

2021 DDPG Virtual Symposium

February 19–20, 2021

Diabetes
a dietetic practice group of the
eat right. Academy of Nutrition
and Dietetics
*Experts in Diabetes Care
and Education*

Symposium Information



Live Event Information

Session Recordings and Discussion

All registrants gain access to the session recordings on-demand for three months following the symposium. Enjoy the content at your fingertips 24/7. DDPG knows your schedule is busy and the recordings offer you the option to view live sessions you miss during the event. Attendees may access the recordings [here](#). Connect with other Symposium attendees on a dedicated [discussion board](#).

CPE Opportunities

Logging CPEU

CPE certificates for live attendance will be emailed to attendees following the event. Academy members may also access certificates at eatrightCPE.org within 2 weeks of the live event.

- Click on “My Courses” and click the “Completed” tab.
- To access the certificate, click “View Details”.
- Don’t forget to click “Claim” to add your credits to your certificate.

You will log each day separately (sessions are not logged individually).

Performance Indicators have been assigned to each session. This information is subjective; feel free to select those that best correlate with your Professional Development Portfolio (PDP) needs.

[FAQ: How to Log CPEU Activities](#)

CPE Certificates

Each day on the schedule will have both a live and code 175 CPE certificate.

- *Live CPE Certificates:* Use this certificate if you attended either day of sessions during the time block it was originally broadcast. You must participate in the full day, including the case study/wrap up and Q&A at the end of the day.
- *Code 175 CPE Certificates:* Each day of sessions will be available for on-demand viewing within 2 weeks following the scheduled broadcast time. Please use the code 175 certificate when viewing a full day of on-demand for self-study.

Calculating CPE

1 day of sessions = 4.0 CPEU

Digital Event Bag

Live attendees will receive the Symposium Digital Event Bag via the email address that they registered with. The Digital Event Bag will be sent the week before and again the week after the event, so keep an eye on your inbox! The bag includes opportunities for product discounts, samples and the chance to enter to win a free registration for FNCE® 2021.

Survey and Feedback

Each day of the Symposium, you will receive an email request to complete a survey. The feedback you provide will help DDPG plan for future Symposia. Please take a few minutes to share feedback about your experience.

DDPG Virtual Symposium Schedule

Visit the [DDPG website](#) for additional event information.

Friday, February 19, 2021 (central time zone)

1:00 PM – 1:10 PM	Welcome and Kick-Off
1:10 PM – 1:15 PM	Case Study Presentation
1:15 PM – 2:00 PM	<u>Psychosocial Interventions to Promote Self-Care Behavior in People with Diabetes</u> <i>Mark Heyman, PhD, CDCES</i>
2:00 PM – 2:10 PM	Sponsored Product Spotlight: Kate Farms Find out how their newest plant-based formula is designed to support overall health and glucose control.
2:10 PM – 2:55 PM	<u>Nutrition Therapy for Adults with Diabetes or Prediabetes: A Consensus Report</u> <i>Karen Lau, MS, RDN, LDN, CDCES</i> <i>Janice MacLeod, MA, RD, CDCES, FADCES</i>
2:55 PM – 3:05 PM	Break
3:05 PM – 3:50 PM	<u>Individualizing and Intensifying Nutrition Interventions</u> <i>Laura Andromalos, MS, RD, CSOWM, CDCES</i> Session supported by Bell Institute of Health and Nutrition. Content and presentation created solely by speaker.
3:50 PM – 4:00 PM	Sponsored Product Spotlight: DayTwo Learn how precision nutrition can help people with metabolic disorders say “yes” to more of the foods they love.
4:00 PM – 4:45 PM	<u>Multicultural Counseling in Diabetes and Nutrition Education: Strategies and Techniques</u> <i>Lorena Drago, MS, RDN, CDN, CDCES</i>
4:45 PM – 5:30 PM	<u>Case Studies and Wrap-Up</u>

Saturday, February 20, 2021 (central time zone)

10:00 AM – 10:10 AM	Welcome and Kick-Off
10:10 AM – 10:20 AM	Case Study Presentation
10:20 AM – 11:20 AM	<u>Maximizing Medication Adherence by Minimizing Barriers</u> <i>Katherine O’Neal, PharmD, MBA, BCACP, CDCES, BC-ADM, AE-C, CLS, FADCES</i>
11:20 AM – 12:25 PM	<u>The Diabetes Galaxy: Looking Beyond Glycemic Management</u> <i>Susan Cornell, PharmD, CDCES, FAPhA, FADCES</i>
12:25 PM – 12:35 PM	Break
12:35 PM – 1:30 PM	<u>Technology and the Nutrition Professional: The Role of Glucose Monitoring to Reduce Hypoglycemia</u> <i>Amy Hess Fischl, MS, RDN, LDN, BC-ADM, CDCES</i>
1:30 PM – 2:30 PM	<u>Case Studies and Wrap-Up</u>

Symposium On-Demand

If you missed registering for the live event, but still want to receive top-notch education, take advantage of the DDPG Symposium On-Demand. Symposium content is available as recorded sessions allowing you to learn at your own pace and convenience. Access the presentations from the live event via the eatrightSTORE. Sessions are bundled by day for purchase.

