved ones a happy and safe holiday season and new year! To show our appreciation, we have a gift for you! With a click of a button you can now [watch a new webinar about the renewal application](#). Feel free to always email us (erp@diabetes.org) or call (1-888-232-0822) with any recognition questions. Regular updates and other resources can be found at professional.diabetes.org/erp.

Diabetes Education

The ADA Education Recognition Program (ERP) will be hosting the first Diabetes Self-Management Education and Support (DSMES) Symposium of 2019 on Thursday, February 21, 2019 in New York City.

The one-day DSMES Symposium will guide attendees through how to establish and maintain a DSMES program that adheres to the 2017 National Standards for Diabetes Self-Management Education and Support. The Symposium's ultimate goals are to increase patient access to quality, evidence-based, and sustainable DSMES services, and symposium attendees will earn 7.25 CEUs.

When: Thursday, February 21, 2019

Where: New York Hilton Midtown, 1335 Avenue of the Americas, New York, NY, 10019

Time: 8:15 a.m. to 5:00 p.m. ET

Registration/Check-In: 7:30 a.m. - 8:15 a.m. ET

Fee: \$150 registration fee

[Learn more.](#)

Recognition Tips

The ERP team is excited to provide you with a recorded walkthrough of the renewal application process. This webinar will walk you through the online renewal application process, as well as provide recommendations and tips to assist you with the renewal process.

[View the Renewal Application Webinar.](#)

Diabetes Prevention Program (DPP) Express

DPP *Express* is a Diabetes Prevention Program charting platform that generates reports that align with the CDC's DPP Recognition requirements. DPP *Express* makes it easy to navigate, input data, and generate the CDC's DPP Recognition reports.



DPP Express

The ADA is committed to ensuring that DPP *Express* continues to align with the revised 2018 CDC DPRP Standards and the Medicare (CMS) MDPP reimbursement guidelines. The platform is available to ADA Recognized DSMES services and DPP providers that are not ADA Recognized DSMES services for a minimal fee.

[View the DPP Express Webinar.](#)

To learn more about **DPP Express**, and its capabilities, please submit a **DPP Express [Interest Form](#)** and an ERP staff member will contact you.

The ERP team also hosts a free monthly DPP *Express* live webinar with opportunity for Questions & Answers.

66th Advanced Postgraduate Course

Don't miss important advances in diabetes management and treatment!

The 66th Advanced Postgraduate Course will be held February 22-24, 2019 in New York City and will cover the latest clinical research translated into evidence-based treatment strategies to improve outcomes in your patients with diabetes. Discuss clinical cases with our world-renowned faculty and take home practical patient management tools that you can begin using immediately in your practice.



The Course will offer up to 14.0 continuing education hours. Learn more at <http://professional.diabetes.org/pg>.

Know Diabetes by Heart: Ask the Experts Q&A



Encourage your patients to know their risk for heart disease and learn the connection between type 2 diabetes and heart health through ADA's Ask the Experts Q&A series. Participants can ask questions—online or on the phone—of ADA's diabetes experts. Also, hear practical ways to incorporate physical activity during their day and the benefits of being active. Join us on Tuesday, January 15 at 2:00 P.M. ET. For more information about the ADA/AHA Know Diabetes by Heart initiative, [click here](#).

[Registration is free.](#)

The FDA and Nutrition Facts Label Update for Packaged Foods

Watch for a new Nutrition Facts label, which will separate "added sugars" from "total sugars" to help identify how much sugar is added to packaged foods. With this new information, making choices that work for a diabetes meal plan will be even easier. Check out these quick and easy tips, brought to you by Equal, on how you can [reduce added sugars](#) in your meal plan.

Six Diabetes Food Hub Tips for a Healthy Holiday

The holidays can be a festive time of year, catching up with family and friends. It's also a time when there is a focus on food, which can be very stressful for people living with diabetes. With some advance planning and preparation, everyone can enjoy holiday favorites without compromising blood glucose goals.

[Read on for tips](#) to help you and your patients prepare for a happy, healthy season.



CDC's DSMES Toolkit

The CDC is excited to share a new resource to increase access to and utilization of DSMES services and promote healthcare provider referrals. The toolkit provides a collection of resources and tools to assist users with developing, promoting, implementing, and sustaining DSMES services.

