

FALL
2020

DiabetesPro Quarterly

AMERICAN DIABETES ASSOCIATION NEWS FOR PROFESSIONAL MEMBERS



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Association's 68th Advanced Postgraduate Course to be Held Virtually

The American Diabetes Association's (ADA's) 68th Postgraduate Course will be held virtually in five online sessions daily, February 3–7, 2021. A world-renowned faculty will present the latest guidelines and highlight their practical application in case studies depicting scenarios frequently encountered in clinical practice. Through this virtual platform, attendees will be able to access program materials remotely, from the comfort of their own space. Additionally, sessions will remain accessible online for 30 days after the program.

“COVID-19 gives us the opportunity to extend the reach of the Postgraduate Course's world-class curriculum to more clinicians around the country and around the world, which ultimately means more reach to the patients that we serve,” said Dr. Robert Gabbay, MD, PhD, ADA's Chief Scientific & Medical Officer. “The course directors have created a fantastic program that is very relevant to our current realities.”

As in previous years, the 2021 program will feature lectures on implementing the newest diabetes recommendations, panel discussions that gather opinion leaders to share perspectives, and workshops that dedicate more time to the nuances of

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diabetes care. Session topics include the ADA's Standards of Care updates for 2021, nutrition therapy, recent clinical trial results, pharmacologic and nonpharmacologic treatment options, complications such as retinopathy and nonalcoholic fatty liver disease, and diabetes treatment during the COVID-19 pandemic.

"The virtual platform will allow health care professionals to discuss ways to improve their care," said Joshua J. Neumiller, PharmD, CDCES, FADCES, FASCP, one of the 2021 Course directors. "Conversing with other professionals in real time through the live chat promotes community among this wide audience."

In addition to Dr. Neumiller, directors of the 2021 Postgraduate Course include Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE; Gretchen Piatt, PhD, MPH; Michelle Stancil, RN, BSN, CDE; and Guillermo Umpierrez, MD, CDE.

Additional topics to be covered will include social and behavioral determinants of health in diabetes prevention and treatment, barriers to patient adherence, and distress related to diabetes.

"Psychosocial factors and mental health are important components in caring for people with diabetes," Dr. Piatt said. "Attendees will have the opportunity to develop skills related to these topics in workshops, as well as attend lectures focused on these important factors."

"As new diabetes technologies continue to emerge, we are eager to provide an update on these

advances and how these tools can aid in patient care," Ms. Hess-Fischl added.

Experts will discuss the current and future value of blood glucose monitoring, and a workshop session will provide attendees an opportunity to develop skills related to continuous glucose monitoring.

"We want to ensure that the sessions are interactive, so participants will be able to participate in live Q&A sessions and chat with the speakers after their presentations," Ms. Stancil said. "But another benefit will be that all of this content will be available to registrants for up to 30 days, so they can learn after office hours, on weekends, or at other times convenient for them."

All pre-recorded sessions will be released during the original scheduled times over the 5-day meeting. Postgraduate Course attendees can receive up to 20 continuing education credits or Maintenance of Certification points.

"Our colleagues are facing unprecedented times during this global pandemic," Dr. Umpierrez said. "We are keeping the 68 years of tradition alive despite this, delivering, unbiased content in a convenient manner to meet the realities that clinicians face these days."

To learn more about and register for this virtual meeting, please visit professional.diabetes.org/PG. Participate in live tweeting by using the hashtag **#ADAPostgrad** and view meeting tweets on ADA's DiabetesPro Twitter account ([@ADA_DiabetesPro](https://twitter.com/ADA_DiabetesPro)).

A1CVD Pro



Know **Diabetes** by **Heart**



New App Supports Guidelines-Based Treatment

The Know Diabetes by Heart™ A1CVD Pro professional education app is a competency-based medical education program, tailored to the needs of busy health care professionals. Aimed at clinicians who treat patients with type 2 diabetes, this free tool is designed to improve clinical decision-making and understanding of current American Heart Association and American Diabetes Association treatment guidelines for diabetes and cardiovascular disease.

Treatment standards are rapidly evolving, and staying up to date can be difficult. This app takes users through a simulation experience through which they are presented with real-life case studies, given a series of treatment decisions, and guided through current practice guidelines.

The new app is available for download from the App Store and Google Play. Learn more at knowdiabetesbyheart.org/professional/a1cvd-pro-app/.

ADA Continues Member-Exclusive “Hands On” Webinar Series

In September, the American Diabetes Association (ADA) kicked off its latest members-only webinar series titled, “Hands On: Tips to Improve Diabetes Care.” This lineup of webinars is designed to address timely topics in diabetes care by convening experts who bring unique lenses to the discussion, using case studies to demonstrate key points, and leaving the audience with five practical tips to incorporate in their diabetes practice.

