

Education for Life.



Education
Recognition
Program

Greetings from the Education Recognition Program (ERP) team!

This spring, we are excited to provide you with updates on the latest Know Diabetes by Heart™ and Focus on Diabetes™ initiatives as well as ERP updates you can expect this year. In this issue, we are also welcoming our new ERP staff member, Daniel Stinnett, MS, RDN, MLDE, CDCES in the spotlight section.

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

What's New

ERP—What's New for 2022?

2022 Nationals Standards for Diabetes Self-Management Education & Support (NSDSMES) Interpretive Guidance and Checklist

We are excited to bring you the new 11th edition NSDSMES interpretive guidance and checklist!

[Download Now](#)

Discover PDF versions of the 11th edition samples and templates and editable samples and templates. Password: ERP1986

The complete Standards have been published online in *Diabetes Care*®—[Download the supplementary materials.](#)

Certificate Packets and Recognition Documents for Approved Applications

Beginning in March of 2022, all recognition documents associated with applications and certificate orders will be made available to the quality coordinator immediately after the application has been passed. These documents include:

- Recognition certificates (if applicable)

- Congratulations letter
- Concerns posters
- Sample newsletter
- Press release sample

Your quality coordinator will receive an email communication after the application has been passed and will gain access to the recognition documents within the ERP Portal under the ERP File Library section.

Advocacy Corner



National Insulin Co-pay Cap—Affordable Insulin Now Act

New legislation creating a national insulin co-pay cap has been introduced in the US Senate, but there's more work to do and **we need your help!**

Ask your congressional members to support the Affordable Insulin Now Act that was recently introduced by Senator Raphael Warnock. If enacted, this bill would limit out-of-pocket costs for insulin to \$35 per month for commercial insurance plans, Medicare Part D, and Medicare Advantage.

Get Involved

Raise your voice for people with diabetes to support positive public policy. Would you be interested in attending meetings with legislators on the state or federal level to advocate for diabetes research, prevention program funding, and access to technology like continuous glucose monitors or affordable insulin? Please email raiseyourvoice@diabetes.org with your contact information and home address.

Congressionally Directed Medical Research Programs (CDMRP)

The Department of Defense, CDMRP, was established to find and fund the best research to eradicate diseases for the benefit of the American public. One of the objectives for the CDMRP is to discover innovative approaches to protect, support and advance the health and welfare of military personnel, families, and communities.

CDRP is looking for people with diabetes, their caregivers, and health practitioners to serve on peer review panels that will review and provide feedback on the types of research that would make an important and positive difference in people's lives.

Healthcare providers are encouraged to apply. Interested individuals will need to submit a current resume, CV, or bio to raiseyourvoice@diabetes.org.

DPP Express: Do More with Your Data



Simplify data collection and reporting for your Centers for Disease Control and Prevention (CDC)—recognized lifestyle change programs with *DPP Express*.

If you have a CDC-recognized lifestyle change program as part of the National Diabetes Prevention Program, you know how difficult it can be to collect and report data accurately and meet all the requirements of the CDC's Diabetes Prevention Recognition Program (DPRP). If you are tired of spending hours tracking the evaluation data required by the DPRP and manually generating required reports, then it is time to try *DPP Express* from the American Diabetes Association® (ADA)!

DPP Express is a user-friendly, Health Insurance Portability and Accountability Act (HIPAA)—compliant, web-based charting platform that allows users to collect data and generate reports that align with DPRP requirements.

DPP Express is available for a minimal fee to all CDC-recognized lifestyle change programs, including ADA-recognized diabetes self-management education and support services. To learn more about *DPP Express* and its capabilities or to join, email DPPEXpress@diabetes.org or visit diabetes.org/dppexpress.

Healthy Swaps for Sustainable Healthy Diets

We've all been there before—the sudden urge to make a major diet or lifestyle change to get healthy once and for all. Adults, children, families, and those with pre-existing conditions (or those who wish to prevent future disease) can make simple, everyday swaps to the foods they already eat to help manage or reduce the risk of diabetes, heart disease, and other diseases.

5 Healthy Swaps for a Healthier You

Try these five swaps to help reach blood glucose levels and A1C targets:

1. Choose cauliflower pizza crust with veggies over regular pizza crust to lower the amount of carbohydrates in a meal.
2. Try cauliflower pasta with veggies, spaghetti squash, or zucchini noodles. These are great swaps for regular pasta and add an extra dose of fiber and veggies.
3. Make a fried rice dish using cauliflower rice as the base and adding lean protein, veggies, and an egg for a delicious lower-carb meal.
4. Make tacos using cauliflower or corn tortillas.
5. Top toast with sweet potato and scrambled eggs instead of butter.

Being mindful of the sugar content and the types of carbohydrate we consume can help manage or reduce our risk of diabetes. Eating more fruits and

vegetables, more fiber, less saturated fat, and more heart healthy fats reduces the risk of heart disease. Making small changes to the foods that are already in our diets, can help those who often “abandon ship” stick to healthy habits.

