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# Education for Life.



Education  
Recognition  
Program

Greetings from the Education Recognition Program (ERP) team!

This fall we are excited to announce several new and on-demand symposiums as well as updates on the latest Know Diabetes by Heart™ and Focus on Diabetes® initiatives. In this issue, you will also find the newest additions to ERP University (ERPU) and a highlight on the important work of one of our recognized services, Dignity Health Glendale Memorial Hospital.

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

## What's New: ERP Updates

### Upcoming Virtual and On-Demand Symposiums

**Creating Maximum Impact with  
your DSMES Participant: from SDOH  
to Use of Current Technology and  
Everything in Between.**

**Sessions:**

**Diabetes Remission & Lifestyle Update:  
What Every Clinician Needs to Know**

**Achieving Diabetes Health Equity: Evidence,  
Challenges, Opportunities, and Resources**

**Diabetes Technology in 2023**

**When:** October 20, 2023

**Cost:** \$150

**CEU Opportunity:** 4.5 CEUs

**Register Now!**

[Register Here](#)



## **On-Demand: ERP Medicare Diabetes Services Reimbursement Symposium — From Guidance to Multi Practice Models**

**CEUs: 5.5**

**Cost: \$150**

**Watch Now!**

**Watch Now**

### **ERP University Updates**

We are excited to announce that recorded webinars for each of the six National Standards for Diabetes Self-Management and Support have been added to ERPU!

Please [visit ERPU](#) to access the webinars.

### **Renewal Applications Reporting Period**

Starting January 3, 2024, renewal applications will require 12 months of reporting data. Services will still be allowed to start the renewal application six months before the end of the current recognition period. This data collection requirement is already used for Annual Status Reports (ASRs). This change will allow you to highlight the incredible work you are doing by providing additional time for gathering the outcome data of your participants!

### **Advocacy Corner**

The award-winning Safe at School® campaign of the American Diabetes Association® (ADA) is exploring opportunities to offer a School Diabetes Training Program and is seeking diabetes health care professionals to train school staff. Trainers will receive a stipend and reimbursement for related expenses. Your experience and expertise will provide invaluable experience and insight to serve the important needs of students living with diabetes. If interested, [contact Jessica McKinney](#), the ADA's legal advocacy manager.



### **Connecting the Dots Between Diabetes and Chronic Kidney Disease**

You likely already know that diabetes is the leading cause of chronic kidney disease (CKD). With over 37 million Americans with diabetes, it's important to educate the

people you see early about the link to CKD and the importance of slowing the progression of or preventing CKD.

Help the people you see connect the dots between diabetes and CKD by enrolling them in a [Kidney Smart®](#) class from DaVita, a no-cost award-winning kidney education program. They will get in-depth information about:

- Causes of CKD
- Diet and nutrition information
- How to slow the progression of CKD
- Navigating treatment options

[Learn More](#)

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

**Know Diabetes by Heart** is a joint initiative between the American Heart Association® and the ADA with the goal to reduce heart disease and stroke in **people with type 2 diabetes**. The ADA's Ask the Experts, a live event series where people living with diabetes and their caregivers can submit questions to be answered by topic experts, is being used for outreach by this initiative.

### How to Take the Lead in Your Health Care: What to Discuss with Your Diabetes Team *(Presented in English)*

- **Topic:** Self advocacy and taking an active role in the health care team.
- **Host:** Cynthia Muñoz, PhD, MPH
- **Date:** Tuesday, December 5
- **Time:** 7:00 p.m. ET
- **Description:** Learn how to lead your diabetes care team by building confidence, knowing what to discuss, and advocating for yourself within your team.

