

Education for Life.



Greetings from the Education Recognition Program (ERP) team!

This summer we are excited to introduce the Centers for Disease Control and Prevention's (CDC's) Diabetes Self-Management Education and Support (DSMES) Promotion Playbook along with several American Diabetes Association® (ADA) initiatives. We are also excited to spotlight one of our ERP services, the Harold Schnitzer Diabetes Health Center's DSMES Program.

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

What's New

ERP Updates

The CDC's DSMES Promotion Playbook

New resources from the CDC created in partnership with the ADA to help certified programs promote DSMES services have now been added to ERP University (ERPU).

The DSMES Promotion Playbook serves as a comprehensive resource for ERPs ensuring consistent and unified messaging on diabetes education. Through a collaborative effort between the CDC and national partners, the playbook integrates perspectives from individuals and recognized programs, ensuring its relevance and effectiveness in DSMES programs.

With customizable materials such as flyers, digital ads, postcards, and posters available for download, the playbook empowers programs to effectively reach their target audiences. All materials are co-branded with the CDC and ADA logos.

Included in this playbook are downloadable messaging points or email templates to help promote DSMES programs to people in your community and network. [Log into](#) ERPU with the credentials below to see the DSMES Promotion Playbook today.

Password: ERP1986

ERP Spotlight: Harold Schnitzer Diabetes Health Center's DSMES Program

Harold Schnitzer Diabetes Health Center's (HSDHC's) diabetes education program operates out of Oregon Health and Science University (OHSU) in Portland, Oregon. Our dedicated team is committed to empowering individuals and families affected by diabetes to take control of their health and lead fulfilling lives. Through our comprehensive diabetes education program, we offer a personalized approach that combines cutting-edge knowledge with compassionate care.

Over the last 20 years, our team has expanded greatly and serves over 2,000 unique patients a year in both the pediatric and adult populations. Our team includes:

- 17 educators (eight dietitians and nine nurses)—15 have earned their certified diabetes care and education specialist (CDCES) credentials and one has earned their BC-ADM credential
- One psychologist specializing in diabetes and diabetes distress
- One social worker
- Pediatric and adult endocrinologists
- Physician assistants
- Clinical pharmacists
- A research team

We provide a holistic approach to diabetes management, addressing not only the physical aspects, but also the emotional and social challenges that come with living with this condition.

Embracing the latest technology and techniques, we offer a wide range of services, including continuous glucose monitoring training, insulin pump training, DSMES, and medical nutrition therapy. Services are offered in person or virtually, individually or in group settings. Additionally, we offer a specialized young adult diabetes clinic for those transitioning from their pediatric diabetes team to their new adult diabetes team. Recognizing the importance of early intervention, we have established a strong National Diabetes Prevention Program and offer virtual prediabetes classes, empowering individuals to take proactive steps towards a healthier future.

Referrals come from the HSDHC's endocrinologists, OHSU primary care and specialty clinics, and clinics throughout Oregon and southwest Washington. Extending our reach beyond the HSDHC's walls, we have forged a partnership with Oregon Health Authority to establish a multi-site through FQHC primary care clinic Virginia Garcia Beaverton Wellness Center in 2022. In 2023, this expanded to a second multi-site through Virginia Garcia Memorial Health Center McMinnville and an expansion site through Virginia Garcia Memorial Health Center Newberg. Diabetes education is provided by a CDCES pharmacist and a registered dietitian.

Our commitment to innovation extends to our educational materials, where we have developed our own type 1 and type 2 diabetes education handouts and books with a special focus on health literacy. We have ensured our education materials are accessible and tailored to diverse pediatric and adult populations, including Spanish-speaking communities. Furthermore, our partnership with OHSU's Internal Medicine Chronic Illness Management Clinic allows us to train the next generation of health care professionals, equipping them with the skills to provide exceptional diabetes care and education. Diabetes education is provided to the interns in training as well as to the patients living with diabetes.

We strive to make a lasting impact on the lives of those affected by diabetes in the Northwest. Together, we can unlock the power of knowledge, self-care, and unwavering support—paving the way for a future where diabetes is not a barrier, but an opportunity to live life to the fullest.



Stay Ahead in Type 1 Diabetes Care: Free CE

Level up your skills and knowledge for individuals living with type 1 diabetes with free continuing education (CE) courses. Acquire the skills to distinguish the variances in screening, diagnosis, and management of type 1 diabetes. Identify appropriate therapies, address barriers to care, and learn how to harness the potential of diabetes technology. Innovations and Latest Treatments in Type 1 Diabetes offers valuable insights to elevate your diabetes care practice. Don't wait, [register](#) today and start earning free CE.

The Latest Infographics on Diabetes-Related Peripheral Neuropathy

Check out these infographics which will help you provide the best care and support the people you see in understanding their condition to take a proactive approach to their health.

- [Provider version](#)
- [Patient version](#)

New Diabetes-Related CKD Resources

Visit our updated Kidney Care Journey and discover the latest clinical practice recommendations for chronic kidney disease (CKD) from the ADA's *Abridged Standards of Care 2024*.

[Visit Now](#)

Which Type Is It?

Misdiagnosis of type 1 diabetes is common and occurs in all age groups. Testing coupled with education about diabetes symptoms and close follow-up has been shown to enable earlier diagnosis and prevent diabetic ketoacidosis. [Learn more](#) about the AABCC approach.

Focus on Diabetes®

As a health care provider, learn about counseling, collaborating, and using person-first language to have better discussions with your patients living with diabetes in our latest CE course, Diabetes, Nutrition & Eye Health. Stay updated on diabetes-related eye disease management. [Learn more](#).

