



Diabetes and Food: Finding the right approach

90-minute Webinar Recording

North Country Health Consortium, through funding support from the Community Health Access Network (CHAN), is providing access to this webinar free-of-charge. Please use the following to access this webinar: **Webinar Access Code: NWJMGPIK**

This webinar expires on: 2/4/2017

Program Overview

What's the best way to individualize and choose the meal plan that will promote positive outcomes in people with diabetes? In this program we cover a variety of popular meal plans, plus the latest fad diets, and consider methods for choosing a meal plan.

Program Purpose

The purpose of this activity is to enable the learner to discuss and recommend the meal plans and fad diets by individualizing care.

Activity Type:

This recording of an online presentation is a knowledge-based learning activity.

Learning Objectives

At the end of this presentation, the participant will be able to:

- List at least 5 of the current popular meal plans used for overall health as well as diabetes.
- Describe at least 3 of the current fad diets available and their safety and efficacy profiles.
- Describe methods to choose a meal plan for people with diabetes

Continuing Education:

Registered Nurses

The American Association of Diabetes Educators is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This educational program will provide 1.5 contact hours of continuing education credit.

AADE is accredited as a provider of continuing nursing education by the California Board of Registered Nursing (CEP # 10977).

Registered Dietitians

The American Association of Diabetes Educators, (AM001) is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1.5 continuing professional education units (CPEUs) for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials.

Registered Pharmacists

The American Association of Diabetes Educators is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program provides 1.50 contact hours (0.150 CEU's) of continuing education credit.

ACPE Universal Program Number: 0069-0000-14-279-H01-P

Effective Dates: 2/4/2015 – 2/4/2017

Faculty Disclosures

It is the policy of the American Association of Diabetes Educators to require that anyone who has an opportunity to affect continuing education activities content (e.g. authors, presenters and program planners) with products or services from a commercial interest with which s/he has financial relationships, discloses those financial relationship/s with commercial entities to participants.

Disclosure of a relationship is not intended to suggest or condone bias in any presentation, but is made to provide participants with information that might be of potential importance to their evaluation of a presentation.

Relevant disclosures (or lack thereof) among educational activity faculty and planners are as follows:

- Amy Hess Fischl, MS, RDN, LDN, BC-ADM, CDE, has no relevant financial disclosures to report.
- Nancy Stonis, AADE, Chicago, IL, has no relevant financial disclosures to report.
- Anne Willmore, AADE, Chicago, IL, has no relevant financial disclosures to report.

The approval of this educational offering by the AADE does not imply endorsement of specific therapies, treatments, or products discussed in the presentations.

Please follow these instructions to access the AADE Learning Management System.

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Enrollments

sort by: **Recent** Newest Title Status Close Date

	<u>Monitoring: From Measuring to Mastering Management – Level 1 (SMBG001)</u> Not started Completion Requirements: <input type="text"/> 0 of 4 required items completed.
	<u>Critical Clinical & Behavioral Issues (WEBC12CS04)</u> Not started Completion Requirements: <input type="text"/> 0 of 6 required items completed.
	<u>Monitoring: From Measuring to Mastering Management – Level 3 (SMBG003)</u> Not started Completion Requirements: <input type="text"/> 0 of 4 required items completed.

3. Select GO next to the enrollment you wish to start

Register with enrollment code

ENROLLMENT CODE OPTION- to enroll in a course using an enrollment code

SCROLL down to the bottom of that page. On the bottom-right, submit your **GE CODE**.

GE code entry (batch use only)

Submit

Use this only once when you enroll.
After enrollment, access as above

1. Paste your code in the box above.
2. Your learning activity will appear there in the ENROLLMENT list. Click the title to begin.

WORKING IN YOUR COURSE

Activities

✓ **Course Overview Info and Disclosures** 🔒

Coursework: Monitoring: From Measuring to Mastering Management

Estimated Time: 1:35

This is the body of your course - all five lessons for you to complete before

🔒 **Post-Learning Assessment: Monitoring – Level 1** 📝

Estimated Time: 20 minutes

Take this assessment AFTER you have completed all the coursework in the previous section. You will have three tries to pass this assessment with a better. There are 10 questions. You must get at least 7 correct to successfully complete the course and earn your CE credit.

🔒 **Monitoring Level 1 - Post-course Evaluation Survey** 🔒

Activities

✓ **Course Overview Info and Disclosures** 🔒

Coursework: Monitoring: From Measuring to Mastering Management – Level 1 📖

Estimated Time: 1:35

This is the body of your course - all five lessons for you to complete before you move on to the post-learning assessment.

🔒 **Post-Learning Assessment: Monitoring – Level 1** 📝

Estimated Time: 20 minutes

Take this assessment AFTER you have completed all the coursework in the previous section. You will have three tries to pass this assessment with a better. There are 10 questions. You must get at least 7 correct to successfully complete the course and earn your CE credit.

🔒 **Monitoring Level 1 - Post-course Evaluation Survey** 🔒

4. Select the **ORANGE** Course Overview Info and then close the window by selecting large red **X** on top Right assessment.

(Notice the green check next to the Course Overview, once you have completed each section the check mark will appear)

5. Select the **Coursework** and your course will start.