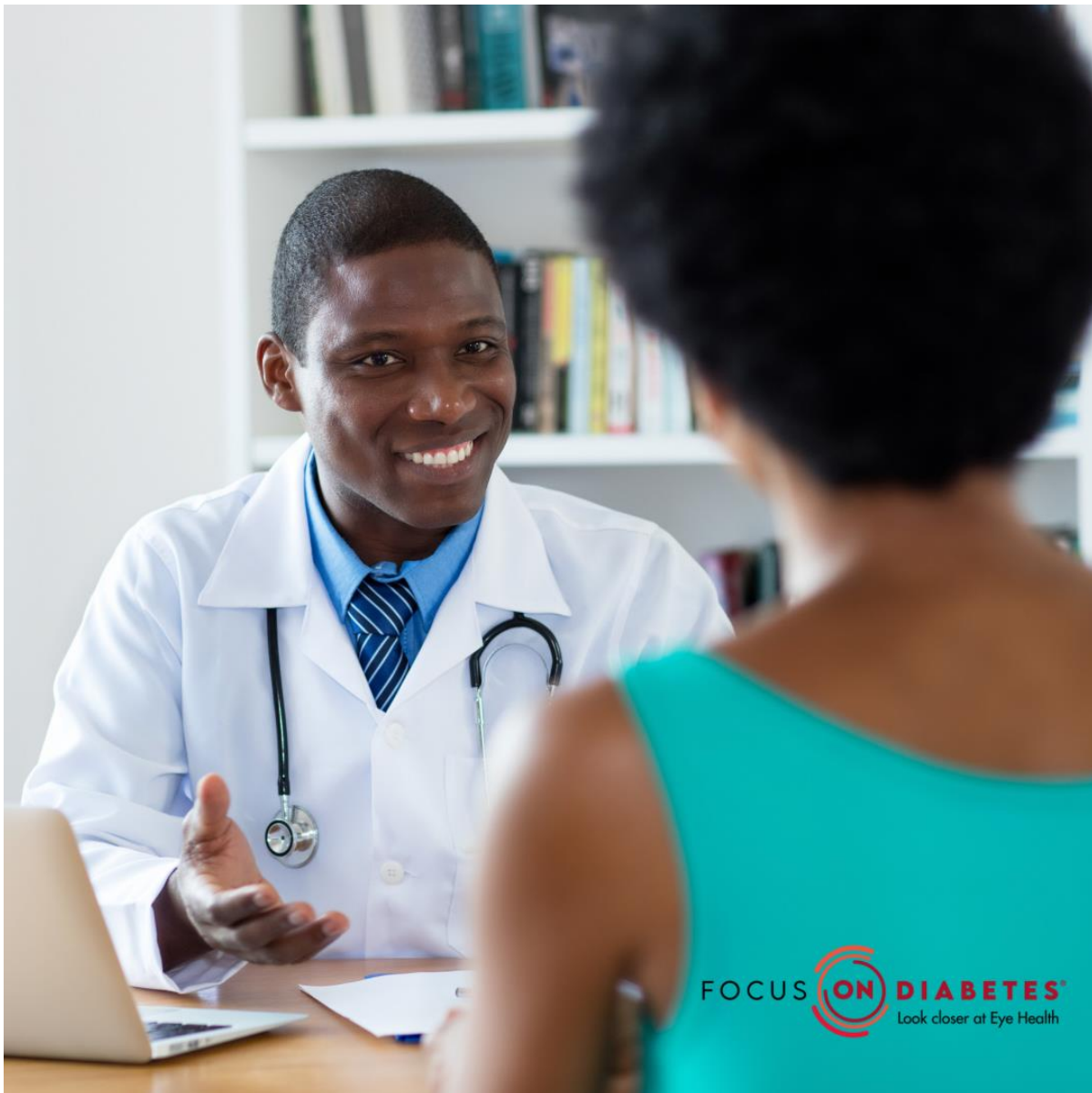
Registration Coming Soon!



