



# DCE Annual Report

Diabetes Care and Education Dietetic Practice Group 2003 to 2004

## Our Vision

The DCE Dietetic Practice Group of the ADA is the most valued authority in diabetes medical nutrition therapy and its integration with both diabetes self-management training and the prevention of diabetes through lifestyle behavior change.

## Our Mission

The mission of DCE is to lead the future of quality medical nutrition therapy, diabetes care and education for people with diabetes and their families, DCE members, health care providers, professional organizations and industry.

## Our Thanks

DCE is what it is today because of its many talented volunteers, allies and industry sponsors.

Thank you for your support!

## A message from your practice group chair

It's good to study the history of an organization — to review the lessons learned and the dedicated work that went into building the association. The leadership of brilliant volunteers over the past 25 years has moved the Diabetes Care and Education (DCE) Dietetic Practice Group to the number-one position: the largest dietetic practice group of the American Dietetic Association (ADA). This year's annual report honors the past, summarizes the high points of last year, and presents DCE's future plans. Now, please join me for a brief visit back in time as a few past chairs share some memorable moments in our group's history.

**Sandra Parker, RD, CDE**

## Wisdom of the past secures our future

### Madelyn Wheeler, Chair 1985-1986

*"The newsletter continued to be a primary resource for members ... Exchange lists were revised to better reflect the principles of nutrition for persons with diabetes ... we also continued popular regional workshops ... presented our first research grant awards ... six modules were completed."*

### Karmeen Kulkarni, Chair 1988-1989

*"We had some firsts! Appointment of the Ethnic Foods Practice Series chair, a committee to start this project, and a collaborative set of publications with the American Diabetes Association. First leadership and Executive Committee retreat in Indianapolis in April 1989. DCE published review papers in the Journal of the American Dietetic Association and also the resource book on 'Selected Diabetes Education Resources for the Person with Diabetes.'"*

### Hope Warshaw, Chair 1989-1990

*"DCE has helped me believe that it's important to be a change agent and to stand up for what I believe is true and right. I think the quote by Laurel Thatcher Ulrich — 'Well-behaved women seldom make history.' — is an apt one for DCE. It is one it has lived by, and I hope it continues to live by for years to come."*

### Carolyn Leontos, Chair 1992-1993

*"We were active legislatively to gain support for CPT codes. We worked with the American Association of Diabetes Educators to revise license restrictions for interstate commerce vehicles. Friendships have endured the test of time."*

### Mary Austin, Chair 1996-1997

*"The most memorable moment for me was when the American Diabetes Association informed me that DCE had been named the recipient of the 1997 Charles H. Best Medal for Distinguished Service for the Cause of Diabetes. It was just so special to be recognized publicly for all DCE had contributed and continues to contribute."*

### Janine Freeman, Chair 2000-2001

*"Tremendous strides were made in the legislative arena. Medical nutrition therapy (MNT) legislation was passed, and the MNT codes for reimbursement were approved. DCE sponsored a videoconference on third-party reimbursement for MNT. DCE became more involved in the international arena, with several DCE members speaking abroad and DCE leaders representing DCE in Mexico at the first International Diabetes Federation Congress to offer an education track."*

All DCE leaders past and present agree on our wish for the future. It is that DCE can one day say, "We did our best. Our job is done. We have helped the world conquer diabetes."

Until that time, the contributions and wisdom of our past leaders will inspire us as we move forward. Having celebrated our first 25 years, we look ahead to our continued growth, service and development of new partnerships and projects in the world of diabetes care and education. —SP

## Our membership grew

DCE continues to be ADA's largest dietetic practice group, with 5,652 members in 2003-2004. Our members work in hospitals, private practice, outpatient education centers, research departments, managed care organizations, public health, and other settings:

- DCE members serve an ethnically diverse population and work with clients of all ages.
- Members of DCE come from all 50 states and several countries around the world.
- DCE continues to increase its visibility and resources among ADA members and other health care professionals by participating in a variety of international, national, regional and local networking and mentoring activities.
- From June 1, 2003, through May 31, 2004, more than 18,700 people (1) visited one of 32 DCE displays, where they learned about DCE and resources; (2) attended a DCE-sponsored event in the United States or abroad; or (3) reviewed a DCE newsletter.
- Additionally, thousands of health care professionals, industry representatives, and individuals with diabetes received and used the reproducible diabetes patient education slicks that DCE produced.



