

**Diabetes Care  
and Education**

a dietetic practice group of the  
**eat right.** American Dietetic  
Association

[www.dce.org](http://www.dce.org)

# DCE | Annual Report

2010-2011





## Mission

DCE members are the most valued authorities on nutrition and diabetes prevention, education, and management.

## Vision

DCE members lead the future of nutrition and diabetes prevention, education, and management.

## Chairs' Message

### Organizations are only as good as their members!

As director of the Behavioral Medicine Research Center at Baylor College of Medicine in Houston, Texas, I marvel at all of our study participants. But I am most touched by the 335 participants who have committed 13.5 years of their lives to the landmark Look AHEAD study. I always look forward to our patients' stories about the challenges and triumphs of living with diabetes. I am thrilled when a patient tells me, "Since I lost 15 pounds and have kept my sugars under control, I feel great." But the true payoff from our partnership with patients is reflected in simple things — like a patient's ability to once again bend over and tie his or her own shoelaces. Or the sense of exhilaration a patient experiences after taking a trip on a plane for the first time to visit out-of-town family members.

Each day, more than 6,400 DCE members build partnerships with others, whether patients, organizations or other health care professionals. Everything we do enriches our organization and reflects DCE's vision.

### DCE leads through:

- **Evidence-based practice**, which sets registered dietitians apart from other health care professionals in medical nutrition therapy, diabetes self-management training and prediabetes management. The 2010 update of the Diabetes Care Standards of Practice/ Standards of Professional Performance (SOP/ SOPP) for Registered Dietitians (Generalist, Specialty and Advanced) was published in the January, 2011 issue of the *Journal of American Dietetics Association*. Plans are underway to offer this as a webinar for all members of the American Dietetic Association (ADA).

- **Collaboration with others**, especially the more than 72,000 members of the ADA. DCE provides its expertise in diabetes to other Dietetic Practice Groups (DPG) like a joint ADA publication with the Renal DPG — a new publication, *Making Choices: A Counseling Guide and Client Education for the Diabetic-Renal Meal Plan*. DCE also partnered with the Weight Management DPG to sponsor webinars and member receptions at the Food & Nutrition Conference & Expo (FNCE).
- **Public policy advocacy**. DCE members contribute expert opinions to the ADA on recommendations that shape health care reform, including reimbursement.

### Other milestones include:

- Held a new membership drive that resulted in the addition of a record 6,425 members
- Demonstrated our commitment to outcomes research
- Revised several popular educational handouts
- Launched a DCE Facebook page, [www.facebook.com/DCEdpg](http://www.facebook.com/DCEdpg)

- Enhanced electronic communication to our members via list serve, e-blasts, e-updates and our website
- Hosted popular webinars that resulted in a record registrations
- Demonstrated excellence through the peer-reviewed *On The Cutting Edge* and *NewsFLASH* newsletters
- Represented DCE at other diabetes conferences, both domestic and international
- Elected DCE leaders in other diabetes organizations
- DCE members honored for national ADA Awards

Our challenges are never over. According to the Centers for Disease Control and Prevention (CDC), diabetes affects nearly 26 million children and adults in the U.S., and contributes to more than 230,000 deaths each year. The total cost of diagnosed diabetes in the U.S. is estimated to exceed \$174 billion. Studies suggest that when additional costs for gestational diabetes, pre-diabetes and undiagnosed diabetes are factored in, the total cost of diabetes-related health care in the U.S. exceeds \$218 billion.<sup>1</sup> These challenges mean opportunities, especially in terms of health-care reform and reimbursement. DCE's uniquely



qualified membership must lead the future of nutrition and diabetes prevention, education and management. To that end, look for an update of our strategic plan in the coming year.

The future for dietitians who assist people with diabetes is up to us. Working with our legislators and the American Dietetic Association home office to create a plan that will ensure our long-standing role as the expert in nutrition and diabetes is essential. All voices are important, all ideas are worthwhile.