“Despite working in diabetes for years, I have already learned some helpful and practical tips from this webinar series,” said Joseph A. Aloï, MD, chair of the Diabetes Technology Interest Group. “I have been very impressed with the usefulness of the information presented and look forward to attending other sessions.”

After tackling several diabetes technology topics in September and October, the series will continue with a variety of sessions devoted to primary care and behavioral health in the coming months.

“Diabetes care is constantly changing, and those changes can make it difficult to stay on top of the latest information and resources,” said Piek Tan, RD, CDN, CDCES, chair of the Diabetes in Primary Care Interest Group. “As a primary care clinician with a demanding schedule, I appreciate the convenient opportunity to tune in to these webinars for an hour and walk away with actionable tips that I can immediately put into practice.”

Future sessions will include:

- **December 8:** Diabetes Care Beyond the Rx: Helping Patients Use Diet and Exercise to Achieve Goals
- **January 12, 2021:** Diabetes Management in Primary Care: Avoiding Common Pitfalls and Effectively Intensifying Therapies
- **January 26, 2021:** Practical Approaches to Behavioral Screening and Treatment in Diabetes Care
- **February 9, 2021:** Social Determinants of Health in Diabetes Care: Addressing Disparities and Inequities
- **February 23, 2021:** What Health Care Providers Can Do to Help Patients Overcome Cost Challenges
- **March 16, 2021:** Helping Patients Navigate Transitional Times in Life with Diabetes
- **March 30, 2021:** Learnings from the Helmsley Charitable Trust Webinar Series, Year One

Individuals who register for and attend a live session can receive continuing education credit for their participation. All webinars are being recorded and posted to the DiabetesPro Interest Group Member Forums for playback.

The webinar series is an exclusive benefit available only to ADA professional members. It is made possible by the generous support of the Leona M. and Harry B. Helmsley Charitable Trust.

Don’t forget to register for upcoming “Hands On” series webinars!
 Visit professional.diabetes.org/webinars to learn more.

Your Membership Contacts

We are here to meet the needs of our professional members. Please contact us. We welcome your inquiries and feedback.

If you have questions about . . .	Please email . . .
Professional membership, services, and benefits	membership@diabetes.org
Journal subscriptions	subscriptions@diabetes.org
Scientific Sessions abstracts	abstracts@diabetes.org
Continuing education	professionaleducation@diabetes.org
Meetings (Scientific Sessions and Postgraduate Course)	conventionoperations@diabetes.org
Research grant opportunities	grantquestions@diabetes.org
Research grant administration	grantadministration@diabetes.org
Education Recognition Program	erp@diabetes.org
Advocacy and volunteer services	AskADA@diabetes.org
Interest groups	interestgroups@diabetes.org

Call for Nominations: 2021 Interest Group and WIN ADA Awards

The American Diabetes Association (ADA) is seeking nominations for its 2021 national Interest Group Awards, as well as the Lois Jovanovic Transformative Woman in Diabetes Award, presented by the Women's Interprofessional Network of the ADA (WIN ADA).

These prestigious awards recognize and honor individuals in the diabetes scientific and medical community who have demonstrated exceptional leadership and who have made significant research contributions and career achievements. They will be presented at the ADA's 81st Scientific Sessions (#ADA2021), June 25–29, 2021, in Washington, D.C.

Edwin Bierman Award

Presented by the Diabetes & Cardiovascular Disease Interest Group
Honoring outstanding scientific achievement in the prevention and treatment of macrovascular complications

Lois Jovanovic Transformative Woman in Diabetes Award

Presented by WIN ADA
Honoring a woman who has made outstanding contributions to diabetes research, care, and education and to the career development of women in the diabetes field

Norbert Freinkel Award

Presented by the Pregnancy & Reproductive Health Interest Group
Honoring outstanding scientific achievement in the understanding and treatment of diabetes and pregnancy

Richard R. Rubin Award

Presented by the Behavioral Medicine & Psychology Interest Group
Honoring outstanding scientific achievement in the understanding of the behavioral aspects of diabetes

Roger Pecoraro Award

Presented by the Foot Care Interest Group
Honoring outstanding scientific achievement in the prevention, treatment, and management of diabetic foot complications

Nominations must be submitted by November 30 via email to interestgroups@diabetes.org (December 31 for the Jovanovic Award). Nomination packages must include the following materials, all in one PDF:

- Letter of nomination (no more than 400 words) signed by no more than three individuals
- Nominee's biography (approximately one page)
- Nominee's curriculum vitae with career and publication highlights, as well as documentation of teaching and mentorship activities

View the complete nomination instructions and eligibility criteria at professional.diabetes.org/IGAWards and professional.diabetes.org/WINADAawards.

DiabetesPro Career Center

Find the latest jobs and high-quality job seekers in academic research, endocrinology, primary care, diabetes education, and more. DiabetesPro Career Center is your premier resource for employment opportunities and career development tools for professionals working in the field of diabetes. View the below positions and more at professional.diabetes.org/careercenter.