### Your 2003-2004 Executive Committee:

(L to R, front row) Sandra Parker, chair-elect; Cindy Halstenson, chair; Alison Evert, past chair. (L to R, back row) Amy Fischl, treasurer; Connie Crawley, secretary; Tami Ross, network coordinator; Betty Krauss, public policy coordinator; Carrie Swift, communications coordinator. Not pictured: Marion Franz, professional development coordinator.

## Member benefits grew

DCE provided members with many development opportunities through our high-quality newsletters, DCE Web site, electronic mailing list, and continuing education programs.

Generous industry sponsorship enabled DCE to recognize members through awards and honors.

DCE is directly involved in professional practice projects that will impact the future of dietetics. Extensive work has been done in developing the standards of professional practice and performance for levels of practice in diabetes management. This work will soon be published in the *Journal of the American Dietetic Association*.

Support of research in MNT for diabetes has been established through the DCE/American Dietetic Association Foundation (ADAF)

Outcomes Research Award as an ongoing annual grant opportunity for DCE members. DCE will maintain MNT evidence tables for outcomes as a resource to validate the work of members.

DCE works to promote the important role of nutrition in gestational diabetes management by supporting research and publication of outcomes.

With the DCE guiding vision of leadership in diabetes MNT, DCE has had a presence at several international meetings this past year, networked with international colleagues, and sponsored speakers.

The response to DCE-sponsored speakers was unanimously well received, with sessions filled to capacity and excellent feedback provided about the quality of information presented.

DCE represented ADA in alliance meetings of the National Diabetes Education Program and the American Diabetes Government Relations Committee.

To assist DCE members in their practice settings, two reproducible patient education slicks were developed and are available on the DCE Web site, and a skill-building workshop was offered at the 2003 Food and Nutrition Conference and Expo.

# Key DCE projects, 2003-2004

## Publications and communications

### Newsletters

*Newsflash* and *On the Cutting Edge* continue to be top-rated member benefits. *On the Cutting Edge* topics included: "ABCs of Diabetes" and "Diabetes and the Obesity Epidemic."

### DCE Publications

Patient education slicks *Eat, Move, Live: A Resource for Living Well with Diabetes: Have Your Cake and Eat It, Too: Tips to Lighten up Your Family's Favorite Treats* (sponsored by Sweet 'N Low) and *Ready, Set, Start Counting: How to Use Carbohydrate Counting to Keep Your Glucose Healthy* (sponsored by Merisant, US, Inc., and available in English and French) were mailed to all DCE members and posted in PDF form on the DCE Web site. *Ready, Set, Start Counting ...* is also available in large print.

Compilation of chapter content and editing of the manuscript for *The American Dietetic Association's Guide to Diabetes Medical Nutrition Therapy and Education* neared completion. This project is headed by DCE, with the content authored and edited by DCE leaders. The book is scheduled for release from the ADA in the first quarter of 2005.

### Electronic Communications

The DCE Web site, located at [www.dce.org](http://www.dce.org), features DCE publications, awards, annual reports, professional development and educational opportunities, the mentoring program, diabetes and nutrition newswire reports, and professional resources. Abstracts and selected articles from *On the Cutting Edge* newsletter are highlighted.

DCE's electronic mailing list is active, with nearly 700 DCE members sharing ideas, educational tools and clinical information relevant to diabetes and nutrition.

### DCE Marketing Brochure

DCE developed a marketing brochure to promote DCE's vision, mission, strategic goals and member benefits.

