

[Spring 2024 - View in browser](#)

Education Recognition Program Newsletter. Education for Life.



Greetings from the Education Recognition Program (ERP) team!

This spring, the American Diabetes Association[®] (ADA) is excited to provide you with updates from Know Diabetes by Heart[™] and Focus on Diabetes[®], ERP resources to support your service, and spotlight of one of our ERP services, Centerwell Home Health.

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

What's New

ERP Updates

ERP Resource Refresher

If you completed our recent customer satisfaction survey, thank you! Based on the survey results, we thought it would be helpful to highlight a few of our most valuable resources which can be found on the ERP homepage under the Maintaining Recognition section.

- [11th Edition ERP Quality Coordinator Guide](#)
- [11th Edition National Standards Interpretive Guidance and Checklist](#)
- [Virtual Audit Preparation Toolkit](#)
- [Audit Documentation Check List](#)
- [Continuous Quality Improvement Toolkit](#)
- [Ask the ERP Experts Q&A Webinars](#) (schedule and past recordings)
- [ERP University](#) (password: ERP1986)

You can find these resources and more at diabetes.org/erp.

ERP Spotlight: CenterWell Home Health

CenterWell Home Health is thrilled that two of its four regions have been recognized by the ADA for delivering the best in diabetes self-management education and support (DSMES) for people with diabetes. This effort is part of a deeper commitment by CenterWell to reduce the incidence and the severity of diabetes among the people we serve.

Offering services in 38 states, CenterWell is the largest home health provider of DSMES in the nation. CenterWell's South and Southeast regions—which include over 180 of CenterWell's 350+ branches nationwide—are now part of the ADA's ERP.

Unlike most other providers in facilities offering diabetes education, we deliver our Daily Difference with Diabetes[®] program to patients in the familiar environment of their homes where they already receive other home-based care services from CenterWell. We think this relaxed, comfortable setting helps patients absorb the information better and helps our clinicians see with their own eyes what challenges our patients might be facing at home and assist them with real-life solutions.

While individual branches of CenterWell Home Health had been ADA-certified previously, this is the first time entire regions have been included. Certified states in the South region include Alabama, Florida, and Mississippi. Certified states in the Southeast region include Georgia, North Carolina, and South Carolina. CenterWell Home Health is now working toward recognition for its entire system sometime in 2024.

Our success with the Daily Difference program has helped us land funding for a new separate program from the Know Diabetes by Heart initiative, focusing on local education and outreach efforts for seniors in parts of Florida and Alabama living with type 2 diabetes, as well as their caregivers.

Know Diabetes by Heart is a joint initiative of the American Heart Association[®] and the ADA which seeks to reduce cardiovascular events and deaths among people living with type 2 diabetes. Through this grant, CenterWell Home Health will receive funding, access to resources and educational materials, and 300 care kits for individuals living with type 2 diabetes.

Know Diabetes by Heart is made possible with support from founding sponsor Novo Nordisk and national sponsor Bayer. Only three communities in the country—The Villages, Florida and Huntsville and Athens, Alabama—were selected for this program through CenterWell.

CenterWell Home Health representatives visit senior housing in the communities offering residents a diabetes pre-test and a presentation outlining the links between diabetes and heart problems, along with steps to lower their risks. Residents who participate receive a care kit that includes an ice chest, a dinner plate with cover, diabetes information, a medication planner, fresh fruit, and a resistance band for light exercise.

“With millions of Americans living with diabetes, it's important to try to get ahead of the problem,” said Rena Thompson, RN, director of clinical operations for Specialty Programs in CenterWell Home Health's South region. “Many times, someone will

be having problems with their balance, or recovering from a wound, or dealing with a strength deficit, and because CenterWell takes a holistic view of an individual's health, we might be able to make the connection between these symptoms and diabetes or prediabetes. That gives us important information about how to treat that person as effectively as possible and to head off potentially bigger problems.”

