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New Fellowship Recipient to Focus Research on Financial Stress in Young Adults with Diabetes

Julia Blanchette Awarded Mentored Fellowship in Integrated Diabetes Management

CHICAGO – OCT 26, 2020 – The Association of Diabetes Care & Education Specialists Foundation and the Certification Board for Diabetes Care and Education are proud to award Julia Blanchette Ph.D., RN, CDCES, a fellowship in integrated diabetes management. Over the coming year, Blanchette will conduct research to investigate and address the financial stress and psychological factors in young adults to improve self-management outcomes. She will be mentored by Michelle Litchman, Ph.D., FNP-BC, and Nancy Allen, Ph.D., ANP-BC, of the University of Utah.

“I look forward to using my research to find effective ways to support emerging adults who are at high risk for lapses in diabetes care and negatively impacted by barriers to care, acute complications, suboptimal self-management outcomes and financial stressors,” said Blanchette. “I am thrilled to have support from the ADCES Foundation, CBDCE, the University of Utah College of Nursing, Drs. Michelle Litchman and Nancy Allen, and my peers.”

During the 12-month fellowship, Blanchette will work with a community advisory board to further examine financial stress and self-management outcomes in young adults. Together, they will develop an evidence-based financial toolkit for implementation in a sample population. Users will be monitored for improvements in A1C, diabetes-related quality of life, financial stress and transition readiness outcomes. If findings support meaningful outcomes in these areas, the toolkit would be expanded on a larger scale.

“Diabetes care and education specialists are experts in diabetes management however financial help is an important area in emerging adulthood that needs more attention,” said Litchman. “Dr. Blanchette’s intervention will not only support this population, but also provide future guidance for diabetes care and education specialists.”

About the Association of Diabetes Care & Education Specialists:

ADCES is an interdisciplinary professional membership organization dedicated to improving prediabetes, diabetes and cardiometabolic care through innovative education, management and support. With more than 12,000 professional members including nurses, dietitians, pharmacists and others, ADCES has a vast network of practitioners working to optimize care and reduce complications. ADCES supports an integrated care model that lowers the cost of care, improves experiences and helps its members lead so better outcomes follow. Learn more at DiabetesEducator.org, or visit us on Facebook or LinkedIn (Association of Diabetes Care & Education Specialists), Twitter (@ADCESdiabetes) and Instagram (@ADCESdiabetes).

About the Certification Board for Diabetes Care and Education:

Founded in 1986, CBDCE is a national not-for-profit certifying body that awards the Certified Diabetes Care and Education Specialist (CDCES) credential. Accredited by the National Commission for Certifying Agencies, the CDCES credential is held by over 19,900 health professionals in the diabetes care and education community. CBDCE’s mission is to promote

comprehensive and ongoing quality diabetes clinical management, education, prevention and support by defining, developing, maintaining, and protecting the certification and credentialing processes. Learn more at www.cbdce.org or connect with us on Facebook ([CertifiedDiabetesEducators](#)) or LinkedIn ([Certification Board for Diabetes Care and Education](#)).