

# Education for Life.



## A message from Chief Scientific and Medical Officer, Robert (Bob) Gabbay, MD, PhD-ADA



On behalf of the American Diabetes Association® (ADA), please allow me to extend my personal and genuine appreciation to each and every diabetes care and education specialist for your talent, dedication, and hard work in achieving and maintaining the ADA's Recognition for Diabetes Self-Management Education and Support! The success of the ADA's Education Recognition Program (ERP) is built on your tireless effort, and I am so grateful for the collective impact you have had on people with and affected by diabetes. Thank you for your dedication and commitment

I would also like to thank ERP organizations' leadership that prioritize diabetes self-management education by supporting its implementation and sustainability. Their leadership's commitment to have evidence-based diabetes self-management education and support (DSMES) services that hail person-centered services and embrace cultural differences is critical. Now, more than ever, we need to address social determinants of health to propel communities to make the world better for people with diabetes to live and thrive. Their foresight and investment are much appreciated.

2022 has brought about some great successes for people with diabetes, which include:

- ADA-lead effort on [insulin co-pay cap](#)
- ADA-launched partnership to tackle [health inequity](#)
- Monthly outreach through [Ask Dr. Bob](#) and social media posts
- [ADA's 2023 Standards of Care in Diabetes](#)

Sending holiday best wishes and happiness to you and your families as we all look forward to a successful 2023!

Sincerely,

Robert (Bob) Gabbay, MD, PhD  
Chief Scientific and Medical Officer  
American Diabetes Association

## What's New

### ERP Announcement



The Centers for Medicare and Medicaid Services (CMS) will be conducting its 2023 audit of the ADA ERP. The CMS has contracted with Integrated Management Strategies (IMS) to perform oversight activities to ensure the ADA and ADA-recognized DSMES services continue to meet the Medicare DSMT requirements. IMS will be executing this 12-month validation project to assist the CMS in its oversight efforts. Please cooperate with IMS if your DSMES service is selected for an audit. [Learn more.](#)

[View the ADA & CMS' audit preparation webinar along with all other Ask the ERP Experts webinar recordings.](#)

Feel free to contact the ERP team at [ERP@diabetes.org](mailto:ERP@diabetes.org) should you have any questions.

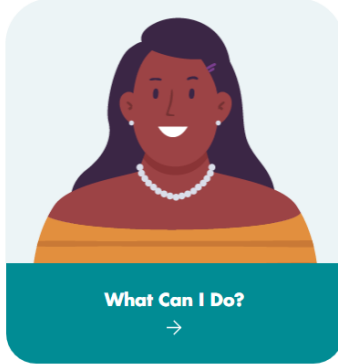
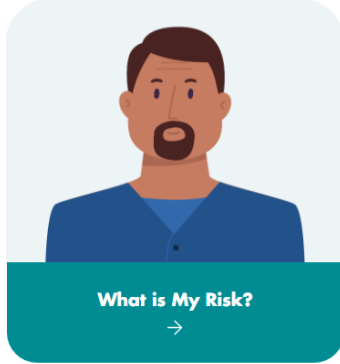
### Advocacy Corner

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

The NEW Know Diabetes by Heart™ patient e-module is now available. Share this resource with your patients living with type 2 diabetes to help them learn about their risk for heart disease and stroke. They will find out how to talk about health risks with their health care provider and discover how to prevent, manage, or treat complications. [Learn more information about patient e-module.](#)



## Let's Talk About Diabetes, Heart Disease, & Stroke



Know**Diabetes**by**Heart**™

### Focus on Diabetes' Eye Care Interprofessional Communication Protocol

Help facilitate the exchange of information between health care professionals and eye care professionals in order to improve outcomes and preserve vision in people with diabetes. [Learn more about this Focus on Diabetes® resource.](#)



### **Focus on Diabetes' Ask the Experts**

This Ask the Experts event, "A family eye health event!", was held on December 13. Questions discussed included, "Should kids receive eye exams as often as adults?", "Are exams different for children and adults?", and many others. [Sign up for the next event and find a list of all past recordings.](#)

**American Diabetes Association®**  
**Ask the Experts**

**December 13  
8:00 p.m. ET**

**Removing Barriers and  
Overcoming Obstacles**

  
 Jill Weisberg-Benchall, PhD, CDCES

**FOCUS ON DIABETES®**  
 Look closer at Eye Health

VISIONARY PARTNERS  
 vsp vision care REGENERON

## Diabetes Kickstart

*Diabetes Kickstart* is an animated video series created to help increase referrals and access to DSMES services. The series is designed to:

- Introduce and explain the key concepts of diabetes management and emphasize their critical importance to health and wellbeing for people living with diabetes.
- Deliver easily consumable information in an anytime, anywhere format at no cost to viewers.
- Help people get started with day-to-day diabetes management or help them quickly make changes to enhance management and improve health.
- Support and increase the visibility of DSMES and help people get more out of DSMES when they participate.

[Learn more about Diabetes Kickstart.](#)

## Behavioral Health in Diabetes Care

Introducing **Behavioral Health in Diabetes Care**, a FREE self-paced continuing education (CE) program for diabetes care team members. Earn up to 5.25 CE credits and help people with diabetes overcome behavioral health challenges!