**Molly Gee, MEd, RD, LD**  
2010-2011 DCE Chair

**Amy Hess-Fischl, MS, RD, LD, BD-ADM, CDE**  
2010-2011 DCE Chair-Elect

<sup>1</sup>Centers for Disease Control and Prevention. *National Diabetes Fact Sheet national estimates and general information on diabetes and prediabetes in the United States, 2011*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.



## Publications and Communications

### Newsletters

The newsletters *On the Cutting Edge* and *NewsFLASH* are each published three times a year and continue to be favorite benefits of membership. *On the Cutting Edge* is peer-reviewed and each issue provides three to four hours of continuing professional education units (CPEUs), while *NewsFLASH* keeps members up to date in the field of diabetes care and education.

DCE distributes over 7,000 issues of each newsletter to national and international members, RDs and advocacy organizations, as well as ADA spokespersons, industry sponsors and dietetic education programs across the U.S.

*On the Cutting Edge* themes in the past year included:

Spring 2010:

*Diabetes and Tough Economic Times*

**Theme Editor:**

Susan Yake, RD, CD, CDE, CLC

Summer 2010:

*Diabetes Education and Management in Primary Care*

**Theme Editor:**

Rosalyn Haase, RD, CD, CDE, MPH, BC-ADM

Winter 2010:

*Modified Foods with Special Functions: Impact on Diabetes*

**Theme Editor:**

Jill Weisenberger, MS, RD, CDE

### Patient Education Handouts

The following handouts were revised for members and their patients:

- "Healthful Eating with Whole Grains"
- "Whole Grains with Carb Counting"
- "Nutrition to help manage your diabetes and weight: What is a meal replacement?"

The following handouts are pending revision:

- "Sweet Taste without the Calories"
- "Ready, Set, Start Counting!"

Members and non-members may download these patient education handouts from the publication section of the DCE website. DCE handouts were also featured in the 2011 North Carolina Dietetic Association's *NCDANutrition Care Manual*.

### Electronic Communications

The DCE website, [www.dce.org](http://www.dce.org), provides a wealth of resources for DCE members and non-members alike, including:

- Membership benefits and sponsor information
- DCE newsletters
- CPEU testing and recording functionality
- Patient education handouts
- Articles about diabetes and associated conditions, credentialing, standards and scope of practice, medical nutrition therapy (MNT) and public policy updates
- DCE webinars, DCE-sponsored FNCE presentations and other professional development opportunities
- Recipe of the Month feature

DCE will launch an upgraded website in the 2011-12 membership year, which will feature:

- Improved navigation
- Integrated member and public pages
- A new research area
- "Find a DCE RD" and "Marketplace" functionality

### Other electronic communications:

- A monthly e-newsletter, *DCE e-Update*, that features news, opportunities and announcements
- Periodic urgent-action e-blasts
- The widely used electronic mail list (EML), comprised of over 1000 DCE member-subscribers, provides an open forum where members may share ideas, tools and clinical information, as well as ask questions of other DCE members.

## Professional Development Projects

### 2010 Pre-FNCE Workshop, Boston, MA

DCE conducted a pre-FNCE workshop with ADA titled, "Tools You Can Use: Advances in Diabetes Medication Delivery and Self-Monitoring Devices" on November 6, 2010. Led by Patti Urbanski, MEd, RD, LD, CDE and Alison Evert, MS, RD, CDE, approximately 100 DCE and non-DCE members attended this interactive workshop.

### University of the West Indies Diabetes Outreach Project (UDOP)

In March, Karen Chapman-Novakofski, RD, LDN, PhD represented DCE at the UDOP conference in Ocho Rios, Jamaica. At the conference, Dr. Chapman-Novakofski delivered an address titled, "Nutritional Implications for People with Diabetes Consuming Alcohol."