*Purchased sessions are available immediately on [eatrightCPE.org](#) under the ‘My Courses’ tab. For assistance, please [contact DDPG](#).



Lilly Diabetes
Solution
Center

NEED HELP PAYING FOR YOUR INSULIN OR DIABETES CARE?

The Lilly Diabetes Solution Center may help lower out-of-pocket costs for people taking Lilly insulin who:

- are in the deductible phase of their high-deductible commercial insurance plan
- do not have insurance
- have a prescription for any Lilly Insulin

Call 1-833-808-1234

8:00 a.m. - 8:00 p.m. ET, Monday-Friday

Help is available at the Lilly Diabetes Solution Center

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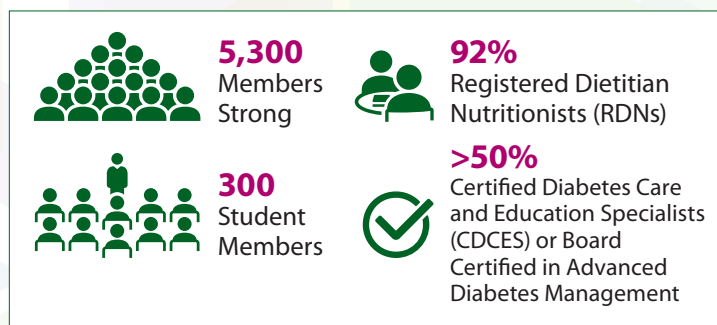
Lilly

Maximize Your DDPG Membership

Continue to cultivate your skills and earn CPE all year with Diabetes DPG membership.

We are...

A trusted voice for persons with diabetes when it comes to nutrition, physical activity, self-management, technology, and day-to-day diabetes care, education and prevention.



We work in a variety of settings, influencing patient care and organizational decisions across the U.S. and globally:



According to the 2019 DDPG Member Survey:

- **>90%** directly interact with patients or clients.
- **73%** of respondents said that patients or clients frequently ask them about products and services.
- **3 out of 4** believe patients or clients follow their advice closely.
- **76%** find recipes helpful to share with patients or clients.
- Nearly **1 out of 3** hold a leadership position within their company or organization.

Member Benefits

Publications

- *On the Cutting Edge (OTCE)*, three issues annually of the peer-reviewed publication which provides self assessment questionnaires with continuing education credits. Free CPEUs are available in each issue of OTCE.
- *Newsflash*, produced 3 times annually, includes featured columns clinical updates, reviews of books, research publications and web sites.
- *E-Update*, a monthly electronic newsletter to keep our members informed about membership activities, late breaking news, legislative bulletins, volunteer opportunities, DDPG projects and more. If you are a member and not receiving these, please contact webmaster@ddpg.org.
- DDPG reproducible patient educational handouts are produced annually and maintained in the DDPG publication area of the website.

Discussion Board & Member Directory

The Discussion Board and Member Directory allows members to connect and exchange opinions and resources in a timely matter enhancing their professional knowledge and experience.

Awards, Grants, Scholarships and Stipends

- Distinguished Service Award
- DDPG Champion Award
- Legislative Activity Award
- Publications Award
- Educator of the Year Award
- Educational Stipends
- Speaker Stipends
- Legislative Stipend
- Student Stipends
- FNCE® "challenge", student funding to attend FNCE® awarded on behalf of DDPG through the Academy Foundation
- MNT Outcomes Research Award-awarded through the Academy Foundation

Thank You to Our Sponsors

Sponsor support allows DDPG to bring valuable programs like the Virtual Symposium to you and other health professionals working in diabetes. DDPG is grateful for their support!

DDPG does not endorse any products, services or any organizations included in the 2021 DDPG Virtual Symposium program or related communications. For information on Academy and DDPG sponsorship policies, refer to eatrightPRO.org.