## Professional development

### Public Policy and Reimbursement

"Invest in nutrition today as a wise investment for tomorrow" is a message of special significance, given funding cuts. DCE members have actively supported ADA issues, including the Medicare Prescription Drug Improvement and Modernization Act. ADA and DCE propose that the Center for Medicare and Medicaid not limit the benefit and to expand the MNT preventive benefit. ADA's key messages to Congress have been to maintain funding for the cure, prevention and control of diabetes.

Activity in MNT reimbursement continues, with many members becoming providers. The DCE Reimbursement Committee has stayed in close contact with the ADA Quality Outcomes and Coverage Team and worked to notify DCE members, using the DCE list-serve about important MNT and diabetes reimbursement issues.

DCE collaborates with ADA, American Diabetes Association and the American Association of Diabetes Educators to communicate the MNT benefit and nutrition component of diabetes self-management training. Shared documents about the coordination of benefits are posted on the DCE and allied Web sites.

### Advanced Practice

The Advanced Practice Diabetes Management Credentials Task Force is in the process of completing the "Standards of Professional Practice and Performance" for the dietetics professional at entry, intermediate and advanced levels of practice in diabetes management. They are to be published in the *Journal of the American Dietetic Association* upon completion.

DCE was represented on the ADA Standardized Nutrition Language Task Force. The goal is to develop and validate nutrition diagnoses for the nutrition care process.

The manuscript, *Impact of Gestational Diabetes Nutrition Practice Guidelines on Outcomes of Pregnancy*, was submitted for publication. DCE funded the Gestational Diabetes Mellitus nutrition practice guideline's development and clinical trial.

Evidence tables for outcomes from MNT for diabetes were started, and articles documenting benefits from MNT continued to be collected.

## Alliances

### International

In August 2003, DCE was represented at the International Diabetes Federation Congress in Paris, France.

DCE sponsored a speaker for the 10<sup>th</sup> Annual International Conference of the University of the West Indies Diabetes Outreach Project, resulting in a manuscript entitled "Nutrition Practice Guideline Care Improves Diabetes Outcomes" being published in the *West Indian Medical Journal*, 2004.

DCE donated diabetes educational materials and practice group information to the American Overseas Dietetic Association annual conference in Cyprus in 2004.

DCE sponsored an educational session at the International Congress of Dietetics in May 2004: "The Epidemic of Childhood Obesity and Type 2 Diabetes: Current Research and Treatment Strategies." DCE participated as a conference exhibitor and co-facilitated a roundtable with the Canadian Diabetes Association. Forty-eight countries were represented at the congress, with more than 800 contacts made.

### Diabetes Professional Organizations

DCE networks with other diabetes organizations to improve outcomes for people with diabetes. DCE members hold key roles in the diabetes community by serving on boards, committees and/or task forces of the ADA, American Diabetes Association, American Association of Diabetes Educators, and National Diabetes Education Program.

# 2004-2005 Executive Committee

## *Chair*

**Sandra Parker, RD, CDE**  
sandymda@aol.com  
parkersa@trinity-health.org

## *Chair-elect*

**Tami Ross, RD, LD, CDE**  
tarossrd@insightbb.com

## *Past Chair*

**Cindy Halstenson, RD, LD, CDE**  
chalstenson@msn.com

## *Industry Relations*

**Janine Freeman, RD, LD, CDE**  
janinefree@aol.com

## *Secretary*

**Carrie Swift, MS, RD, LD, CDE**  
cariess@aol.com

## *Treasurer*

**Amy Fischl, MS, RD, LD, CDE**  
amyfish12@aol.com  
firemanskid@comcast.net

## *Network Coordinator*

**Suzanne Laws, MS, RD, CDE, FADA, BC-ADM**  
suzdiabed@juno.com

## *Communications Coordinator*

**Charlotte Hayes, MMSc, RD, LD, CDE**  
c\_a\_hayes@bellsouth.net

## *Professional Development Coordinator*

**Deborah Fillman, MS, RD, LD, CDE**  
djfillman@mindspring.com

## *Public Policy Coordinator*

**Betty Krauss, RD, CDE**  
bkrauss@mfbr.com  
bkmda@aol.com

*Visit our Web site  
at [www.dce.org](http://www.dce.org)*

## Where we want to be

### *DCE's strategic priorities for the future*

At the Spring DCE Leadership Retreat, we reviewed and updated our strategic priorities and action steps for the 2004-2005 board year.