## Focus on Diabetes

### Back to School

An annual comprehensive dilated eye exam is the best way to find out if diabetes is affecting the eye health of the people you see. Encourage them to get their annual eye exam and help facilitate the collaboration between diabetes care and eye care professionals, taking steps together to help preserve the vision of people with diabetes. You can also find resources, such as our sample Diabetes Eye Exam Referral or Diabetes Eye Exam Visit Summary form, on our [Focus on Diabetes resources page](#).



## ADA Publications

### NEW! The Diabetes Plate: Kidney-Friendly Meal Planner

**The Diabetes Plate:** Kidney-Friendly Meal Planner is a simple guide to planning meals and managing portions for people with diabetes and CKD. This meal planning guide was developed for people with CKD who are not on dialysis.

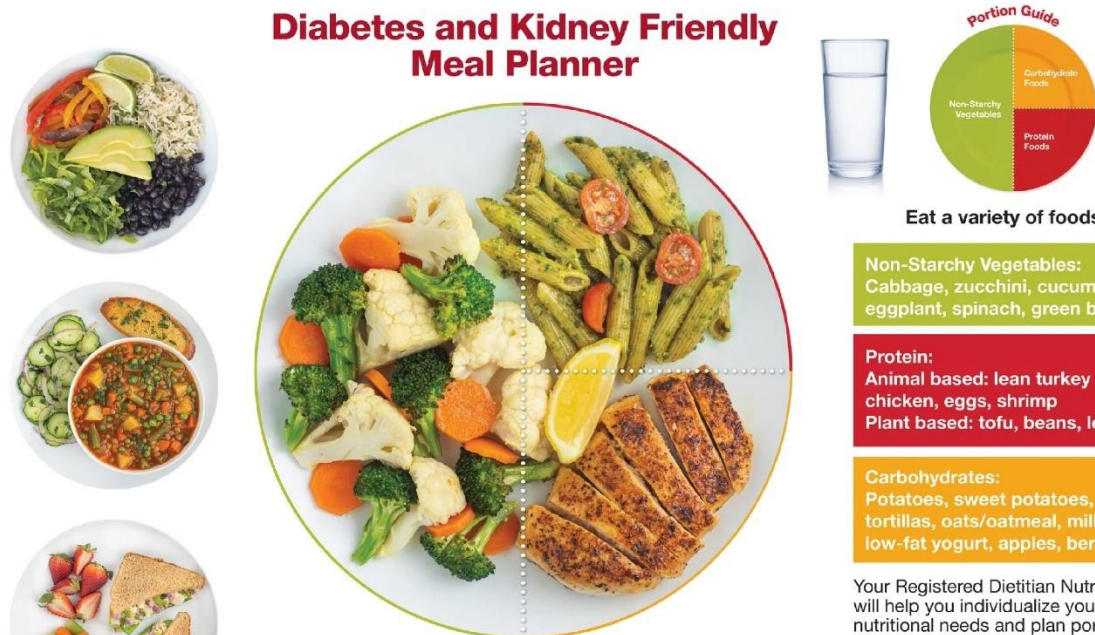
Food examples are common in the U.S., culturally diverse, and budget friendly. This meal planner also includes and emphasizes plant-based proteins as options for

meals. The reverse side of the placemat provides simple tips for meal planning based on the latest nutrition guidelines and tools for estimating portions.

This meal planner is available in both English and Spanish on [ShopDiabetes.org](https://www.shopdiabetes.org). You can choose from a pack of 25 single placemats or tear offs for purchase.

**Remember, ERP services receive a 40% discount on these products with your service's program ID number.**

### Diabetes and Kidney Friendly Meal Planner



All plate images are based on a 9-in plate  
9 inches

This Meal Planning Guide was developed for individuals who are not on dialysis.

**Portion Guide**


Eat a variety of foods.