### DCE Webinars

This past year, DCE conducted three 90-minute live webinars. All achieved high satisfaction ratings, and were attended by over 500 DCE members and non-members. Attendees earned CPEU credit for participating.

#### • "Cardiovascular Health and Wellness" — June 18, 2010

Kenneth Snow, MD and Leah Gillingham PhD (c), M.Sc., addressed cardiovascular biomarkers related to cardiovascular diseases (CVD), treatment interventions and benefits of canola oil on CVD. Dr. Gillingham was sponsored by CanolaInfo.

#### • "Dietary Fibers: What RDs and Consumers Want to Know NOW" — September 24, 2010

National Starch Food Innovation sponsored a webinar presented by Julie Miller Jones, PhD, LN, CNS and Hope Warshaw, MMSc, RD, CDE, BC-ADM, who addressed:

- Current carbohydrate and dietary fiber intake
- Dietary fiber recommendations
- The 2010 *Dietary Guidelines for Americans*
- Benefits of dietary fibers for people with prediabetes, type 2 and type 1 diabetes

#### • "Gestational Diabetes Update" — March 25, 2011

Catherine Spong, MD discussed diabetes and associated morbidities; gestational diabetes mellitus (GDM) treatment options and pregnancy outcomes; and new screening-method recommendations. Alyce Thomas, RD, and Diane Reader, RD, CDE covered ADA's evidence-based MNT guidelines for GDM, and nutrition-related interventions in the management of GDM.

## Technology and Diabetes Task Force

The Technology & Diabetes Task Force has promoted proficiency with diabetes care technology for our members by publishing articles in *NewsFLASH*. Topics included: resources to download meters, sensors and pumps; and documenting the benefits of downloaded reports to help patients better manage their diabetes. The Task Force also helped with pre-FNCE conference planning.

## Public Policy and Reimbursement

DCE has been involved in many exciting initiatives in Washington, D.C. over the past year; including these highlights:

DCE leadership met with the ADA Policy, Initiatives and Advocacy staff to discuss ADA's position and support of diabetes-related legislation.

ADA's Public Policy Workshop (PPW) took place on February 6-8. Outlined at [www.eatright.org/ppw/](http://www.eatright.org/ppw/), the messages to members of Congress from their constituents who attended PPW covered:

- Healthy Aging: Older Americans Act Reauthorization
- Reducing Health Disparities: The Medical Foods Equity Act
- The Healthier Lifestyles and Prevention America Act-the HELP America Act- S.174



## 2010–2011 Audited Financial Report

DCE's executive board continues to be fiscally responsible, holding 50 percent of our budgeted expenses in reserves in the event of a downturn in the economy. The following financial report reflects our success in maintaining low expenses and meeting our fundraising goals.

	YTD Actual	YTD Budgeted
<b>REVENUE</b>		
Membership Dues	185,141	195,513
Meeting Registration Fees	6,770	54,996
Publication Sales/Subscriptions	70	0
Royalties	683	3,400
Grants/Contracts	120,564	268,492
Interest Income	89,171	0
Miscellaneous Receipts	198	0
<b>Total Revenue</b>	<b>402,597</b>	<b>522,401</b>

	Actual	Budgeted
<b>EXPENSES</b>		
Publications	4,000	0
Lodging/Food/Transportation	89,930	152,815
Professional/Consulting	147,999	115,443
Postage	30,219	58,312
Mailing Service	2,883	7,264
Office Supplies	3,037	3,090
Stationery/Forms	15	288
Telephone	1,016	2,977
Teleconference Expenses	679	3,156
Advertising/Promotion	733	11,856
Depreciation	0	2,960
Membership Dues/Seminar Fees	27,429	17,908
Credit Card Processing Fees	2,867	2,928
Donations/Contributions	300	1,500
Outside Services	261	9,864
Donations to ADAF	15,500	21,096
Honorariums/Awards	33,653	36,396
Rental — Off-site	0	804
Audio Visual	2,904	0
Expo/Meeting Services	2,884	9,696
Other/Food Service	63,016	53,776
Printing/Copying	99	82,156
<b>Total Expenses</b>	<b>429,424</b>	<b>594,285</b>
<b>Net Profit/(Loss)</b>	<b>(26,827)</b>	<b>(71,884)</b>