### **Communication**

- Create and disseminate quality diabetes care and education information.

### **Networking**

- Work closely with other U.S. and international professional organizations and industry to raise awareness of dietetics professionals as experts in diabetes MNT.
- Promote team care, which includes the dietetics professional, in the treatment of individuals with diabetes and those at risk of developing diabetes.
- Build awareness of diabetes MNT and its integration with diabetes self-management training for individuals with diabetes and their families by working with other professional organizations and the industry.
- Encourage and facilitate professional development of DCE members by engaging them in organizational activities.

### **Professional Development**

- Demonstrate the effectiveness of diabetes MNT provided by dietetics professionals.
- Enhance the dietetics professional's ability to perform effectively in any role — academic, community, clinical, public health and research — and his or her ability to act on outcomes.
- Expand the role of the dietetics professional in diabetes care and education and the prevention of diabetes.

### **Public Policy**

- Influence public policy to increase access to care and improve quality of care for people with diabetes.
- Increase member involvement in diabetes advocacy.



**2003-2004  
DCE Awards**

***Distinguished Service Award  
(LifeScan)***

Jackie Boucher, MS, RD, CDE,  
BC-ADM

***Creative Nutrition Education  
Award (Eli Lilly and Company)***

Joy T. Hayes, MS, RD, CDE

***Pediatric Diabetes Nutrition  
Education Award (DCE)***

Stephanie H. Gerken, RD, LD, CDE

***Honorary Member Award  
(DCE)***

Larry Ellingson, RPh

***Publications Award  
(Takeda Pharmaceuticals North  
America, Inc.)***

Marion J. Franz, MS, RD, CDE

***Legislative Activity Award  
(Eli Lilly and Company)***

Ann Constance, MA, RD, CDE

***MNT Outcomes Award  
(DCE)***

Bridget Klawitter, PhD, RD, CD,  
FADA

***Educational Stipends  
(Health Management Resources)***

Kathleen Stone, MS, RD, CDE  
Nancy Ann Perih, RD, CDE  
Heidi Gunderson, MS, RD, LD,  
CDE  
Eve Gehling, MEd, RD, LD, CDE

***Speaker Stipends  
(Mead Johnson)***

Minnesota Dietetic Association  
Stephanie Gerken, RD, LD, CDE

Texas Dietetic Association  
Marita Carlson, MS, RD, LD,  
CDE

Vermont Dietetic Association  
Hope Warshaw, MMSc, RD,  
CDE

Michigan Organization of  
Diabetes Educators  
Patti Geil, MS, RD, FADA, CDE

# 2003-2004 budget report

June 1, 2003, through May 31, 2004

REVENUE	Actual	Budgeted
Membership dues	\$141,215	\$140,000
Publications sales/subscriptions	\$1,338	\$1,000
Royalties	\$0	\$700
Grants/contracts	\$188,249	\$126,750
Interest income	\$16,783	\$0
Miscellaneous receipts	\$600	\$0
<b>TOTAL REVENUE</b>	<b>\$348,185</b>	<b>\$268,450</b>
Transfer from reserves	\$0	\$44,245
<i>Total revenue + transfer from reserves</i>	<i>\$348,185</i>	<i>\$312,695</i>
EXPENSES	Actual	Budgeted
Lodging/food/transportation	\$66,779	\$83,900
Professional consulting	\$72,504	\$41,994
Postage	\$32,832	\$25,210
Mailing service	\$2,571	\$6,300
Office supplies	\$6,528	\$3,415
Stationary/forms	\$0	\$650
Telephone	\$1,611	\$4,250
Teleconference expense	\$2,662	\$6,327
Advertising/promotion	\$1,786	\$5,500
Other expense	\$1,298	\$35
Depreciation	\$0	\$914
Membership dues/seminar fees	\$17,438	\$16,130
Donations/contributions	\$0	\$100
Outside services	\$0	\$1,270
Donations to ADAF	\$35,000	\$34,600
Honorariums/awards	\$9,000	\$8,000
Rental/off-site	\$1,000	\$0
Audio visual	\$0	\$5,000
Food service	\$11,481	\$17,950
Printing/copying	\$43,810	\$51,150
Word Processing	\$65	\$0
<b>TOTAL EXPENSES</b>	<b>\$306,365</b>	<b>\$312,695</b>
<i>Transfer to reserves</i>	<i>\$41,820</i>	<i>\$0</i>
<i>Total expenses + transfer to reserves</i>	<i>\$348,185</i>	<i>\$312,695</i>
<i>ADAF endowment fund balance</i>		<i>\$91,664.87</i>