**Non-Starchy Vegetables:**  
Cabbage, zucchini, cucumbers, eggplant, spinach, green beans

**Protein:**  
Animal based: lean turkey and chicken, eggs, shrimp  
Plant based: tofu, beans, lentils

**Carbohydrates:**  
Potatoes, sweet potatoes, tortillas, oats/oatmeal, milk, low-fat yogurt, apples, berries

Your Registered Dietitian Nutritionist will help you individualize your nutritional needs and plan portions for combination foods.

  
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### ***Putting Your Patients on the Pump, 3<sup>rd</sup> Edition***

Technology has progressed rapidly to ease and improve diabetes therapy. This completely revised edition of *Putting Your Patients on the Pump* explains the very latest advances and is intended to guide clinicians through all aspects of initiating, maintaining, and maximizing insulin pump therapy in appropriate candidates. This comprehensive work will be available in October on [ShopDiabetes.org](https://www.shopdiabetes.org).

“Technology and knowledge have progressed at a rapid pace and have made diabetes management vastly better and easier for patient and clinician. We have new medications and more rapid-acting insulins, but mostly, we have reliable continuous glucose monitors, and these are now integrated into hybrid closed-loop insulin pumps. This last improvement, which has occurred since the previous edition of this book was published, is a game changer. This has changed the paradigm of glucose management from A1C to time in range, reducing time in hyper and



hypoglycemia. With these innovations, starting patients on pumps provides even more benefits.

Despite all of these improvements in technology, selecting patients for and starting patients on pumps still require a great deal of education, training, time, and knowledge on the part of the health care provider. Karen and Nick have done a marvelous job with the details of insulin pumps in this edition of *Putting Your Patients on the Pump*. This book will make everyone's job of training patients and using insulin pumps and continuous glucose monitors more understandable and practicable."

—James H. Mersey, MD, FACP, FACE

Clinical Associate Professor of Medicine, University of Maryland School of Medicine Baltimore, Maryland

Assistant Professor, Johns Hopkins University School of Medicine Baltimore, Maryland

Associate Professor, University of South Florida Tampa, Florida

THIRD EDITION



# PUTTING YOUR PATIENTS ON THE PUMP

TECHNOLOGY OPTIONS  
PATIENT EDUCATION  
CANDIDATE SELECTION  
GUIDELINES AND CASE STUDIES  
THERAPY MANAGEMENT

**NICHOLAS B. ARGENTO, MD, FACE**  
**KAREN M. BOLDERMAN, RD, LDN, CDCES**

## **A Message from Splenda**

Splenda® is committed to helping people achieve their health goals by making it easier for people to reduce the amount of added sugar in their diet. You likely know Splenda Original Sweetener (“the yellow packet”), but did you know we also make Splenda Stevia? **Splenda Stevia** is a plant-based sweetener made from the sweetest part of the leaves of the stevia plant. And just like Splenda Original, Splenda Stevia contains zero calories and zero sugar. The people you see can use Splenda Stevia to make a variety of delicious recipes from appetizers and drinks to entrées and desserts.

Check out the ADA's Diabetes Food Hub® for recipes that use Splenda Stevia, like these [Slow-Cooker Sweet & Spicy Turkey Meatballs](#), which are perfect for a football party, and these [Gluten-Free Mini Eggnog Cupcakes](#) which add cheer to any holiday gathering!



**Did you hear?** Now fully operational in Central Florida, **Splenda Stevia Farms** is the first-ever fully integrated U.S.-based stevia farm. By growing stevia in the U.S., Splenda produces environmentally sustainable sweetener products and reduces environmental impact and CO2 emissions. Follow Splenda's journey to U.S. Grown and [read the full story](#).

[Download and print](#) this worksheet to help the people you see reduce their added sugar intake during the upcoming holiday season and year-round!

## 3 Steps to Reduce Added Sugar

### Step 1: Identify common names for sugar & hidden sources in foods

#### Where could sources of added sugar be hiding?

Circle below or add your own to the list.