Academic Endocrinologist | University of Maryland School of Medicine—Baltimore, MD

Job ID: 13904807

The Endocrinology, Diabetes, and Nutrition Division at the University of Maryland School of Medicine is seeking a creative, enthusiastic, and highly motivated academic endocrinologist to expand its outpatient programs in diabetes and general endocrinology and provide endocrinology/diabetes in-patient consultation service. The successful applicant will be expected to share in the teaching duties of the division and to participate in existing clinical/translational science programs.

Registered Nurse | Duke University Hospital—Durham, NC

Job ID: 13947438

Duke University Hospital is seeking a full-time registered nurse to join its team in the Cardiothoracic Surgery Step-Down Unit. This position is responsible for providing and supervising direct and indirect nursing care for adult patients older than 14 years of age who need less monitoring than those in the Intensive Care Unit but still require more monitoring than those on a routine floor. This area cares for complex patients with diagnoses such as pre-/post-cardiothoracic surgery, including but not limited to coronary artery bypass grafts, heart valve repairs and replacements, aortic and aneurysm repairs, wedge resections, lobectomies, pneumonectomies, heart transplants, lung transplants, and ventricular-assist device placements. Graduation with an accredited bachelor's degree in nursing (or higher) or an associate's degree in nursing or a nursing diploma program is required.

Full/Associate Professor, Head of Division of Endocrinology, Diabetology, Nutrition, and Therapeutic Education | University of Geneva—Geneva, Switzerland

Job ID: 13900774

The faculty of medicine of the University of Geneva and the University Hospitals of Geneva are seeking applications for the position of a full or associate professor and head of the Division of Endocrinology, Diabetology, Nutrition, and Therapeutic Education. Candidates should have an excellent clinical and research track record in endocrinology/diabetology and potentially therapeutic education, as well as outstanding managerial, leadership, and communication skills to lead a division at the cutting edge of technology. Relocation assistance is available.

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Advance your career with the
American Diabetes Association's®
Members-Only Interest Groups today:

- Behavioral Medicine and Psychology
- Clinical Centers and Programs
- Diabetes and Cardiovascular Disease
- Diabetes In Primary Care
- Diabetes In Youth
- Diabetes Self-Management Education and Support
- Diabetes Technology
- Exercise Physiology
- Eye Health **(NEW)**
- Foot Care
- Health Care Delivery and Quality Improvement
- Immunology, Immunogenetics and Transplantation
- Islet Biology, Development and Function
- Nutritional Science and Metabolism
- Pregnancy and Reproductive Health
- Public Health and Epidemiology

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



Join our Interest Groups and gain opportunities to:

- Drive communications and share the latest news via online forums
- Network with experts and apply for leadership positions

Learn more and join the Interest Groups at
professional.diabetes.org/interestgroups

American Diabetes Association Empowers Youth at Home Nationwide Through Project Power

Keeping young people healthy and active amid coronavirus-related closures is essential, and to further that goal, the American Diabetes Association (ADA) has transformed its in-person Camp Power Up into a virtual experience. Now called Project Power, this program is a free, at-home, online experience that includes fun lessons and physical activity challenges and encourages children and families to stay healthy together.

Nearly **1 in 5 children** in the United States are overweight or obese. Through this initiative, the ADA intends to slow the trajectory of childhood obesity by focusing on health promotion, nutrition education, increased physical activity, and family involvement. The ultimate goal is to prevent obesity, type 2 diabetes, and diabetes-related complications in youth aged 7–13 years.

“Children and teens need physical activity and social engagement, now more than ever,” said Kelly Mueller, ADA’s Vice President, Consumer and Community Impact. “By educating and supporting youth at risk for developing type 2 diabetes and their families, together we can help them adapt to the current pandemic and also teach them how to create healthy habits for life.”

ADA’s Project Power connects and empowers youth to make healthy lifestyle choices and encourages their families to develop sustainable healthy household habits. Youth participants received a special ADA Project Power box and activity journal delivered to their homes. In addition to virtual “cabin meetings” with friends and group leaders during 1-hour sessions twice weekly, participants engage in sing-alongs, games, weekly social media challenges, and family engagement activities and challenges.

The first Project Power virtual session took place October 13–31, and a second one started November 3 and is continuing through November 21. ADA volunteers who served as group counselors have been instrumental in providing health education and fun activities to keep the kids engaged throughout these program sessions.

By connecting with communities across the country, ADA’s Project Power is bringing health education resources and community partners together like never before. Learn more by visiting diabetes.org/projectpower.

DPP Express Simplifies Reporting for Lifestyle Change Programs

DPP Express is a charting platform for lifestyle change programs recognized by the Centers for Disease Control and Prevention (CDC) as part of its National Diabetes Prevention Program (National DPP). Provided by the American Diabetes Association (ADA), the platform generates reports that align with the CDC’s Diabetes Prevention Recognition Program (DPRP) requirements.

