



Panhandle Health District

Healthy People in Healthy Communities

Public Health
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Panhandle Health District

FOR IMMEDIATE RELEASE

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Panhandle Health District is Accredited by ADCES to Provide Quality Diabetes Self-Management Education and Support

Panhandle, Idaho — Panhandle Health District's (PHD) Nutritional Services program has achieved the significant milestone of accreditation by the Association of Diabetes Care & Education Specialists (ADCES). Accreditation represents a high level of quality and service to the community, and the ability to better meet the needs of Medicare recipients and others affected by diabetes in the panhandle area.

"We are excited to have this accreditation and begin accepting new clients," said Kim Young, Nutritional Services and Health Promotions Manager at PHD. "Research shows that when people have a strong support system, they are more likely to succeed with things like weight loss and dietary changes. Type 2 diabetes can be preventable, especially if families start making lifestyle changes when their children are young. We also want to support those with Type 1 and gestational diabetes to manage their disease and cope with the many challenges that come with health conditions."

Our Diabetes Self-Management Education (DSME) and Diabetes Prevention programs, will be offering diabetes education sessions at our PHD offices in Hayden and Sandpoint this fall.

Diabetes education services utilize a collaborative process through which people with or at risk for diabetes work with a diabetes educator to receive individualized care to help them reach their health goals. Diabetes education is a covered Medicare benefit when delivered through an accredited program.

"Evidence shows diabetes education and support is helping people with diabetes to lower their A1C's and obtain the knowledge and skills to better self-manage their condition," said Sacha Uelmen, Director of Accreditation at ADCES. "That is why we need programs like Panhandle Health District's Diabetes education and prevention programs to make these services available in their community."

ADCES is a National Accredited Organization (NAO) for the Centers for Medicare and Medicaid Services (CMS). Accredited programs must meet the 2017 National Standards for Diabetes Self-Management Education and Support; 10 standards that are revised every 5 years by a group of diabetes educators representing both ADCES and the American Diabetes Association and approved by CMS. Programs must maintain compliance with the Standards during the 4-year accreditation cycle.

Diabetes Self-Management Education (DSME) programs are designed for people who want to manage their type 2, type 1 and gestational diabetes and related conditions. Diabetes educators conduct each program, addressing the needs, goals, and life experiences of people with diabetes. This program teaches you how to eat healthy, be active, monitor blood sugar levels, take medication, problem solve, reduce risk for other health conditions, and cope with your disease.

About ADCES:

ADCES, formerly known as the American Association of Diabetes Educators (AADE), is a multi-disciplinary professional membership organization dedicated to improving diabetes care through innovative education, management and support. With more than 14,000 professional members including nurses, dietitians, pharmacists, exercise specialists, and others, ADCES has a vast network of practitioners working with people who have, are affected by or are at risk for diabetes. Learn more at www.diabeteseducator.org, [or visit us on Facebook](#) (Association of Diabetes Care & Education Specialists), [Twitter \(@ADCESdiabetes\)](#) and [Instagram \(@ADCESdiabetes\)](#).

Panhandle Health District provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.

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