- |                      |                       |                       |
|----------------------|-----------------------|-----------------------|
| Coffee Drinks        | Flavored Yogurt       | Oatmeal & Cereals     |
| Condiments & Sauces  | Cocktails & Mocktails | Canned Fruit in Syrup |
| Sweet Tea & Lemonade |                       |                       |

Others: (list here)

#### In the foods & beverages you circled, do you see any of these sugars listed in the ingredient statement?

Circle below or add your own to the list.

- |                |                       |                  |
|----------------|-----------------------|------------------|
| Cane Sugar     | Agave Nectar          | Honey            |
| Glucose        | Molasses              | Powdered Sugar   |
| Corn Syrup     | Barley Malt Syrup     | Fructose         |
| Invert Sugar   | Evaporated Cane Juice | Brown Rice Syrup |
| Glucose Solids | Beet Sugar            |                  |

Others: (list here)

#### You can also use the Nutrition Facts Panel to identify grams of naturally occurring sugars and added sugars in food.

Identify the naturally occurring and added sugars in the nutrition facts panel for ice cream below.

Subtract  
Added Sugars from  
Total Sugars to get  
grams of Naturally  
Occurring Sugars

Total Sugars \_\_\_\_\_ g  
— Added Sugars \_\_\_\_\_ g  
Naturally  
Occurring Sugars \_\_\_\_\_ g

#### Nutrition Facts

8 servings per container	
Serving size 3/4 cup (90g)	
Amount Per Serving	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
Total Fat 10g	20%
Saturated Fat 5g	10%
Total Carb 45g	90%
Dietary Fiber 10g	20%
Total Sugars 35g	70%
Added Sugars 25g	50%
Naturally Occurring Sugars 10g	20%
Protein 5g	10%

The American Heart Association recommends that women consume less than 25g of added sugar and men consume less than 36g of added sugar per day.\*

### Step 2: Choose a Splenda solution below

- Use Splenda Stevia Jar to sweeten your coffee or tea
- Sweeten oatmeal with a packet of Splenda
- Make your own Stir-Fry Sauce or dressing using a recipe from Splenda.com/recipes
- Cut added sugar in baked goods by using Splenda Original or Splenda Stevia Granulated in place of sugar
- Sweeten cocktails or mocktails using Splenda Liquid

...or create your own (list here)

### Step 3: Identify a SMART goal to reduce added sugar

SMART goals are

Specific • Measurable • Attainable • Realistic • Time-Bound

**An example of a SMART goal is:**  
As a snack 3x per week, I will flavor Plain Greek Yogurt with 1 packet of Splenda Stevia + 1/2 cup frozen berries.

**An example of a SMART goal is:**  
Instead of getting Sweet Tea from my favorite restaurants, I'll get unsweetened tea and use Splenda Liquid to get the sweet taste I enjoy.

Write a SMART goal below to help reduce added sugar with Splenda.

This content is brought to you by Splenda, a proud supporter of the American Diabetes Association.



### **ERP Spotlight: Dignity Health Glendale Memorial Hospital**

The Glendale Memorial Diabetes Education & Nutrition Program is composed of three registered dietitian nutritionists (RDNs) and one administrative staff with a collective 44 years of experience. Our program has been accredited by the ADA since 2000 and offers a myriad of services ranging from one-on-one nutrition counselling, group diabetes education, and telehealth visits.

Our team speaks a total of four languages (English, Spanish, Armenian, and Farsi) which helps us provide culturally competent care to Glendale's unique patient population. We see over 200 patients annually, and about 70% have gestational diabetes (GDM). We work closely with several OB/GYNs in the community to make medication recommendations, provide nutritional expertise, and guide social support.

As a result, less than three percent of babies born to mothers in our program are born with macrosomia annually. Many patients return for guidance in future pregnancies or for assistance reducing their risk of developing type 2 diabetes later in life. We are extremely proud of our ability to help moms achieve a healthy, lower-stress pregnancy while empowering them to build healthy habits for their families and community for years to come.



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