DPP Express makes it easy to record and track data and to generate required DPRP evaluation reports, as well as the quarterly crosswalk reports required by Medicare Diabetes Prevention Program (MDPP) suppliers. The ADA is committed to ensuring that DPP Express continues to align with the 2018 CDC DPRP Standards, as well as the Centers for Medicare & Medicaid Services MDPP reimbursement guidelines.

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, call ADA at (888) 232-0822 or visit diabetes.org/dppexpress.

The ADA’s DPP team also hosts a free monthly DPP Express live webinar that includes opportunities for questions and answers. Register for the next DPP Express webinar at diabetes.org/erpqa.



Simple Strategies for Busting Through Inertia in Your Practice



Overcoming Therapeutic Inertia

The American Diabetes Association's (ADA's) multi-year Overcoming

Therapeutic Inertia (OTI) initiative has brought together leading diabetes researchers and clinicians to understand contributors to therapeutic inertia (TI) and identify practical solutions that can be easily implemented in primary care. Findings from a systematic review, combined with robust consensus-building discussions, have informed the development of an **OTI Best Practices Framework** and educational curriculum, both foundational to this initiative. On August 12, the OTI education and awareness campaign kicked off with a webinar titled **"Overcoming Therapeutic Inertia: What You Need to Know."** More than 850 clinicians registered.

TI is far too common in the care of people with diabetes. Defined as the failure to initiate, intensify, or deintensify the therapy regimen as needed when a patient's treatment goals are not met, it increases risks for all severe diabetes-related complications. This phenomenon has been observed for more than 20 years and continues to be a problem that touches all points of the diabetes care continuum. In contrast to the treatment delays resulting from TI, people who reach their A1C targets soon after finding out they have diabetes are more likely to keep their glucose levels within their target ranges. This well-documented "legacy effect" continues to reduce health risks many years later, even if a patient's A1C eventually creeps up.

The OTI initiative is spreading the word that overcoming TI has never been more possible than it is today. Effective strategies exist, but all require both identifying patients experiencing TI and engaging the entire care team in providing support and education. Some successful approaches leverage nonphysician clinicians to

facilitate medication management; others focus on improving the overall quality and quantity of patient engagement through the use of technology and innovative coaching programs. Two factors appear to be absolutely crucial to any effective approach:

1. **Timely therapy optimization.** Noticing who is at risk and doing something at every visit when a patient is not at target. This component presupposes that glycemic targets and a time frame to reach them are determined through shared decision-making with patients.
2. **Improved care plan adherence.** This component depends on continuously monitoring and addressing barriers to care plan follow-through, including actively addressing social, emotional, and financial challenges.

"There is a lot you can control and a lot you can't in diabetes care," notes Eden Miller, DO, a diabetologist and member of the OTI Steering Committee. "So, I work hard to focus on what I can control. For me, this means doing something to optimize therapy at every visit when a patient is above goal. It also means asking every patient about the challenges they may be having with managing their diabetes. The bottom line? I want to make sure that therapeutic inertia can never be traced back to me!"

The OTI Best Practices Framework identifies 15 actions that can help address TI. Here are five to consider. Pick one you think you can implement within the next month.

1. Use your electronic health record system's tools, such as a patient registry, to regularly identify patients who may be experiencing TI, and then reach out to them. Run reports on a monthly or quarterly basis. For example, obtain a list of all patients whose last A1C was >8% and who have had no office visit in the past 6 months.

Coming Soon: Non-CE Eye Health Education for Diabetes Care Providers

Learn more at eyehealth.diabetes.org



VISIONARY PARTNERS



Diabetes Is Primary

Diabetes is Primary 2020 Webcasts Available

From now until December 31, view our Diabetes is Primary 2020 webcasts for continuing education credit.

Visit ADA's **professional education offerings** for more information.

2. Consider scheduling diabetes-only visits at least annually, especially for patients with multiple chronic conditions. Focus on diabetes-related issues such as A1C goal attainment, medication compliance, diabetes distress, and diabetes-related health maintenance.
3. Develop a care and treatment plan with each patient that includes a personalized A1C target and time frame and takes his or her needs, concerns, and wishes into account. Review and update the plan it regularly.
4. Refer all patients for diabetes self-management education and support (DSMES). Find ADA-recognized education programs near you, as well as telehealth options, at diabetes.org/FindAProgram. Don't forget to ask about audio-only DSMES services.
5. Arrange more frequent office visits based on A1C and recent treatment change. Leverage telehealth to make this plan easier on patients. For example, schedule a visit every 6–8 weeks for those whose A1C is $\geq 9\%$, every 2–3 months for those whose A1C is 7–8.9%, and every 3–6 months for those whose A1C is $< 7\%$ or at their personal target.