Continuing Professional Educational Events, Networking, Webinars & Events

- At least 6 FREE webinars per year (for CPE credits) on hot topics and a link to view webinars up to two years after the live presentation.
- DDPG sponsors workshops and educational sessions for members at the Food & Nutrition Conference & Expo™.
- DDPG supports educational sessions at various industry events.
- DDPG provides networking opportunities during FNCE® and the ADCES Annual Meeting (these events may be virtual in 2021).
- DDPG e-update and e-blasts are communication tools for DDPG members to receive monthly updates on membership activities, late breaking news, legislative bulletins, product education, volunteer opportunities and DDPG projects.

Legislative Activity

DDPG continues to work with the Academy and other national professional groups to improve reimbursement for diabetes self-management education and medical nutrition therapy.

Alliances and Task Force Involvement

- American Diabetes Association (ADA): Advocacy Committee – Liaison representative from the Academy
- Association of Diabetes Care and Education Specialists (ADCES)
- American Association of Clinical Endocrinologists (AACE) – DDPG representatives to serve as advisors on the Lifestyle and Nutrition Scientific Committee and Obesity Scientific Committee
- CDC/NIH
- Appointment to the National Diabetes Education Program (NDEP) (steering committee and various Work Groups)
- International Diabetes Federation (IDF)
- Confederation of Diabetes Organizations (ADCES, ADA, the Academy, CBDCE, CDC, NDIC, NDEP)
- Enhancement and Promotion of the Academy's Strategic Initiatives and Campaigns DDPG Strategic Priorities

Get Involved

Join DDPG by becoming a member and volunteering. Engage on the discussion board, social media.



The *Only One* of its Kind

Plant-Based, Organic Formula Designed to Support *Overall Health* and *Glucose Control*

36% less sugar than the leading 1.2 diabetes formula¹
No artificial sweeteners or sugar alcohols

Helps manage blood sugar

- 16 g plant-based protein
- 5 g prebiotic soluble fiber
- Low glycemic index²

No artificial sweeteners or sugar alcohols

- Sweetened with organic agave
- Natural organic vanilla flavor

Provides the benefits of a plant-based diet

- Highly bioavailable organic pea protein³ with no lactose or milk protein for ease of digestion.
- Prebiotic soluble fiber in a clinically effective amount to improve GI tolerance and support the gut microbiome.⁴
- Plant-based omega 3 from organic flaxseed oil to support cardiovascular health.^{5,6}
- Naturally occurring arginine to support the nutritional needs of those with wounds.⁷
- Phytonutrient blend in a clinically effective amount for immune support.^{7,8}



Available mid-May

kate farms®

1. Kate Farms® Glucose Support 1.2 contains 9g sugar/250ml vs 13.25g/237mL in Glucerna® 1.2.

2. 2020; Inquis Clinical Research, Toronto; Data on file.

3. Protein Digestibility Corrected Amino Acid Score of 1.0 and a complete amino acid profile.

4. Holscher, H.D., et al. (2014). Gastrointestinal tolerance and utilization of agave inulin by healthy adults. Food & Function, 5(6), 1142-1149.

5. Rodriguez-Leyva D., et al. The cardiovascular effects of flaxseed and its omega-3 fatty acid, alpha-linolenic acid. Can J Cardiol. 2010;26(9):489-496.

6. Saleh-Ghadimi, S., et al. (2019). Effect of flaxseed oil supplementation on anthropometric and metabolic indices in patients with coronary artery disease: a double-blinded randomized controlled trial. Journal of Cardiovascular and Thoracic Research, 11(2), 152.

7. Nemzer, B.V., et al. New insights on effects of a dietary supplement on oxidative and nitrosative stress in humans. Food Science and Nutrition. 2014, 828-839.

8. Nemzer, B., et al. Decrease of free radical concentrations in humans following consumption of a high antioxidant capacity natural product. Food Science and Nutrition. 2014, 2, 647-654.

Learn more at the DDPG Virtual Symposium Product Spotlight - February 19th @ 2:00 - 2:10 PM CT

Thank You to Our DDPG 2020–2021 Executive Committee

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Thank You to Our DDPG Symposium Committee

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- Anna Parker, DCN, MS, RD, CDE, FAND, CCRC
- Kathy Warwick, RD, LDN, CDCES

Become a DDPG Member

Visit the [DDPG website](#) for more information on signing up for DDPG membership.

Access Symposium Recordings

Registrants of the DDPG Virtual Symposium may [access recordings](#) following the event.

If you missed the event, you may purchase access to the recordings by visiting the [eatrightSTORE.org](#).

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EDUCATION UNITS

**LISTEN LEARN
AND EARN!**

SOUND

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Podcast**

with
**Melissa Joy
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