



Public Health

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Panhandle Health District

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Healthy People in Healthy Communities

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NEWS RELEASE

Health District Earns Recognition of the American Diabetes Association® Panhandle Health District – May 24, 2023

Education Recognition Program (ERP) certification ensures quality diabetes education and support for people living with diabetes

The American Diabetes Association (ADA), the nation's leading organization committed to fighting diabetes by driving discovery through research and innovation, intensifying the urgency around the diabetes epidemic and supporting people living with and affected by diabetes, announced the recognition of the Panhandle Health District (PHD) Diabetes Self-Management Education and Support (DSMES) program through the Education Recognition Program (ERP).

“With this recognition, our clients know that we will provide education on self-care skills that will promote better management of their diabetes treatment regimen,” said Danielle Boward, Nutrition Services Program Manager. “We will successfully cover topics with clients, such as, diabetes disease process; nutritional management; physical activity; medications; monitoring; preventing, detecting, and treating acute complications; preventing, detecting, and treating chronic complications through risk reduction; goal setting and problem solving; psychological adjustment; and preconception care, management during pregnancy, and gestational management.”

The ADA's Education Recognition Certificate assures that educational services meet the National Standards for DSMES. The ERP promotes quality Diabetes Self-Management Education and Support (DSMES) for people with diabetes by certifying that services adhere to the National Standards for DSMES. Services certified by the ADA's ERP program offer a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management. Services apply for recognition voluntarily, and ADA-ERP recognition lasts for four years.

“Daily self-management skills are absolutely essential for people to effectively navigate the 24/7 challenges of living with diabetes, helping to keep them healthy and prevent or delay the serious complications of diabetes,” said Linda Cann, MEd, the ADA's senior vice

president of professional services. “We applaud the Panhandle Health District for its commitment to providing high-quality, evidence-based education and support for people with diabetes by meeting the National Standards for DSMES and earning the ADA’s ERP recognition.”

According to the Centers for Disease Control and Prevention’s (CDC’s) 2017 National Diabetes Statistic Report there are 30.3 million people or 9.4% of the population in the United States who have diabetes. While an estimated 23.1 million have been diagnosed, unfortunately, 7.2 million people are not aware that they have this disease. Each day, more than 4,110 Americans are diagnosed with diabetes. Many will first learn that they have diabetes when they are treated for one of its life-threatening complications – heart disease, stroke, kidney disease, blindness, nerve disease, and amputation. Diabetes continues to be the seventh leading cause of death in the US—in 2015, it contributed to 252,806 deaths. The ADA’s Economic Costs of Diabetes in the U.S. in 2017 confirms diabetes as the nation’s most expensive chronic health care condition at \$327 billion.

For more information on the DSMES program offered at PHD [click here](#) or, contact Levi Maeschen, Registered Dietitian and Certified Diabetes Care Education Specialist at (208) 415-5242 or via email (lmaeschen@phd1.idaho.gov).

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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.