Explore additional swaps brought to you by CAULIPOWER (PDF), a proud supporter of Diabetes Food Hub®.



Know Diabetes by Heart™ Offers Cutting-Edge Resources for Providers, including Case-based Learning App and Webinars



The American Heart Association and the ADA have partnered as part of the Know Diabetes by Heart initiative, with the goal to reduce cardiovascular death, heart attack, stroke, and heart failure in people living with type 2 diabetes (T2D).

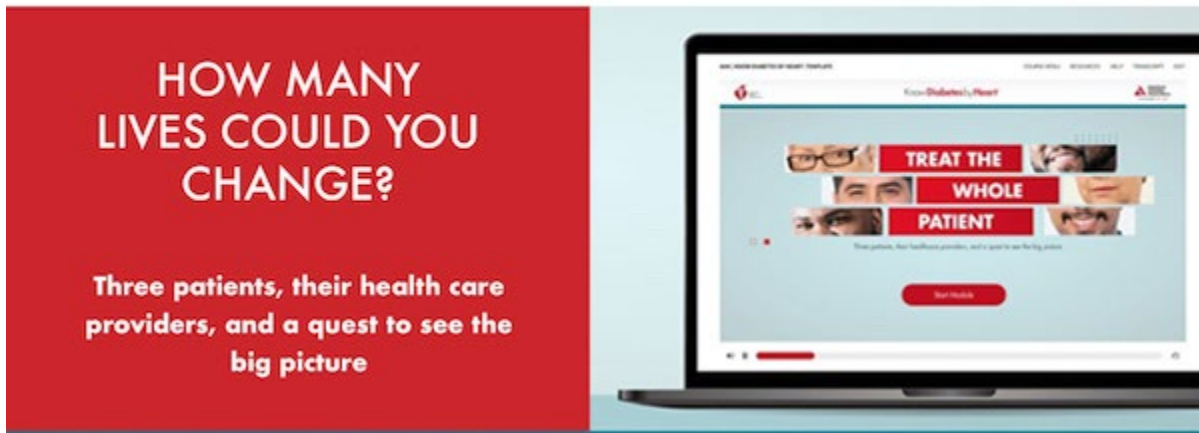
Know **Diabetes** by **Heart**™

The Know Diabetes by Heart™ initiative provides health care professionals with resources focused on the link between cardiovascular disease (CVD) and T2D.

- **E-module:** Meet three patients with T2D and discover how to “treat the whole patient” with education, screenings, prescriptions and a team-based care approach to managing their T2D and risk for CVD.



Know **Diabetes** by **Heart**™



- **Webinar series:** The Know Diabetes by Heart™ webinar series discusses cutting-edge topics such as up-to-date standards of care, guidelines, and their implications for T2D and CVD—among other topics. The webinar archive includes over 20 webinars that are available free and on-demand.
- **Managing Sterling’s Journey:** During this case study, manage Sterling's journey and learn how different factors such as medication adherence and lifestyle interventions affect his glycemic control, CVD risk management and overall outcomes.
- **Know Diabetes by Heart podcasts:** The link between CVD and T2D has important implications for your patients. Join us for a podcast series that explores standards of care, guidelines, approaches to shared decision-making, and more.



RetinaRisk™, a diabetic retinopathy risk calculator is now available! Encourage your patients to use the clinically validated calculator to learn their risk of developing diabetic retinopathy, better understand the factors affecting their risk, and ways to prevent vision complications. The RetinaRisk™ calculator furthers the goal of the ADA’s Focus on Diabetes™ initiative by increasing awareness and understanding the importance of annual comprehensive eye exams.

[Use the Calculator](#)

ERP Spotlight

The ADA's ERP Welcomes Daniel Stinnett, MS, RDN, MLDE, CDCES as the New Senior Manager with the ERP Team!



My name is Daniel Stinnett, and I recently joined the ADA's ERP team. I was born in Lexington, KY and graduated from the University of Kentucky with a Bachelor of Science degree in dietetics as well from Eastern Kentucky University with a Master of Science degree in community nutrition.

In addition to being a registered dietitian nutritionist, I am a master licensed diabetes educator and certified diabetes care and education specialist.

I serve on the Kentucky Board of Licensed Diabetes Educators, representing dietitians and nutritionists across the state. I am also a lifestyle coach with the National Diabetes Prevention Program. I am currently pursuing my BC-ADM (Board Certified Advanced Diabetes Management).

I have extensive clinical experience in providing diabetes care and education across various health care settings, including programs that have received recognition from the ADA. I am excited to share in the vision of the ADA in their ongoing commitment to improve the lives of those with diabetes. I am also excited in my role as senior manager of the ERP to be able to provide support to the ADA's recognized programs across the country in their effort to provide the highest level of diabetes care and education to the individuals they serve.

There's nothing we can't do when we're Connected for Life.



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Please add reply@diabetes.org to your address book to ensure you receive all future emails.

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