



Welcome

Happy summer! The ERP team just returned from Scientific- Sessions in San Diego where we had the pleasure of seeing many of you! In August, we hope to see you in Indianapolis for AADE's annual conference and especially at the ERP reception which is held in your honor. You will be receiving an invitation to the ERP reception in the near future. If you plan to attend the reception please RSVP for yourself and any other of your DSME team members that will be attending.

This issue will include information on DSMES symposiums, tracking Diabetic foot ulcers as an outcome, fresh off the press Association resources and new opportunities to serve on the NCBDE board, and as a Master Trainer and Facilitator for the American Diabetes Association's new nutrition program What Can I Eat. 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 diabetes.org/erp.

Diabetes Education

You may want to consider tracking diabetic foot ulcers (DFU) or diabetic foot infections (DFI) as an Other Participant Outcome to highlight the value and potential cost savings of your DSMES program. DiabetesPro Smart Brief featured the below paper recently that highlighted the increase in ER and inpatient hospital encounters with DFU or DFI. DSMES programs that show decreases in DFU and DFI post education can use this paper to reflect the impact.

Increased risk of admission, outpatient visits seen with DFUs, DFIs

Diabetic foot ulcers were tied to 3.4-fold higher odds of direct emergency department referral or inpatient admission and 1.9-fold more outpatient visits in the past 12 months, compared with other ambulatory clinical cases, according to a study in [Diabetes Care](#). Researchers evaluated data involving diabetes patients with DFUs or diabetic foot infections, ages at least 18, and also found that DFIs were independently associated with 6.7-fold increased risk of ED referral or inpatient admission and 1.5-fold more visits in the past 12 months.

[Physician's Briefing/HealthDay News](#) (5/31)

DiabetesPro Smart Brief:

Please [click here](#) if you would like to sign up for this free electronic newsletter that provides concise briefs on timely announcement and papers.

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 sugar 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 sugar 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 sugar 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 about how you can reduce added sugar in your diet [in English](#) and [in Spanish](#).

EAT
HEALTHY.
LIVE
WELL.

Chef'd makes eating a well-balanced diet at easy as 1, 2, 3

Choose an Association approved recipe, receive pre-portioned, fresh ingredients, cook a delicious meal like a pro.



CHEF'D



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Upcoming EPS DSMES Symposiums

The Education Recognition Program (ERP) will be hosting multiple DSMES Symposiums this year. We have two symposium registrations open now and are in discussions of additional ones this year. The ERP Diabetes Self-Management Education/Support Recognition Symposium is an accredited healthcare provider continuing education program. The program's ultimate goal is to increase patient access to quality, evidence based, and sustainable DSMES programs. The one day program will guide attendees through how to establish and maintain a DSMES program that adheres to the National Standards for Diabetes Self-Management Education and Support. **Attendees can earn up to 7.25 CME credits.**

Baton Rouge, LA

Date: Friday, September 22, 2017

[Learn More](#)

Dallas, TX

Date: Friday, November 10, 2017

[Learn More](#)

Please email ERP@diabetes.org or call 1.888.232.0822 if you have any questions.

Diabetes Prevention Program (DPP) Charting Platform Now Live

The ERP team is excited to announce that the Diabetes Prevention Program (DPP) charting platform is now live. If you or the DPP Program Coordinator (DPP-PC) would like to be setup within the ERP Portal to use the platform, please submit a [DPP Platform Interest](#) Form or call 1-888-232-0822 ext. 3. Please note, the DPP charting platform is available to any DPP provider, not just ERP programs.

[Click here](#) to view the schedule for the upcoming Q/A Calls and register for the next DPP Platform Call.

Nutrition

Are you a Registered Dietitian or do you know a Registered Dietitian that would like to serve as a Master Trainer and Facilitator for the American Diabetes Association's new nutrition program What Can I Eat? We are seeking registered dietitians (RDN's and RDN, CDE's) who want to step up their participation in the fight against diabetes.



What Can I Eat?

Healthy choices for people with
Type 2 Diabetes



Description of What Can I Eat:

What Can I Eat is a nutrition focused diabetes self-management support program for adults living with type 2 and their families and caregivers. The program consists of five interactive 90 minute sessions (food is love, healthy eating, shopping and cooking, eating out, 3-month reunion) held once per week in groups of 10-15 participants aiming to answer the most common question people with diabetes face on a daily basis: What can I eat?

Why we need your help and support:

In order to reach as many people with diabetes as possible, especially in regions disparately impacted by diabetes, we need your help. That's why we are looking for your expertise to expand the reach and work to improve the 29.1 million lives of people living with diabetes.

Application will open on July 1, 2017 and will be accessible on the DiabetesPro website for 30 days:

<https://professional.diabetes.org/content-page/what-can-i-eat>

BD is proud to support American Diabetes Association What Can I Eat? Master Trainers Institute; diabetes.org.

For more information please direct any questions to Director of Nutrition, Sacha Uelmen:

SUelmen@diabetes.org.