[Register here.](#) Questions? Please email [professionaleducation@diabetes.org](mailto:professionaleducation@diabetes.org) for more information.



**Professional Education**  
Making Diabetes Technology Work

Register for **Behavioral Health in Diabetes Care**, a FREE self-paced continuing education (CE) program for diabetes care team members. Earn 5.25 CE credits and help people with diabetes overcome behavioral health challenges!

**Register Now**

This program is supported by an unrestricted educational grant from The Leona M. and Harry B. Helmsley Charitable Trust.



## Discounted ADA Membership for ERP Services

There are two membership levels available for ERP Services: Associate and Health Care

**Associate membership benefits include:**

**Benefits include:**

- Subscription to *Clinical Diabetes*<sup>®</sup>, a quarterly journal that focuses on primary care and all health care providers involved in the care of people with diabetes, with information on advances and state of the art care of diabetes
- Participation in CE programs
- Print and digital access to the Standards of Care in Diabetes
- Members-only webinars
- Discounts on additional journals and ADA books
- Membership in three interest groups
- Opportunities to participate in various ADA committees

**Health Care membership benefits include:**

**Benefits include:**

- Subscription to *Diabetes Spectrum*<sup>®</sup>, a quarterly journal that assists health care professionals in developing strategies to individualize treatment, enhance DSMES, and optimize patient outcomes.
- **Save on registration for the ADA's Scientific Sessions and other meetings, including Diabetes Is Primary<sup>®</sup> CE programs**
- Print and digital access to the Standards of Care in Diabetes
- Members-only webinars
- Discounts on additional journals and ADA books
- Membership in three interest groups
- Opportunities to participate in various ADA committees

[Get more membership information.](#)

## CAULIPOWER®

### 5 Tips for Getting Creative with Your Veggies

For those living with diabetes, it can often be hard—ok, nearly impossible!—to find a veggie-packed meal that also tastes DELISH. That's why we put together these five easy hacks to get creative with your veggies and whip up a meal that's nutritious AND delicious:

1. Cauliflower takes on flavors easily, so you never have to settle for a “meh” meal! Use cauliflower rice as a filling for your zesty fajitas or as a base for some marinated chicken and veggies.
2. Swap out your traditional wheat pasta for a gluten-free, plant-based pasta alternative that looks, cooks, and TASTES like the real thing!
3. Enjoy DIY pizza night with a crispy cauliflower crust and experiment with your fave toppings!
4. Instead of corn or flour tortillas for your taco night, use lettuce to give you a crispy, veggie-filled crunch.
5. Whip out the blender and power up your breakfast by using sweet potatoes in your next smoothie!

Getting more vegetables into your diet doesn't have to be boring or difficult. In fact, it's never been easier, or tastier! Learn about more ways to VEGolutionize your favorite foods. [Explore more options brought to you by CAULIPOWER \(PDF advertisement\)](#).

This content is brought to you by CAULIPOWER, a proud supporter of Diabetes Food Hub®.



Proud Supporter of Diabetes Food Hub®



## ERP Spotlight – The Diabetes Self-Management Program at Doylestown Hospital

The Diabetes Self-Management program at Doylestown Hospital has been ADA-recognized for over 20 years. Our mission is to provide patient care excellence through the cost-effective delivery of primary, secondary, and community-appropriate

specialty care on an inpatient and outpatient basis and to promote wellness and health through community outpatient diabetes self-management education and individual consultations.

We serve patients with type 1, type 2, gestational diabetes, and prediabetes. Our program offers both a day class and an evening class to accommodate working participants and participants who prefer not to drive at night. The program is five weeks long and each class runs for two hours. Two of the classes are related to nutrition education. The curriculum is based on the ADA's *Standards of Care in Diabetes* and teaching materials are at grade level 6.4 to 8. Class materials are organized in a binder that each participant receives.

The first nutrition class is on nutrition basics where a personalized meal plan is provided. Education revolves around identifying carbohydrate, proteins, and fats with emphasis on portion sizes and recommended servings per meal. The most impactful class is the second nutrition class. This class provides a buffet lunch or dinner and is a hands-on experience where each participant can use what they learned to make "real life" choices. This exercise allows the participant to refer to their meal plan when selecting from the buffet and to "eyeball" the portion size. After making their selections, the registered dietitian reviews their choices and provides immediate feedback. Then of course, they get to eat their meal!

Participant feedback is critical. After each class, participants complete an anonymous evaluation where they rate the class, one to four. We are pleased to say 98% rated the class as four. In general, comments are very positive, including many thanks for offering the class and comments on how thorough the materials are. Participants also have the opportunity to make suggestions—one requesting that participants receive copies of all PowerPoints. Participants can request a one-on-one appointment if they feel they need reinforcement in any area by filling in their name and contact information.

In addition to behavior change objectives of nutrition management, glucose monitoring, and exercise regimen and medication adherence, we also measure initial A1C (class average 8.5%) and once again three months after the course (average 6.7%). We also strongly encouraged patients to have an annual eye exam, and 91% of patients are now up to date.

We offer a "Keep on Track" follow-up class, a general support group, and an insulin pump support group.

We are based in a community hospital who is supportive of this program. Our staff includes nurse practitioners, a registered nurse, and registered dietitians. Our Diabetes Advisory Committee includes two community members, physicians, visiting nurses, case management and our staff.