**Net Investment Reserves 599,651**

### 2010 ADA Award Recipients

#### Medallion Award

Melinda Maryniuk, MEd, RD, CDE

### 2010 ADAF Award Recipient

#### Karen Goldstein Memorial Research

Anna D. Parker, MS, RD, CNSD, CDE

### 2010 DCE Award Recipients

#### Legislative Activity Award

Betty Krauss, RD, CDE

#### Diabetes Educator of the Year

John Pasztor, MPH, RD, LDN, CDE

#### Distinguished Service Award

Tami Ross, RD, LD, CDE

#### Publications Award

Linda Delahanty, MS, RD

#### People's Choice Diabetes Educator of the Year Award

Mary M. Austin, MA, RD, CDE

#### Champion Award

Ritchie M. Tindall, Healthcare Resources, LLC

#### Educational Stipends

Valerie Bassous, MS, RD, CD

Megan Robinson, MS, RD, LDN, CDE

Kathy Reily, RD, CDE

Lisa Resurreccion-Wuhl, MS, RD, LDN, CNSD

#### Speaker Stipends

Sharon R. Schatz MS, RD, CSR, CDE

Gita Patel, MS, RD, LD, CDE

Charlene Dorsey, RD, LMNT, CDE

Mary Ames, RD, LD, CDE

Constance Brown-Riggs, MEd, RD, CDN, CDE

#### Student Stipend Recipients

Jeanette Wieczorek

Maly Tossey

Leda Tello



## Our 2010–2011 Corporate Sponsors

It is through the generous support of our corporate sponsors that DCE is able to fulfill our mission and vision. We sincerely thank the following industry sponsors for their support of DCE initiatives during the DCE fiscal year of June 1, 2010 through May 31, 2011:

### Abbott Diabetes Care

- Donation for the 2010 pre-FNCE workshop

### Abbott Nutrition

- 2010 DCE Past Chairs' Dinner at FNCE
- Educational Handout: "Nutrition to Help Manage Your Diabetes and Weight: What is a Meal Replacement?"
- 2011 DCE Spring Leadership Retreat luncheon

### American Diabetes Association

- Complimentary *Diabetes Forecast* magazine subscription for members

### Arkray

- Donation for the 2010 pre-FNCE workshop

### Bayer Diabetes Care

- Donation for the 2010 pre-FNCE workshop

### BD Medical — Diabetes Care

- Donation for the 2010 pre-FNCE workshop Spring 2010 *NewsFLASH*

### CanolaInfo

- Co-sponsor of the DCE and Weight Management Practice Groups' Joint Member Reception at 2010 FNCE
- Webinar — "Cardiovascular Health and Wellness"

### Chobani Yogurt

- Co-sponsor of the DCE and Weight Management Practice Groups' Joint Member Reception at 2010 FNCE

### Corn Refiners Association

- Sponsor of the Member Breakfast and presentation at 2010 FNCE

### Diabetic Cooking Magazine

- 2010 DCE Diabetes Educator of the Year award
- Sponsor of the DCE Awards Breakfast at 2010 ADA FNCE
- Complimentary magazine subscription for members

### Diabetic Living Magazine Meredith Corporation

- Complimentary magazine subscription for members
- Sponsor of the 2010 DCE's People's Choice Diabetes Educator of the Year award

### Eli Lilly and Company

- Review of corporate educational handouts
- Donation for the 2010 pre-FNCE workshop

### General Mills, Inc.

- Sponsor of the DCE Members' Meeting breakfast at the 2010 ADA FNCE

### Health Management Resources

- Support of five 2010-2011 DCE Educational Stipend awards

### International Food Information Council

- Educational handout: "Sweet Taste without the Calories"