Opportunity to Serve on NCBDE Board

NCBDE has reached out to ERP to announce that NCBDE has open CDE® board seats to fill for terms starting in 2018. The election takes place in 2017 and the application and other information related to the seats/election process are available at: <https://www.ncbde.org/call-for-open-cde-board-positions---application-now-available/>.

The deadline for submitting applications is August 1, 2017. They also have a public member seat with a term starting in 2018; for this seat, an individual needs to represent the interests of consumers of diabetes education services and NOT be a diabetes educator or CDE®. Reach out to Michele Luckman, NCBDE's Certification Program Manager, if you or someone you know who might be interested in that seat: mluckman@ncbe.org.

Other Resources

Living with Diabetes: Ask the Experts

Receiving a diagnosis of type 2 diabetes can be overwhelming. To address issues commonly faced by people living with diabetes, the American Diabetes Association® has developed a free, online, educational Town Hall series focused on diabetes management.

Each one-hour Living with Diabetes: Ask the Experts session opens with a 15-minute video spotlighting a specific topic: taking medication, eating healthy, planning meals, monitoring blood glucose, getting active, coping with common feelings about the disease, managing stress, and getting support. A live 45-minute question-and-answer session with Association diabetes experts follows the video and provides meaningful insights and tips to callers. The first event of the series, Managing Diabetes, is scheduled for June 28 at 6:00 p.m. EST, with different topics running through February 2018. To learn more and register go to diabetes.org/experts.

LIVING WITH DIABETES

ASK THE EXPERTS
A TOWN HALL SERIES



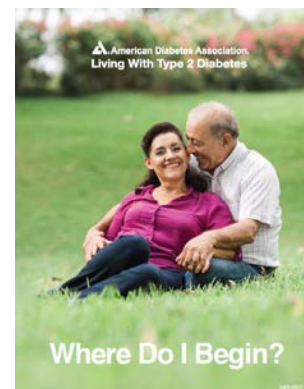
MANAGING DIABETES | JUNE 28 | 6:00 PM

New and Improved Living with Type 2 Diabetes Program Now Available

The Association's [Living with Type 2 Diabetes Program \(LWT2D\)](#) has been revamped and revived for individuals who have recently received a type 2 diabetes diagnosis. Let the American Diabetes Association help you answer some of the many questions your patients have at diagnosis. It all starts with a free booklet for you to give your patients with the information they need on day 1. The booklet also offers them the opportunity to enroll in a free, year-long program to get ongoing information, tools, and support to help them manage and live well with diabetes. Help your patients get started. [Order your free booklets today.](#)

Participants will receive:

- Scheduled informational packets to help them learn to live well with diabetes
- A monthly e-newsletter with tips, stories and resources
- 6 free issues of our award-winning Diabetes Forecast® magazine
- Access to the online community and Association activities



The online program will be available in both English and Spanish and includes audio features and printable functionalities. A print version of the program is also available, in limited quantities.

Please direct any questions to LWT2D@diabetes.org.

Plan Your Portions Placemats Now Available!

The Diabetes "Plan Your Portions" Placemat is available for ordering on our website (shopdiabetes.org) in packs of 25 placemats! ERP 40% discount applies. A special thank you to everyone who provided feedback on the plate content and pricing. We did our best to meet your needs and hope you will find the new placemats to be a useful tool for your program's nutrition education needs.

The placemat is a simple guide to planning meals and managing portions. Sample dish shows common foods consumed in the US. The back side of the placemat provides simple tools for estimating portions. Made in USA. Full colored graphics, double-sided, 11" x 17" laminated placemat. There are five different cuisines to choose from including: Vegetarian, Asian, Southern, Hispanic (translated to Spanish) and



Classic All-American cuisine.



Meeting the American Diabetes Association Standards of Care, 2nd Edition

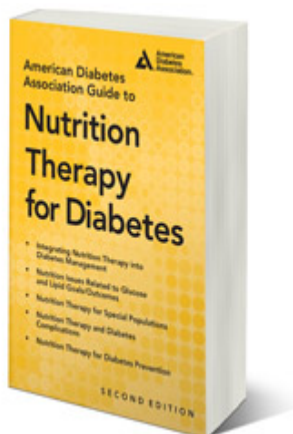
Mayer B. Davidson, MD, and Stanley H. Hsia, MD

Every health care professional faces the persistent challenge of improving glycemic, lipid, and blood pressure outcomes and maintaining positive results—this is the essence of diabetes care. The second edition of this book details updated and revised treatment algorithms that can increase positive results and are based on the ever-advancing American Diabetes Association’s Standards of Medical Care in Diabetes—treatment algorithms that have been shown to be clinically effective in improving outcomes in people with diabetes.