Daron, a young man in Lexington, Kentucky, began noticing a spike in his blood pressure in 2018. Two years later, he underwent a triple bypass surgery including the implantation of an artificial valve. At his lowest point, Daron was in too much pain to even step out the door to get his mail. After Rowena, an LPN with CenterWell Home Health, began working with him, he learned how to take better care of himself and to understand the relationship between what he was eating and what was happening to his blood glucose—and now his pain is gone.

“After going through all that, I honestly don't know how I'm still here,” Daron said. “But because of [CenterWell] Home Health, I'm a better person than I was a couple months ago, for sure.”



Advocacy Corner

Health Care Provider Survey

The ADA is gathering insights from health care providers of clinical care and education for individuals with diabetes. Your valuable feedback will help us understand the challenges and needs within the diabetes care community. This survey should take approximately three to five minutes to complete. [Take the survey.](#)

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

Discover the 2024 updates to the *Standards of Care in Diabetes*

Do you want to learn more about recent updates to the ADA's *Standards of Care in Diabetes*? Look no further, this latest Know Diabetes by Heart webinar discusses additional guidance on the use of new obesity medications—glucagon-like peptide 1 (GLP-1) receptor agonists or dual glucose-dependent insulinotropic polypeptide (GIP) and GLP-1 receptor agonists—to reach sustained weight management goals, new screening recommendations for heart failure in people with diabetes, and more! [Watch now](#).

Focus on Diabetes

Upgrade Your Medical Nutrition Therapy Skills

Learn about how to speak the language of diabetes and appropriate person-first language for better patient interactions. This brand-new continuing education (CE) course focuses on the relationship between diabetes nutrition and eye health. Focusing on nutrition and physical activity, the module emphasizes the crucial roles of each in helping to manage blood glucose and prevent diabetes complications.

[Earn Free CE Credits](#)

Focus on Diabetes



Stay Ahead in Type 1 Diabetes Care: Earn Free CE

Level up your skills and knowledge for individuals living with type 1 diabetes with Innovations and Latest Treatments in Type 1 Diabetes—a free CE course. Acquire the skills to distinguish the variances in screening, diagnosis, and management of type 1 diabetes. Identify appropriate therapies, address barriers to care, and learn how to harness the potential of diabetes technology. Don't wait, [register](#) today and start earning free CE.



If you missed the ADA's 2024 Clinical Update Conference (CUC), don't worry—there's still time to access expert insights and groundbreaking content. [Register today for access to on-demand content available through March 25!](#)

We would like to provide you with free access to one of the most popular sessions that took place at the CUC this year: **Fasting Practices and Diabetes Management** presented by Mohamed Hassanein, FRCP, CCST, MPHIL.

View the presentation at [ERP University](#). Password: ERP1986.

Please note: The recording above is only provided as a preview. You will need to register for the on-demand [CUC](#) to view other presentations and obtain CE credits.

This year's CUC theme was **Knowledge to Action—Changing Paradigms in Diabetes**, which showcased a diverse lineup of interactive and case-based presentations on topics, including:

- *Standards of Care in Diabetes—2024* Updates and Practice Implications
- New Perspectives in Weight Management
- Diabetes Prevention Programming
- Diabetes Through the Life Course
- Technology in Practice
- Psychosocial Considerations
- And more!

Explore timely content at your own pace through March 25 and gain expert-led knowledge on the latest guidelines, recommendations, and advancements in

clinical diabetes care. [Plus, earn up to 15 continuing medical education \(CME\)/CE credits!](#)

[Register Now](#)

It's National Kidney Month

Did you know there is a connection between diabetes and kidney disease? Anyone can take steps to prevent chronic kidney disease (CKD), and those who already have it can try and slow the process. Share this kidney health resource—no-cost Kidney Smart[®] classes from DaVita—with the people you see to help them protect their kidneys.