— “ —
I believe this is an extremely important topic and often the root of the problems with diabetes management. I applaud you for having such a frank discussion on the causes of therapeutic inertia.

— Physician participant, *Overcoming Therapeutic Inertia: What You Need to Know*, August 12, 2020

Learn more and register for upcoming OTI webinars at therapeuticinertia.diabetes.org.

For an in-depth look at ADA's plan to overcome TI, we recommend reading “**Addressing Therapeutic Inertia in 2020 and Beyond: A 3-Year Initiative of the American Diabetes Association**” (doi.org/10.2337/cd20-0053), published in the Fall 2020 issue of *Clinical Diabetes*.

Download “**Getting to Goal: Overcoming Therapeutic Inertia in Diabetes Care**,” a plain-language fact sheet to share with all clinic staff.

Association Offers DSMS Toolkit and Plan

The American Diabetes Association has developed “Diabetes Self-Management Support: A Toolkit for Providers and Educators,” and a plan for individualizing diabetes support for people with diabetes.

The **Diabetes Self-Management Support (DSMS) toolkit** provides information and guidance to help diabetes care providers and educators meet the National Standards for Diabetes Self-Management Education and Support, specifically Standard 8: Ongoing Support.

The **DSMS plan** provides a format through which diabetes care providers and educators can create personalized plans for participants and identify local resources and activities that may benefit them as part of ongoing diabetes support.

Research News

Association Grant Reporting Deadlines

Research Programs Reporting Deadlines	
Grants starting January 1	Financial reports due February 1, 2021
Grants ending on December 31, 2020	Final reports due March 1, 2021

Addressing Health Disparities Through Advocacy

The COVID-19 pandemic has shed a light on and widened the inequity and disparities that exist within the U.S. health care system. Health inequities contribute to worse outcomes and higher risk for people with inadequately managed diabetes and many other chronic diseases. These disparities undermine the well-being of our most underserved communities. People with diabetes in these communities need support now. The American Diabetes Association (ADA) has launched the new **#HealthEquityNow platform**, available from diabetes.org/healthequitynow and is supporting legislation to address these disparities, including Illinois Congresswoman Robin Kelly’s Ending Health Disparities during COVID-19 Act.

This legislation would:

- Enhance COVID-19 testing and contact tracing efforts among medically underserved populations
- Ensure that federal agencies and state governments are capturing data on health disparities
- Provide COVID-19 treatment at no cost

- Create a national COVID-19 Racial and Ethnic Disparities Task Force
- Provide additional health insurance enrollment opportunities for those who have lost coverage

“The ADA is proud to support the Ending Health Disparities during COVID-19 Act,” said Tracey D. Brown, ADA’s Chief Executive Officer. “This important legislation would help level the playing field by implementing nationwide COVID testing, providing free treatment for the virus once it becomes available, and expanding access to insurance for those who lose health coverage when they lose their job. This bill couldn’t have come at a more critical time, and we urge all members of Congress to support this bill.”

The time for action is now. **Contact your lawmakers** in support of this important health equity bill and show that we’re in this together. Learn more about the legislation here: diabetes.org/newsroom/press-releases/2020/ada-applauds-the-ending-health-disparities-during-covid-19-act.



THE VOICE OF WOMEN IN DIABETES

The **Women’s Interprofessional Network** of the American Diabetes Association (WIN ADA) is the world’s leading network of female clinicians, scientists, and educators in diabetes.

WIN ADA offers a variety of members-only career advancement opportunities, including:

- ◆ Professional development workshops
- ◆ Networking receptions
- ◆ An annual event at the Association’s Scientific Sessions
- ◆ Recognition programs
- ◆ Online resources



The latest, cutting-edge advances in diabetes research, prevention and care.



Start Planning for the 81st Scientific Sessions

The American Diabetes Association (ADA) is gearing up for the 81st Scientific Sessions in Washington, D.C., June 25–29, 2021, at the Walter E. Washington Convention Center.

We know you are eager to participate in person to network with colleagues, hear the latest scientific advances and groundbreaking research presentations, experience the Exhibit and Poster Halls, and see all the sights of our nation's capital.

Although we are planning for an in-person meeting, the health and safety of our attendees and exhibitors remains our top priority. With this in mind, we are exploring different options in case we are unable to hold an in-person meeting as a result of the COVID-19 pandemic.

COVID-19 won't stop ADA's Scientific Sessions, just like it didn't stop us earlier this year, when we transitioned the 80th Scientific Sessions to a virtual meeting. As more information becomes available, we will provide updates on scientificsessions.diabetes.org.

Program Development

The Scientific Sessions Meeting Planning Committee is hard at work developing challenging and engaging educational program content that reaches across diverse disciplines to present topics of relevance to diabetes care and treatment.

