



Recognition News

diabetes.org/erp | Fall 2016



Welcome

Greetings from your ERP team! It was wonderful to see many of you in New Orleans and San Diego this summer.

This issue will include information on our next ERP Symposium, quick tips on ways to reduce added sugars, new networking calls, and many resources. Feel free to always email us (erp@diabetes.org) or call (1-888-232-0822) with any recognition questions. Regular updates can be found at www.diabetes.org/erp.

Diabetes Education

10 Easy Ways to Reduce Added Sugars

The Food and Drug Administration recently announced a new Nutrition Facts Label for packaged foods. The new label now separates "added sugars" from "total sugars". Previously, both were grouped under "sugars", so it was difficult to tell how much added sugar you were eating compared to the naturally occurring sugars found in foods. With this new information, choosing healthier foods and managing your diabetes or pre-diabetes will be even easier.

Science tells us that sugar does **not** cause diabetes. Eating too much added sugars can mean missing out on healthy foods such as fruits and vegetables, and not getting enough essential vitamins and minerals. It's also difficult to stay within a reasonable number of daily calories. A high calorie diet can result in weight gain, making it more difficult to manage your diabetes or prediabetes.

When you decrease the amount of added sugars in your diet, you may notice:

- It's easier to maintain or lose weight
- Improved blood sugar levels
- Less processed foods that have no nutritional value in your diet

- Easier to include healthier foods like fruits, vegetables and low-fat dairy

Having diabetes or pre-diabetes doesn't mean you can't indulge your sweet tooth now and then within a healthy diet. Check out these quick and easy tips brought to you by Equal® Sweetener about how you can [reduce added sugars](#) (PDF) in your diet. To learn more about Equal, visit equal.com.

Recognition Tips

- The American Diabetes Association Education Recognition Program will be conducting an **ERP DSMES Recognition Symposium at the Millennium Hotel Durham in Durham, NC on October 19, 2016**. This symposium will provide attendees with 7.25 CMEs. The symposium's ultimate goal is to increase patient access to quality, evidence based, and sustainable DSME/S programs. [Learn More >>](#)
 - Click here to view the [DSMES for Adult with Type Two Algorithm of Care](#) (PDF)
 - Two New Networking Quarterly Calls: FQHC and ERPs expanding to PCP Offices. For your convenience all calls take place in the first full week of the month. To register: <http://main.diabetes.org/site/PageServer?pagename=ERPQACallSubmission>
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ERP Resources

The ERP Team would like to announce a few enhancements we have made to the Recognized Education Program search function. The ERP search function now provides the user the ability to:

- Choose the driving directions function which will provide the user the ability to map the directions to the program from any location
- View a virtual map of all the programs based off of the search criteria entered (state or zip-code)

Program listings now indicate if the program has the ability to provide the following support:

- Diabetes Education to the Spanish speaking population
- Diabetes Education to the Pediatric population
- Long-Distance Learning or Tele-Medicine

Your American Diabetes Association Education Recognition Program continues to add exciting resources to support your DSME program.

Now available, *Living Well With Diabetes* online booklet in Spanish language!

This dynamic resource in Spanish serves to:

- Overcome literacy challenges—Spanish language audio Feature
- Help clients understand complex processes through visualization—Animations & Video
- Support communication and family members—Share features with Bilingual options for Spanish

and English

Use the guide anywhere you have access to the internet. Use it as a group presentation or help Spanish language clients prepare for their next session.

We are pleased to include HEDIS Measure of Care as part of the Krames On Demand library available to DSME Programs with ADA ERP status.

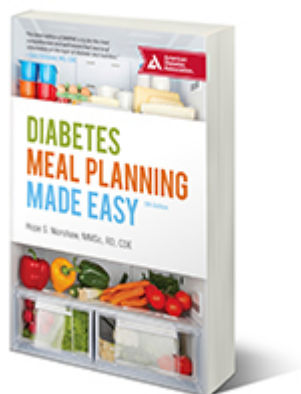
Simply look for the HEDIS folder bar under the BROWSE tab. To login in to Krames On Demand follow the link from your ERP site at professional.diabetes.org/diabetes-education.

Other Resources

The Association has produced a new patient education booklet, Diabetes: Your Take Control Guide (Replacing Choose to Live). This 36-page guide addresses diabetes management from head to toe, including topics such as:

- ABCs of diabetes care
- Meal planning
- Physical activity
- Weight loss
- Habit changes
- Medications for blood pressure, cholesterol and diabetes
- Complications

Copies can be ordered in English (3510-14) or Spanish (3510-16) from Shopdiabetes.org.



Diabetes Meal Planning Made Easy, 5th Edition
Hope S. Warshaw, MMSc,
RD, CDE

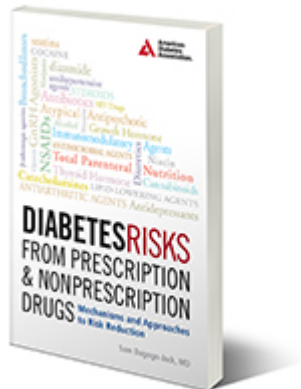
Diabetes Meal Planning Made Easy takes the guesswork out of planning meals by teaching people with diabetes how to eat healthy, one step at a time. A perennial bestseller from the American Diabetes Association, this book has sold more than 80,000 copies and been *the* go-to diabetes nutrition guidebook for more than 20 years. The 5th edition has been

streamlined, updated, and improved to help people with diabetes learn how to adapt family-favorite recipes into healthy dishes; strategize to make healthy eating easier, lose weight and effectively keep it off; and expertly control portion sizes.