[Share Now](#)

ADA Publications and Events

FREE Monthly Live Cooking Classes for People with Diabetes

The ADA partners with the chefs at Homemade to put on monthly live cooking classes for people with diabetes, caregivers, and health care professionals, featuring recipes from our recipe and blog site—[Diabetes Food Hub[®]](#). These classes are produced and taught by a professional Homemade chef and the ADA's nutrition experts are on hand to answer nutrition questions, live!

Register ahead of time to check out the recipe so you can cook along at home. Past classes include recipes like [Classic Beef Stroganoff](#), [Air Fried Chicken and Roasted Green Beans](#), and [Hearty Garlic Meatloaf and Cauliflower Mashed Potatoes](#).

[Register for upcoming classes!](#) If you can't make it live, all classes are available on demand on Diabetes Food Hub.

Splenda

Millions worldwide use Splenda as an important part of achieving their health goals with products available including Splenda Stevia, Splenda Diabetes Care shakes, and Splenda Original Sweetener. In fact, Splenda is the number one sweetener brand recommended by doctors and dietitians.*

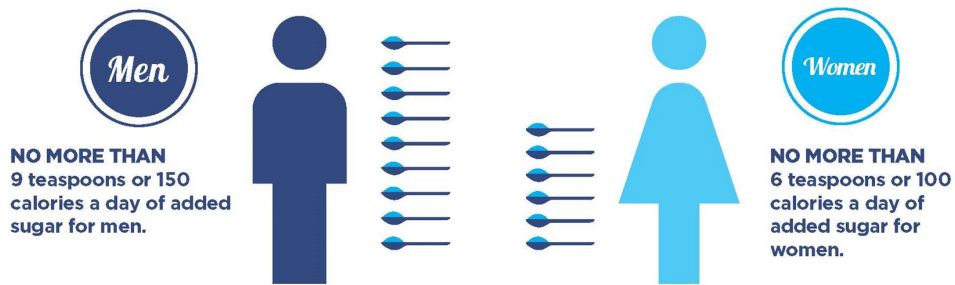
Download and print this handout, [Reduce Added Sugar for a Healthier Lifestyle](#), for your patients and clients today!

Think Splenda is just for drinks? Think again! Explore the vast recipe collection to see recipes using Splenda at Splenda.com/recipes...

*The Splenda Brand Family is the sweetener brand recommended most by health care professionals clinically treating patients

Reduce Added Sugars for A Healthier Lifestyle *Splenda*

DAILY *Added Sugar* LIMIT



HOW SUGAR CAN *Add Up* IN YOUR DAY

MADE WITH SUGAR



12 Tsp
ADDED SUGAR



10 Tsp
ADDED SUGAR



3 Tsp
ADDED SUGAR

VS

MADE WITH *Splenda*

Maple Pumpkin Spice Latte



0 Tsp
ADDED SUGAR
Made with Splenda Stevia

Pink Lemonade with Mint



0 Tsp
ADDED SUGAR
Made with Splenda Peel and Pour

4-Ingredient Peanut Butter Cookies



0 Tsp
ADDED SUGAR



Made with Splenda Granulated Sweetener

25 *Tsp* ADDED SUGAR

0 *Tsp* ADDED SUGAR

VISIT [SPLENDA.COM/RECIPES](https://www.splenda.com/recipes) FOR MORE GREAT RECIPES!

Using Zero Calorie Sweeteners In Place Of Added Sugars Help To:



Reduce added sugars¹²



Help cut calories, lose weight and keep it off^{3,5}



Avoid blood sugar and insulin spikes caused by drinks with added sugars^{13,7}



Reduce risk for prediabetes & diabetes complications caused from high blood sugar⁶

DELICIOUS *Splenda*. PRODUCTS

RECOMMENDED BRAND
#1
BY DOCTORS AND DIETITIANS*

Splenda Zero Calorie Sweetener



The perfect zero calorie sugar substitute for beverages and baking. Enjoy sweetness without sacrificing taste!

Splenda Stevia



Splenda Stevia is a zero calorie sweetener made from the sweetest part of the stevia leaf meaning no bitter aftertaste. Use Splenda Stevia in beverages and baking to help you achieve your health goals!