Visit scientificsessions.diabetes.org in late November for more information about the exciting sessions being developed. The Scientific Sessions Planning Committee includes:

Dana Dabelea, MD, PhD
(committee chair)
Colorado School of Public Health
Anschutz Medical Campus
Aurora, CO

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Joan Bardsley, MBA, RN, DMCES, FADE
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Call for Abstracts

Abstract submission for the 81st Scientific Sessions is now open. The committee encourages submissions that are innovative, challenge current treatment paradigms, and represent the latest advances in basic, clinical, and translational science. This is your opportunity to shape the scientific program and help ensure that the most relevant spectrum of topics is presented at the meeting. Submissions will be accepted until Monday, January 11, 2021, at 5:00 p.m. ET.

Young Investigator Travel Grants:

Travel grants in the amount of \$1,000 USD each will be awarded to a limited number of authors of abstracts that have been accepted for oral or poster presentation at the 81st Scientific Sessions. Travel Grant applications will be sent to presenting authors at the time of abstract acceptance notification in mid-March 2021.

Visit scientificsessions.diabetes.org for more information.

Scientific Sessions Portal

This time-saving system eliminates the process of re-entering contact information and disclosures for authors listed on more than one abstract. All

abstract authors are responsible for entering their information into the portal once per meeting.

Don't wait until the last minute!

Those who plan to be a co-author on an abstract submission should complete the disclosure process now.

Abstract submitters must first finalize their disclosure record to gain access to the abstract submission site.

Visit scientificsessions.diabetes.org to view step-by-step instructions.

Registration and Housing

Registration and Housing are scheduled to open in December. Hotel reservations are available on a first-come, first-served basis. Reserve your room early to get your first-choice hotel. Also, register early to take advantage of the Early Bird registration fees.

Become a member or renew your membership now to be eligible for member rates and save up to \$320 off the non-member rate. To qualify for the member rate, you must have a Medicine & Science or Health Care & Education membership that is active through June 30, 2021, at the time of registration.



Note: Some companies operating on the Internet and claiming to offer registration and housing services for ADA's Scientific Sessions are not affiliated with ADA and do not offer any services on its behalf. You may receive emails or phone calls from these companies urging you to book hotel rooms or register. Registration and housing should only be accessed from scientificsessions.diabetes.org and reserved through ADA's official registration and housing provider, Convention Management Resources (CMR). If you do not see this logo on the website, they are not our official provider.

If you are contacted by any agency other than CMR, please immediately notify CMR at adasupport@cmrus.com.

Important Registration and Housing Deadlines

- Early Bird registration deadline: March 11, 2021
- Advance registration deadline: May 13, 2021
- Housing deadline: May 28, 2021
- Deadline to register by mail: June 4, 2021
- Registration opens in Washington, D.C.: June 25, 2021

Living with Diabetes: Ask the Experts Q&A Series



Encourage your patients to join the free educational Ask the Experts Q&A series created by the American Diabetes Association (ADA) to help tackle issues commonly faced by people living with diabetes and wondering about the relationship between diabetes, heart disease, and stroke. Participants can ask their questions—online or on the phone—in a live Q&A session with ADA experts. All events will be held at 2:00 p.m. ET unless noted. Registration is free online at diabetes.org/experts or by phone (1-800-342-2383).

In our next event, **The Gift of Group Support**, on **December 8**, our expert will answer questions from our listeners about where to get support from family, friends, health care providers, and others who are also managing diabetes.

Your patients can register now at diabetes.org/experts. Events will be held regularly throughout 2021.



Missed a call-in? Encourage your patients to listen in to *Ask the Experts: It's Personal*, a Q&A podcast series featuring real questions from people with diabetes and answers from our experts. We'll cover practical tips on topics such as nutrition, medication management, and physical activity.

Find the podcast on **iTunes**, **Spotify**, or on our **podcast host site** (ateip.libsyn.com).

SPECIAL PODCAST SERIES

SGLT2 INHIBITORS & TYPE 2 DIABETES: CARDIORENAL OUTCOMES



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AUTHOR SPOTLIGHT

Marina Chaparro, RDN, CDE, MPH



Pregnancy & Diabetes:
A complete Guide for Women with Gestational, Type 2 and Type 1 Diabetes.



**Marina Chaparro,
RDN, CDE, MPH**

is a nationally recognized bilingual nutrition and diabetes expert, media spokesperson, and member of the Pediatric Endocrinology team at Joe DiMaggio Children's Hospital. She is a registered dietitian, certified diabetes educator, and founder of Nutrichicos, a bilingual nutrition practice specializing in children and family nutrition.

In her own words.
Interview with **Marina Chaparro**

Q: What motivated you to write this book?