This [toolkit](#) aims to:

- Communicate the evidence of supporting DSMES
- Clarify the process for establishing a DSMES service that meets minimum standards and is eligible for reimbursement
- Provide resources and tools to facilitate becoming an ADA-recognized or accredited DSMES provider
- Describe common barriers to DSMES use and referral, and provide tips for overcoming them

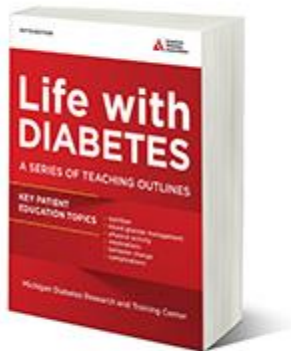
Books:

Life with Diabetes, 5th Edition

Michigan Diabetes Research and Training Center

Best-selling and most reliable diabetes education curriculum in the U.S.!

Life with Diabetes has helped thousands of health care professionals gain the tools they need to facilitate behavior change and become effective teachers and counselors. The new 5th edition provides a structured, patient-centered approach to help diabetes professionals create customized, current lessons in all areas of diabetes management. *Life with Diabetes* gives you a comprehensive curriculum for delivering high-quality diabetes self-management education. Complete curriculum includes:



- 21 teaching outlines, covering the full range of diabetes topics
- teaching visuals
- patient handouts
- participant assessment, education record, and follow-up forms
- curriculum review guide
- content updated to meet the National Standards for Diabetes Self-Management Education and Support

Item # 5507-05

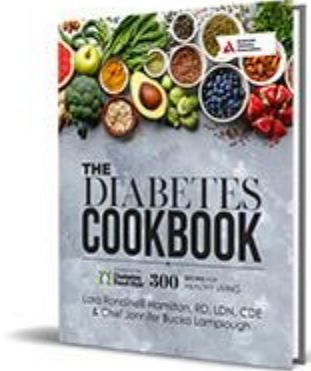
Original Price \$89.95

ERP Member Price: \$53.97

The Diabetes Cookbook: 300 Recipes for Healthy Living Powered by the Diabetes Food Hub

Lara Rondinelli-Hamilton, RD, LDN, CDE and Chef
Jennifer Bucko Lamplough

Understanding what to eat when you're diagnosed with diabetes can be a challenge. *The Diabetes Cookbook*, backed by decades of research on diabetes nutrition, is the ultimate guide to cooking and eating well.



With more than 300 vibrant and flavorful recipes, this beautiful collection is designed to meet the nutrition needs of people with diabetes without sacrificing flavor. This comprehensive cookbook covers everything from breakfasts to entrées, desserts, and snacks that are all tasty enough to satisfy the whole family. Each recipe features diabetes-friendly ingredients and nutrition information to help you eat well and manage your blood glucose.

You're sure to find delicious recipes that fit your schedule, budget, and food preferences, all while meeting your nutrition goals. *The Diabetes Cookbook* is a one-of-a-kind collection of dishes that you will cook, share, and love for years to come.

Item # 6318-01

Original Price \$24.95

ERP Member Price: \$14.97

Insulin Pumps and Continuous Glucose Monitoring, 2nd Edition

Francine R. Kaufman, MD, with Emily Westfall



Take advantage of the latest advances in diabetes technology!

Insulin pumps and continuous glucose monitors (CGMs) can help you nearly match the way your body releases insulin. Learning to use these devices can improve how you manage your diabetes and enhance your everyday blood glucose control.

In this revised edition of *Insulin Pumps and Continuous Glucose Monitoring*, Dr. Francine R. Kaufman and coauthor Emily Westfall give you practical advice and important information on the basics of daily insulin pump

use. From setting bolus and basal rates, to managing exercise, eating, and travel days, to understanding the role of CGM technology, *Insulin Pumps and Continuous Glucose Monitoring* gives you comprehensive guidelines on incorporating CGM into your life. When combined, these devices are a powerful tool in diabetes management, allowing you to manage glucose levels on the go.