Item # 4706-05
Original Price: \$16.95
ERP Member Price: \$10.17
<http://shopdiabetes.org/1987-Diabetes-Meal-Planning-Made-Easy-5th-Edition.aspx>

Diabetes Risks from Prescription & Nonprescription Drugs
Sam Dagogo-Jack, MD

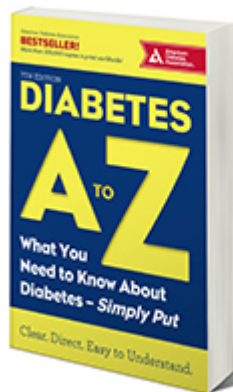
Designed with the busy clinician in mind, *Diabetes Risk from Prescription & Nonprescription Drugs* discusses the impact of major drug classes on glycemic control in people with diabetes, and on the risk of drug-induced diabetes in the general population, debunking myths, clarifying misperceptions, and providing reassurance to practicing clinicians. Conveniently organized by type and class of drugs, this helpful guidebook also includes information from the latest clinical studies and literature to present a comprehensive, authoritative text on an elusive and troubling medical conundrum.



Item # 5455-01
Original Price: \$24.95
ERP Member Price: \$14.97
<http://shopdiabetes.org/1968-Diabetes-Risks-from-Prescription-And-Nonprescription-Drugs.aspx>

Diabetes A to Z, 7th Edition
American Diabetes
Association

Diabetes A to Z, 7th Edition, contains the most up-to-date recommendations by the American Diabetes Association, presented in a simple, direct, and easy-to-understand format. This new edition contains a variety of important updates, including information on new medications and insulins, new nutrition recommendations to match the ADA's new dietary guidelines, an all-new insurance section discussing new coverage options and details brought about by the Affordable Care Act, and much more.



Item # 4801-07
Original Price: \$16.95
ERP Member Price: \$10.17
<http://shopdiabetes.org/1959-Diabetes-A-to-Z-7th-Edition.aspx>

Spotlight

Cleveland VA Medical Center's Diabetes Self-Management Tele-health

This month we would like to shine the spotlight on The Louis Stokes Cleveland VA Medical Center! The Louis Stokes Cleveland VA Medical Center (LSCVAMC) is an ADA recognized multi-site Diabetes Self-Management Education program. Their core DSME program is six hours in duration with follow-up at least once a month. They have designed a unique way of providing Diabetes Self-management Support (DSMS) by linking their Diabetes Self-Management Education Support Program with the VA National Food and Nutrition Service Healthy Teaching Kitchen (HTK) initiative and using tele-health technology.

The second Tuesday of each month, lead DSMS-HTK instructor and US Army Veteran Neal Kurmas, MS, RD, CDE broadcasts the program via Tele-Health to DSME graduates at 3 sites. Neal often shares that in his transition from active duty to civilian life, he had acquired the nick-name of “pot-pie guy” for his love of the 50 cent frozen pot pie. Fortunately, Neal has learned to cook healthy and is there to share his wealth of knowledge with fellow Veterans.

Neal prepares the recipe at the main campus while continuously engaging in conversations with the Veterans to answer their questions. The discussions are often focused on understanding use of herbs and spices, fresh vegetables and other ingredients. Conversation can vary from guessing food group, health benefits of the ingredients, how ingredients will affect blood glucose level, portion size, plus cooking tips like what tools to use if participants don't have a specific gadget at home. Satellite Registered Dietitian Nutritionists follow the lead from the main site to prepare the food. The recipes are chosen to include at least one ingredient that is grown on the hospital's garage roof top garden!

According to Program Coordinator Mary Julius, RDN, CDE “We really are having a positive impact on cooking confidence, cooking skills and A1c sustainment because the classes reinforce skills and education that were learned from DSME classes such as label reading, portion sizes, practicality of leftovers, and the importance of food safety guidelines. DSMS-HTK is a behavioral program that has a very positive impact on clinical outcomes.” Classes serve to remind patients of familiar foods while exposing them to new flavors. Additionally, the participants receive healthier versions of popular recipes which focus on healthy, quick, and affordable meals that can motivate participants to engage in a healthier lifestyle at home.

At the end everyone enjoys the delicious food! The attendees love the classes and the enrollment now reaches full capacity! Next step is to continue to expand this service to other satellites. Hats off to Mary Julius and her amazing team!! (see pictures below)



Upper left: parking garage rooftop containers being planted

Upper Center: Neal Kurmas, MS, RD, CDE with Michele Smith RN, CDE

Upper right: Emily Leonard, MS, RD former LSCVAMC nutrition intern. Now at the Orlando VA Medical Center

Center: Neal Kurmas MS, RD, CDE and Mary Julius, RDN, CDE

Left Center: Victoria Rice, MS, RDN as a nutrition intern at the LSCVAMC. Now at the East Liverpool VA

Right bottom: Remote sites joining the DSMS-HTK. The tele-health system brings remote sites to the hub

Bottom middle: Neal's home-made, delicious, healthy pot pie...using fresh vegetables and herbs from the rooftop garden

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

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staywell

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