# Our corporate sponsors

June 1, 2003, through May 31, 2004

DCE would like to thank the following corporations who have supported our mission, vision and strategic framework.

Without your generosity, many of DCE's projects would go unfunded.

*Thank you for your support!*

## **BD Consumer Healthcare**

- Sponsorship of the Spring 2004 *Newsflash*
- Support of 2004 DCE Executive Committee Retreat

## **Diabetic Cooking**

- DCE Reception at the 2003 ADA Food and Nutrition Conference and Expo
- Free *Diabetic Cooking* subscription for DCE members

## **Eli Lilly and Company**

- 2003 DCE Creative Nutrition Award
- Support of 2003 DCE Leadership Retreat
- 2003 DCE Honorary Member Dinner at ADA Food and Nutrition Conference and Expo

## **Equal (Merisant)**

- Reproducible patient education slick called *Ready, Set, Start Counting: How to Use Carbohydrate Counting to Keep Your Blood Glucose Healthy* (French and English)

## **General Mills**

- DCE Leader's Meeting Breakfast at 2003 ADA Food and Nutrition Conference and Expo

## **Health Management Resources**

- Four 2003-2004 DCE Educational Stipend Awards

## **LifeScan**

- Sponsorship of Winter 2004 newsletter issue of *Newsflash* and Winter 2003 issue of *On the Cutting Edge*, "ABCs of Diabetes: Glycemic Control"
- 2003 DCE Distinguished Service Award
- Support of the DCE activities at the 2004 International Congress of Dietetics Meeting, including the speakers at the DCE-planned session, "The Epidemic of Childhood Obesity and Type 2 diabetes: Current Research and Treatment Strategies"

## **McNeil Nutritionals**

- DCE Reception at the 2003 American Association of Diabetes Educators Annual Meeting

## **Medtronic MiniMed**

- Sponsorship of 2003 DCE / ADA co-planned Food and Nutrition Conference and Expo pre-conference workshop speakers, "Optimizing Glycemic Control with Diabetes Technology and Diabetes MNT with Advanced Insulin Therapy"

## **Novo Nordisk Pharmaceuticals, Inc.**

- DCE Past Chairs' Breakfast at the 2003 American Association of Diabetes Educators Annual Meeting and 2004 American Diabetes Association Post-graduate Course

## **Pfizer**

- Sponsorship of Summer 2004 newsletter issue of *On the Cutting Edge*, "ABCs of Diabetes: Blood Pressure"

## **Roche Diagnostics, maker of ACCU-CHEK® products**

- Sponsorship of Fall and Winter 2003 issues of *Newsflash* and *On the Cutting Edge*, "Diabetes and the Obesity Epidemic"
- 2004 DCE Legislative Activity Award
- Support for 2004 DCE Leadership Retreat

## **Sweet 'N Low**

- Reproducible educational slick called *Have Your Cake and Eat It, Too: Tips to Lighten up Your Family's Favorite Treats*

## **Takeda Pharmaceuticals America, Inc.**

- 2003 DCE Publications Award

## **The NutraSweet Company**

- DCE Business Meeting Luncheon at 2003 ADA Food and Nutrition Conference and Expo