Item # 5443-02

ERP Member Price: \$35.97

Original Price: \$59.95



American Diabetes Association Guide to Nutrition Therapy for Diabetes, 3rd Edition

Marion J. Franz, MS, RD, CDE, and Alison B. Evert, MS, RD, CDE, editors

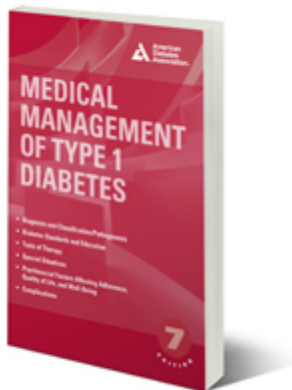
Nutrition therapy is an essential component of effective diabetes management. Health-care providers need to stay current on new developments in nutrition therapy and specific intervention for a wide range of patient populations and special circumstances in order to provide the best possible outcomes for their patients. Revised and updated to incorporate the latest research and evidence-based guidelines, the third edition of the American Diabetes Association Guide to Nutrition Therapy for Diabetes is a comprehensive resource for the successful implementation of nutrition therapy for people with diabetes.

Item # 5616-03

ERP Member Price: \$29.97

Original Price: \$49.95

Medical Management of Type 1 Diabetes, 7th Edition
Cecilia C. Low Wang, MD, FACP, and Avni C. Shah,
MD, editors



Type 1 diabetes is a complex disease that affects every aspect of a patient's life, often beginning from a very young age. Health-care professionals are tasked with creating individualized, flexible treatment plans to optimize blood glucose control while accounting for diabetes complications, psychosocial factors, and the developmental state of each patient. This updated edition presents the latest guidelines for the comprehensive management of this disease and practical strategies to improve patient outcomes.

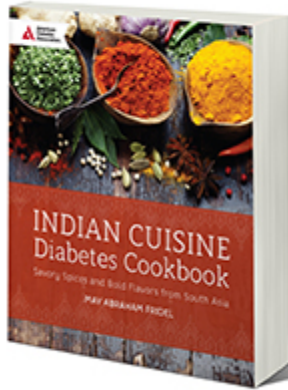
Item # 5403-07
ERP Member Price: \$29.97
Original Price: \$49.95

Annual Review of Diabetes 2017
American Diabetes Association



The American Diabetes Association is the authoritative voice in diabetes research and standards of care. For nearly 60 years, the ADA has published groundbreaking, vital, and timely articles in its scholarly journals, Diabetes, Diabetes Care, Diabetes Spectrum, and Clinical Diabetes, to help researchers and care providers achieve the best patient outcomes. Annual Review of Diabetes 2017 contains more than 40 of the ADA's finest articles published in 2016.

Item # 5742-01
ERP Member Price: \$29.97
Original Price: \$49.95



Indian Cuisine Diabetes Cookbook
May Abraham Fridel

Indian cuisine combines fresh, seasonal ingredients with aromatic spices to create hearty dishes that are perfect for anyone who is trying to eat better and add variety and excitement to their meal plan. This book was designed to help home cooks of all skill levels prepare bold, delicious Indian meals. The recipes in this collection have been adapted to meet the American Diabetes Association nutrition guidelines and include practical tips and techniques for the modern cook who doesn't have hours to spend in the kitchen.

Item # 6310-01
ERP Member Price: \$11.97
Original Price: \$19.95

Spotlight

A mountain top shout out to the DSME team at Dignity Health St. Rose Dominican Hospital in Henderson, NV who provide outstanding education and exceptional support to those living with diabetes in their community!

From the desk of Sherry Poinier- Program Coordinator:

Dignity Health St. Rose Dominican hospitals has offered the Henderson and Las Vegas area an American Diabetes Association Recognized Program since March of 2006. The goal of St. Rose's Diabetes and Nutrition Education Team is to provide high quality, comprehensive and intensive diabetes management utilizing a multi-disciplinary team approach.

Our program consists of two part time diabetes educators and three per diem educators. Each client is given an individual assessment at which time our education plan is developed to best meet the needs of the client. In addition to individual appointments, we facilitate a variety of classes: The National Diabetes Prevention 12 month program, intensive diabetes group classes, a six week course on self-management of diabetes, heart healthy seminars/and cooking classes and a monthly diabetes support group. We pride ourselves on creating an environment of a "one- stop -shop" to meet client needs that offer a variety of options and enhance the education process.

Our diabetes clinic is unique as we are located within our Dignity Health Women's Care and Community Outreach Center which offers eleven different exercise classes, relaxation mediation, smoking cessation, kidney smart, metabolic testing, fall prevention classes, along with quarterly health lab screenings and over 25 support groups!

As educators we feel fortunate to work in an environment that encourages lifestyle changes and focuses on prevention. - It is our belief that education empowers the person with diabetes to better manage the disease and achieve optimum health status. Our vision is to consistently exceed the expectations of our clients.

Our team would like to recognize Judy Pitney, RN, CDE, our original program coordinator who recently retired. Thank you, Judy, for laying the foundation for our program and for sharing your valuable expertise.



From left to right: Shelley Williams, RN, CDE, Rhonda Nofoa, Admin Assistant, Samantha Louie, RD, CLC and Sherry Poinier, RD, CDE
Left below: Pam Wagner, RD, CNSC. Right below: Colleen Corey, RD, CDE



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

KRAMES
staywell

[VIEW ONLINE](#)

American Diabetes Association | 2451 Crystal City Drive, Suite 900, Arlington, VA 22202 | 1-800-DIABETES

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