Item # 5027-02

Original Price \$18.95

ERP Member Price: \$11.37

Spotlight

From the desk of Jiami Wu:

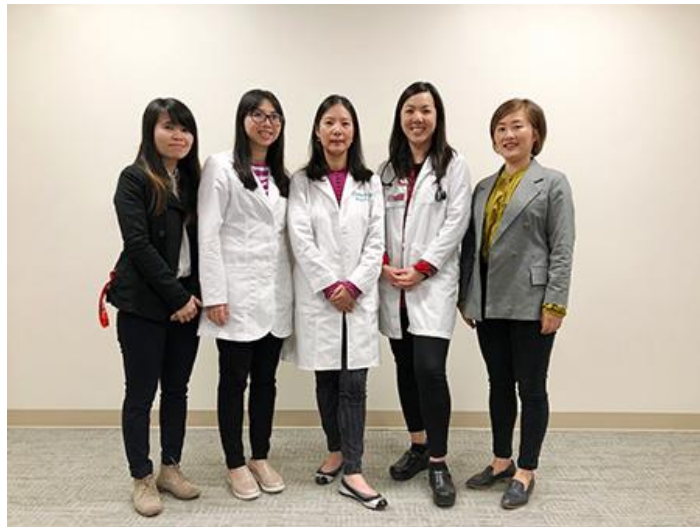
Chinese Hospital Diabetes Center is located in the heart of San Francisco's Chinatown. Chinese Hospital is a unique healthcare provider with a long and rich history of serving the local community that dates back to the late 1800s. We have a well-established Diabetes Self-Management Education and Support (DSMES) program recognized by American Diabetes Association (ADA) since 2009. We provide patients who have type 2 diabetes with extensive one-on-one diabetes self-management coaching to help them manage the disease. Patients with diabetes, whether taking medication or not, are offered a consultation with the endocrinologist first, and then start free nutrition counselling and diabetes self-management education with our registered dietitian or certified diabetes educator once a month for six months. Education session topics include physical activity, healthy eating, medication usage, monitoring blood sugar levels, and proper foot and eye care. Through the program, patients' knowledge of diabetes and skills of self-management are reinforced and improved. In addition to controlling diabetes outcomes, good self-management also improves patients' quality of life significantly.

Serving a community with a population majority of Chinese immigrants, Chinese Hospital Diabetes Center has a strong bilingual (Chinese & English) medical team including endocrinologists, nurse practitioners, registered dietitians, and mental health therapists who provide quality medical management, frequent nutrition counselling, and psychosocial support to patients. Chinese Hospital Diabetes Center also provides numerous free bilingual health education resources on diabetes and other chronic conditions to the public through Chinese Community Health Resource Center (<https://www.cchrhealth.org/>).

To reach a broader population with prediabetes and to prevent or delay the progression to type 2 diabetes in our community, Chinese Hospital Diabetes Center joined the National Diabetes Prevention Program in 2015 and enrolled in the Medicare Diabetes Prevention Program in 2018. Through Chinese Hospital Diabetes Prevention Program, participants work in a group with a trained lifestyle coach to learn the skills needed to lose weight, become more physically active, and manage stress.

In addition, Chinese Hospital Diabetes Center launched a Gestational Diabetes Management program earlier this year, which is an affiliate of the California Diabetes and Pregnancy Program (CDAPP) Sweet Success. The program aims to promote improved pregnancy outcomes for high-risk pregnant women with pre-existing diabetes and women who develop diabetes while pregnant, prevent the complications of diabetes through pregnancy, and promote healthy lifestyle changes in order to prevent recurrent gestational diabetes or development of diabetes after pregnancy.

Chinese Hospital Diabetes Center is striving to deliver quality diabetes care to our community in a cost-effective way, be responsive to the community's ethnic and cultural uniqueness, and to provide access to health care and acceptability to all socioeconomic levels.



Starting from right to left, our teammates are:

Jiami Wu, MPH, Manager of Chinese Hospital Diabetes Center (DSME Program Coordinator); Jennifer Tran, FNP-C, Family Nurse Practitioner; Dr. Chengyu Xu, M.D., Endocrinologist; Karen Tsui, Registered Dietitian; Trinh Luu, Social Worker

Providing free patient education resources and materials to
American Diabetes Association recognized program educators:



[VIEW ONLINE](#)

American Diabetes Association | 2451 Crystal Drive, Suite 900, Arlington, VA 22202 | 1-800-DIABETES

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