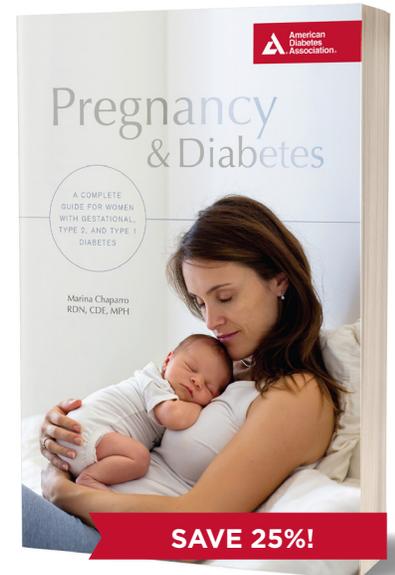
I never really imagined I would write a book about pregnancy. Without realizing it, this book began before my first daughter was born. I researched this topic; I searched non-stop for books and resources that would help me manage my diabetes during pregnancy. I had a hard time finding useful resources. Which is when I realized this was my opportunity to give back. I had both the professional and personal experience of living through two very healthy pregnancies. I wanted to empower other women and show them that they too could have a healthy pregnancy.

Q: What was your approach to writing something that would help women with gestational, type 1, and type 2 diabetes?

My approach was simple: give advice that I would have liked to receive when I was pregnant. This book is practical and real. While other books on pregnancy and diabetes offer a one-size-fits-all approach or are highly theoretical, this book gives unique, simple, and to the point recommendations for each audience-based on their specific needs. I also included other advice from educators, registered dietitians, and women who also went through healthy pregnancies with diabetes.

Q: What is the most important lesson that you hope readers learn from this book?

This book was created to give pregnant women with diabetes the tools, strategies, and motivation to keep going even when they think they can't. Here they will find answers to common questions, get meal plan and snack ideas and review the latest tech in diabetes. I want other women to realize that they can have a healthy and



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beautiful pregnancy! It's a matter of finding the right tools, support, and education!

Q: What can health care providers do to support women with diabetes who are pregnant or thinking of pregnancy?

Listen and be supportive. Pregnancy and diabetes can feel daunting. Your blood sugars no longer affect you but also your baby. The pressure to have "perfect blood sugars" can take an emotional toll. Health care providers should be a source of support, not add to the stress by placing judgment.

Q: What is the number one myth of diabetes and pregnancy that would like to dispel?

There are so many! (This is precisely why I included a section on debunking myths and answering common Q&A). But I would say my top three would be 1) You can't have carbs if you have diabetes during pregnancy 2) Starting insulin means you have failed 3) Pregnant women with diabetes need to have a C-section.

SAVE 25% on *Pregnancy & Diabetes: A Complete Guide for Women with Gestational, Type 2 and Type 1 Diabetes*. Code **DPQ2020P**.

To order, call **1-800-232-6733** or visit shopdiabetes.org.

Social Determinants of Health and Diabetes: A Scientific Review

Research addressing the prevalence, economic costs, and disproportionate population burden of diabetes all demonstrate the need for a clearer understanding of the effects of social determinants of health (SDOH). For that reason, the American Diabetes Association (ADA) convened a committee, pre-pandemic, to review and report on the literature on SDOH and diabetes.

With the goal of advancing opportunities for improvements in diabetes population health in the United States, the SDOH and Diabetes writing committee reviewed literature on associations between SDOH and diabetes risk and outcomes, as well as reports on the impact of various interventions to improve SDOH on diabetes outcomes. The group focused its search on U.S.-based studies of adults with diabetes and five SDOH: socioeconomic status, neighborhood and physical environment, food environment, health care, and social context.

The committee identified a fairly limited amount of U.S.-based research on the impact of diabetes interventions designed to target income, occupation, toxic environmental exposures, social cohesion, and social capital and emphasized in its report the need for more uniform reporting of such findings. The report includes recommendations to fill gaps in research and outlines key SDOH definitions and metrics to establish a system for more consistently describing outcomes and reporting quantitative outcomes in meta-analyses. The review concludes with recommendations from national advisory committees regarding linkages across health care and community sectors, as well as suggestions for future research to better inform clinical practice.

The report has been published with free access online ahead of print at doi.org/10.2337/dci20-0053 and will appear in the January 2021 issue of *Diabetes Care*, available in print and online at care.diabetesjournals.org on December 21.




REQUEST FOR APPLICATIONS: Editor-in-Chief, *Diabetes*

THE AMERICAN DIABETES ASSOCIATION IS SEEKING APPLICATIONS FOR THE EDITOR-IN-CHIEF POSITION OF *DIABETES*®, THE ASSOCIATION'S FLAGSHIP RESEARCH PUBLICATION.

The appointment is for three years, with a possible two-year extension. Applicants are asked to nominate 12–16 Associate Editors to assist with the development and review of content published in the journal. The new Editor-in-Chief and Associate Editors will convene in the summer of 2021 to begin inviting articles and reviewing new submissions for the January 2022 and later issues.