[Learn More](#)



Free CE Opportunity

Inhaled Insulin Certificate Program

7 Free CE Credits!

WHAT YOU'LL LEARN:

- 1

INTRODUCTION TO INHALED INSULIN
- 2


BENEFITS AND LIMITATIONS OF INHALED INSULIN
- 3

CLINICAL TRIAL DATA FOR THE SAFETY AND EFFICACY OF INHALED INSULIN
- 4

RECOGNIZING CANDIDATES FOR INHALED INSULIN THERAPY
- 5


BARRIERS AND SOLUTIONS
- 6

ONBOARDING THE PERSON WITH DIABETES TO INHALED INSULIN THERAPY




New Program Feature Just Launched:

Have Questions on Inhaled Insulin, Ask an Expert!




Joslin Diabetes



This nursing continuing professional development activity was approved by the American Nurses Association Massachusetts, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

ACKNOWLEDGMENT: THIS ACTIVITY IS SUPPORTED BY AN UNRESTRICTED EDUCATIONAL GRANT PROVIDED BY MANINNO. THE SPONSOR HAS NO CONTROL OVER THE CONTENT.



[Register Now](#)

Obesity Resources for Health Care Professionals

Nearly 42% of Americans today have obesity, which is the leading risk factor for developing prediabetes and type 2 diabetes, in addition to its potential to exacerbate diabetes-related complications. The ADA's *Standards of Care in Diabetes*, as well as other health care organizations and government institutions, recognize obesity as a chronic disease in the same league as cardiovascular disease, diabetes, and kidney disease.

As such, health care professionals should utilize a person-centric approach to improve health outcomes for people with obesity. Explore our range of resources for treating obesity, from gamified case studies to insightful webinars and informative podcasts, designed to empower health care providers in obesity care and effectively support the people you see.

[Explore Resources](#)



Splenda



HOW DOES THE *Sugar* IN YOUR DRINKS *add up?*

Drink Name & Size	# of Drinks Per day	Added Sugars Per Drink	Added Sugars Per Day	Calories Per Gram	Calories from Added Sugars Per Day
	X	=	X	4	=
	X	=	X	4	=
	X	=	X	4	=
			Total Added Sugars Per Day		Total Calories from Added Sugars Per Day

Your **DAILY CALORIE GOAL:** _____

Did you know?
 The Dietary Guidelines for Americans recommends limiting added sugars to less than 10% of calories per day.

Your **DAILY ADDED SUGARS GOAL*:**
*This includes Added Sugars for ALL sources (Drinks, desserts, condiments, etc.)

(_____ X 10%) / 4 = LESS THAN _____
Insert Calorie Goal

SIMPLE SWAPS WITH *Splenda*.

Instead of Sugar Sweetened Drink:	Simple Swap:	Every 90 days, cut:
 <p>200 CALORIES 16.9 oz soda</p>	 <p>0 CALORIES 20 oz sparkling water with Splenda® Liquid Water Enhancer</p>	<p>18,000 CALORIES Or up to 5 pounds.¹</p>
 <p>170 CALORIES 12 oz fruit juice</p>	 <p>0 CALORIES 12 oz water with fresh fruit & Splenda® Liquid Sweetener</p>	<p>15,300 CALORIES Or up to 4 pounds.¹</p>
 <p>170 CALORIES 16 oz sweet tea</p>	 <p>5 CALORIES 20 oz unsweetened tea and Splenda® Sweetener Packets</p>	<p>14,850 CALORIES Or up to 4 pounds.¹</p>
 <p>210 CALORIES 16 oz iced latte</p>	 <p>70 CALORIES 16 oz iced latte using unsweetened almond milk & Splenda® Sweetener Packets</p>	<p>12,600 CALORIES Or up to 3.5 pounds.¹</p>

Get Started
with 3 easy
and delicious
Splenda® recipes



ICED VANILLA COFFEE
Made with Splenda® Liquid Sweetener



SOUTHERN SWEET TEA
Made with Splenda® Stevia Sweetener



LEMONADE BY THE PITCHER!
Made with Splenda® Original Sweetener

THE EASIEST WAY FOR YOUR PATIENTS TO REDUCE SUGAR

Splenda
25 YEARS OF SWEETNESS

Quantification of the affect of energy imbalance on bodyweight. Hall KD, Sacks G, Chandramohan D, Chow CC, Wang YC, Gortmaker SL, Salzman BA. Lancet. (2011 Aug 27); 378(9793):826-37

Sugary beverages are the number one source of added sugars and a significant source of excess calories.¹ Splenda, the number one sweetener brand recommended by doctors and dietitians*, is the easiest way for the people you see to reduce sugar with a wide portfolio of solutions, from Splenda U.S. Grown Stevia, liquid water enhancers, and Splenda Original Sweetener, that has been trusted for over 25 years. Use this [worksheet](#) with your patients and clients to track their calories from added sugar based on their typical beverage intake. Looking for a delicious and sweet alternative for all your favorite drinks? Recommend Splenda to your patients today!

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. Published December 2020. DietaryGuidelines.gov 2. Hall KD, Sacks G, Chandramohan D, et al. Quantification of the effect of energy imbalance on bodyweight. Lancet. 2011;378(9793):826-837. doi:10.1016/S0140-6736(11)60812-X



© American Diabetes Association. All rights reserved.
askada@diabetes.org | 1-800-342-2383
Learn more at diabetes.org

[Forward to a Friend](#) | [Manage Your Communication](#) | [Unsubscribe](#)