### Kraft Foods

- Sponsor of the 2010 DCE Executive Committee's Fall Strategic Planning Breakfast

### Lean Cuisine® Nestlé

- Educational handouts: "Healthful Eating with Whole Grains" and its expanded companion, "Whole Grains with Carb Counting"

### LifeScan, Inc.

- 2010 DCE Distinguished Service Award
- Donation for the 2010 pre-FNCE workshop

### McNeil Nutritionals

- Sponsor of the DCE Networking Reception at the 2010 AADE Annual Meeting & Exhibition
- Co-sponsor of the DCE and Weight Management Practice Groups' Joint Member Reception at the 2010 FNCE

### National Starch Food Innovation

- Webinar — "Dietary Fibers: What RDs and Consumers Want to Know NOW"

### NovoNordisk

- Donation for the 2010 pre-FNCE workshop

### Roche Diagnostics

- Fall 2010 *NewsFLASH*
- Donation for the 2010 pre-FNCE workshop

### SOYJOY®

- Summer 2010 *On the Cutting Edge*, "Diabetes Education in the Primary Care Setting"

### Sanofi-aventis

- Donation for the 2010 pre-FNCE workshop



## 2010–2011 Executive Committee

Listed left to right:

**Back row:** Pat Severson-Wager,  
Judy Giusti, Maggie Powers,  
Andrea Dunn, Susie Wang, Naomi Wedel

**Front row:** Carolyn Harrington,  
Molly Gee, Amy Hess-Fischl, Joan Hill

**Missing from Picture:** Maryann Meade,  
Jo Jo Dantone-DeBarbieris, Charlotte Hayes



[www.dce.org](http://www.dce.org) | Diabetes Care and Education Dietetic Practice Group

## 2011–2012 Executive Committee

### Chair

Amy Hess, MS, RD, LD, BC-ADM, CDE  
(847) 528-2804  
amyfish12@aol.com  
firemanskid@comcast.net

### Chair-elect

Andrea Dunn, RD, LD, CDE  
(440) 871-1421  
dm2rdcde@gmail.com

### Past Chair/Industry Relations

Molly Gee, MEd, RD, LD  
(713) 798-3448  
mgee@bcm.edu

### Secretary

Carolyn Harrington, RD, CD, CDE  
(715) 675-2003  
carolynh@aspirus.org  
cchjfh@yahoo.com

### Treasurer

Amber Wamhoff, MA, RD, LD, CDE  
(314) 583-4525  
wamber470@yahoo.com

### Membership Coordinator

Judy Giusti, MS, RD, LDN, CDE  
(617) 201-9054  
judy.giusti@joslin.harvard.edu  
jgius@verizon.net

### Print Communications Coordinator

Liz Quintana EdD, RD, LD, CDE  
(505) 977-3709  
equintana@hsc.wvu.edu

### Electronic Communications Coordinator

Susie Wang, MS, RD, CD, CDE  
(425) 869-7931  
srwang@aol.com

### Professional Development Coordinator

Lisa Brown, RD, LD, CDE  
(612) 889-5633  
brown1457@gmail.com

### Public Policy Liason

Susan Yake, RD, CD, CDE, CLC  
(360) 990-4473  
yakes36@bigplanet.com  
susan.yake@med.navy.mil

### Research Coordinator

Maggie Powers, PhD, RD, CDE  
(952) 993-2793  
margaret.powers@parknicollet.com

### Nominating Committee Chair

Patti Urbanski, Med, RD, LD, CDE  
(218) 879-6896  
pattiurbanski@msn.com

### Dietetic Practice Group Delegate

Maryann Meade, MS, RD, CD-N, CDE  
(203) 265-9756  
mameade@sbcglobal.net

### DCE Manager

Linda Flanagan Vahl  
(312) 899-4725  
lflanagan@eatright.org