Splenda Monk Fruit



Splenda Monk Fruit Sweetener is a zero calorie sweetener made from real fruit. Splenda Monk Fruit Sweetener tastes just like sugar but without the carbs and calories.

Splenda Diabetes Care Shakes



Splenda Diabetes Care Shakes are smooth, creamy and delicious with a diabetes-specific formula that has the right nutrient balance including 15 grams of protein, 6 grams of fiber and no added sugar.

Splenda Coffee Creamers



Enjoy smooth, delicious Splenda Coffee Creamers. No sugar. No corn syrup. Only 15 calories per serving! Comes in 3 great flavors of French Vanilla, Sweet Cream, and Hazelnut.

Splenda Peel and Pour



The convenient Peel & Pour design of this zero calorie drink mix makes it easy to replace sugary drinks! Peel open the lid and pour the contents in 2 quarts of water! Comes in 4 delicious flavors of pink lemonade, peach mango, sweet tea, and fruit punch.

Learn more at [splenda.com](https://www.splenda.com)

[1] Leahy M, Ratliff JC, Rieth CS, Fajouri VL. Consumption of Low-Calorie Sweetened Beverages Compared to Water Is Associated with Reduced Intake of Carbohydrate and Sugar, with No Adverse Relationships to Glycemic Responses: Results from the 2001-2002 National Health and Nutrition Examination Survey. *Nutrients*. 2017 Aug 24;9(9):928. doi: 10.3390/nu9090928. PMID: 28837814; PMCID: PMC5522688. (Calories, sugar, water) [2] McGlynn ND, Khan TA, Wang L, et al. Association of Low- and No-Calorie Sweetened Beverages as a Replacement for Sugar-Sweetened Beverages with Body Weight and Cardiometabolic Risk: A Systematic Review and Meta-analysis. *JAMA Network Open*. 2022;5(3):e2202092. doi:10.1001/jamanetworkopen.2022.2092. (sugar, weight, calories) [3] Hoopie Warshaw, Steven V. Eddman, Practical Strategies to Help Reduce Added Sugars Consumption to Support Glycemic and Weight Management Goals. *Clin Diabetes* | January 2021, 39 (1): 45-56. <https://doi.org/10.2337/ab20-0154> (weight blood sugar) [4] McGlynn ND, Khan TA, Wang L, et al. Association of Low- and No-Calorie Sweetened Beverages as a Replacement for Sugar-Sweetened Beverages with Body Weight and Cardiometabolic Risk: A Systematic Review and Meta-analysis. *JAMA Network Open*. 2022;5(3):e2202092. doi:10.1001/jamanetworkopen.2022.2092. (sugar, weight, calories) [5] Rogers PJ, Higginkamp PS, et al. Does low-energy sweetener consumption affect energy intake and body weight? A systematic review, including meta-analysis, of the evidence from human and animal studies. *Int J Obes (Lond)*. 2016 Mar;40(3):361-94. doi: 10.1038/sj.ijo.2015.3171. Epub 2015 Sep 14. PMID: 26353102; PMCID: PMC4496178. (weight) [6] Rogers PJ. The role of low-calorie sweeteners in the prevention and management of low weight and obesity: evidence vs. conjecture. *Proc Nutr Soc*. 2017 Nov;23(9)(weight) [7] Mei J, Cheng J, Chekin RL, Young RL, Jones XL, Horowitz M, Rayner OC. Effect of the artificial sweetener, sucralose, on small intestinal glucose absorption in healthy human subjects. *Br J Nutr*. 2010 Sep;104(6):893-6. doi: 10.1017/S0007146010001022. Epub 2010 Apr 27. PMID: 20420761. (blood sugar) [8] Long-term complications of diabetes/hyperglycemia (CDC). <https://www.cdc.gov/diabetes/managing/problems/>. *Among healthcare professionals clinically treating patients. Represents the sweetener brand recommended most by healthcare professionals.

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



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Learn more at diabetes.org

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