Diabetes publishes original research about the physiology and pathophysiology of diabetes. Submitted manuscripts can report any aspect of laboratory, animal, or human research. Emphasis is on investigative reports focusing on areas such as the pathogenesis of diabetes and its complications, normal and pathologic pancreatic islet function and intermediary metabolism, pharmacological mechanisms of drug and hormone action, and biochemical and molecular aspects of normal and abnormal biological processes. Studies in the areas of diabetes education or the application of accepted therapeutic and diagnostic approaches to patients

with diabetes are not published. *Diabetes* is a monthly publication.

The American Diabetes Association provides administrative and salary support to the Editor-in-Chief's institution, as well as honoraria to the Editor-in-Chief and Associate Editors. The Association maintains its own Editorial Office and staff to manage the peer-review system and process.

Interested parties should request an application form, which must be completed and returned by February 1, 2021. Curriculum vitae of the applicants for Editor and Associate Editors should be included.

PLEASE ADDRESS CORRESPONDENCE TO:

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Diabetes and COVID-19: Growing Understanding of the Links

Diabetes Care has published a new collection of articles examining diabetes and COVID-19 in a special section of its October issue. In a commentary introducing the section, *Diabetes Care* Editor-in-Chief Matthew C. Riddle, MD, writes that, while we learned a lot from early reports providing “helpful but necessarily tentative guidance,” studies reported more recently in *Diabetes Care* have tested specific questions about COVID-19 and diabetes, adding further insights.”

These questions include:

- Are people with type 1 diabetes as vulnerable as those with type 2 diabetes?
- Can increases in risk of complications from diabetes, including amputation, be attributed to disruptions in care during lockdown?
- What are the physiologic links between diabetes and COVID-19, including body composition, as well as social and economic factors that play a role?
- Does hyperglycemia influence progression to severe COVID-19 illness? If so, can improving glycemic control reduce the likelihood of severe illness or improve outcomes?

The articles included in this third *Diabetes Care* Diabetes and COVID-19 special section “highlight the rapid progress in understanding COVID-19 and its relation to diabetes,” Dr. Riddle writes, noting that *Diabetes Care* continues to “maintain high standards in selecting articles on this crucial topic.”

The current collection is available in the October issue in print and online at care.diabetesjournals.org/content/43/10. All three Diabetes and COVID-19 special collections are freely accessible at care.diabetesjournals.org/collection/diabetes-and-COVID19.

Effective Basal Insulin Initiation and Treatment in People With Type 2 Diabetes: Focus on Mitigating Hypoglycemia in Patients at Increased Risk

Clinical Diabetes has published a digital program dedicated to the effective use of basal insulin to treat people with type 2 diabetes. In a **short video series**, an expert panel moderated by John Anderson, MD, discusses approaches to optimizing basal insulin initiation and treatment in people with type 2 diabetes, including in patients most at risk (e.g., those with renal impairment and older adults), with a focus on reaching A1C goals while mitigating the risk of hypoglycemia.

Many people with type 2 diabetes are treated with insulin with the goal of achieving a specific A1C target. The panel discusses how considerations for the management of hypoglycemia are important in treating these patients. When basal insulin analogs are used appropriately, the risk of hypoglycemia can be reduced while still achieving glycemic goals.

Dr. Anderson is joined by Paresh Dandona, MD, PhD; GERALYN R. SPOLLETT, MSN, ANP, CDE; and Scott Urquhart, PA-C, MPAS. The videos and an executive summary of the panel’s recommendation are available on the *Clinical Diabetes* website at clinical.diabetesjournals.org/content/basal-insulin-videos. Financial support for this digital publication was provided by Sanofi.

Did You Know?

DiabetesPro SmartBrief is a free daily diabetes briefing on what is going on in the clinical diabetes community. Sign up today for daily emails: smartbrief.com/diabetespro

Diabetes Core Update: Special Podcast Series Available

Diabetes Core Update is a monthly audio podcast devoted to presenting and discussing the latest clinically relevant articles from ADA’s four scholarly journals.

In addition to its regularly released monthly audio digest format, *Diabetes Core Update* has recently released several special podcast series related to topics of interest for the diabetes clinical care community. In the latest three-part special series, hosts Neil Skolnik, MD, and John Russell, MD, discuss the dramatic cardiovascular and renal outcomes results of clinical trials involving sodium–glucose cotransporter 2 inhibition in type 2 diabetes. Also available are discussions involving the impact of influenza on people with diabetes and the importance of influenza vaccination for people with diabetes and a multi-part series on disrupting therapeutic inertia in diabetes management. These projects were made possible through unrestricted educational grants from AstraZenca, Sanofi Pasteur, and Sanofi, respectively.

Diabetes Core Update podcasts are free and can be accessed through Apple Podcasts and Google Play. For more information or to listen or download on your computer or mobile device, visit diabetesjournals.org/content/diabetes-core-update-podcasts.



DiabetesPro QUARTERLY

AMERICAN DIABETES ASSOCIATION NEWS
FOR PROFESSIONAL MEMBERS

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