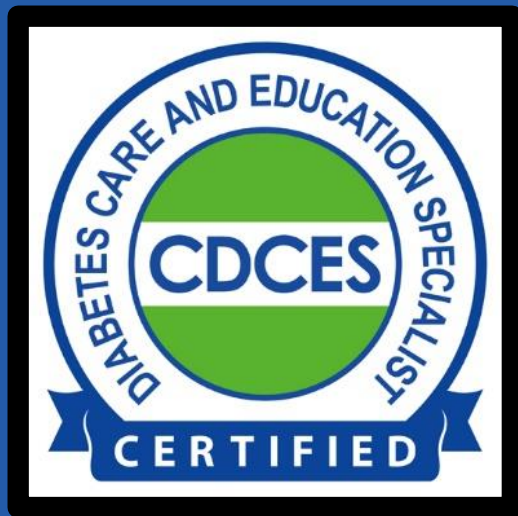




Two Certifications → Many Opportunities

Showcase Your Diabetes Knowledge & Expertise



Friends for Life Orlando 2025 –
Fellows Presentation
(July 2025)



Presenters



Nancy D'Hondt, MHS, RDN, LDN,
CDCES®
2025 CBDCE Board Chair



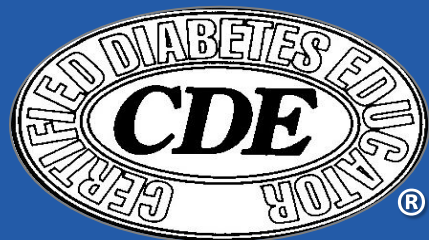
Sheryl Traficano, MBA, CAE
CEO

National Certification Board for Diabetes Educators



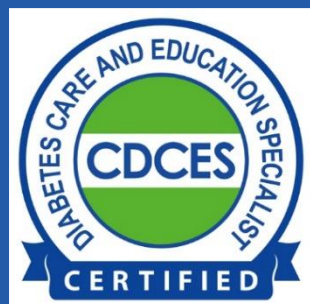
1986

Certified Diabetes
Educator



1986

Certified Diabetes Care and
Education Specialist



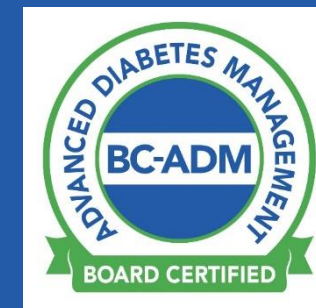
2020

Certification Board for Diabetes Care and Education



2020

Board Certified-Advanced
Diabetes Management



2025



Transitioned from
ADCES to CBDCE



Fast Facts about Diabetes

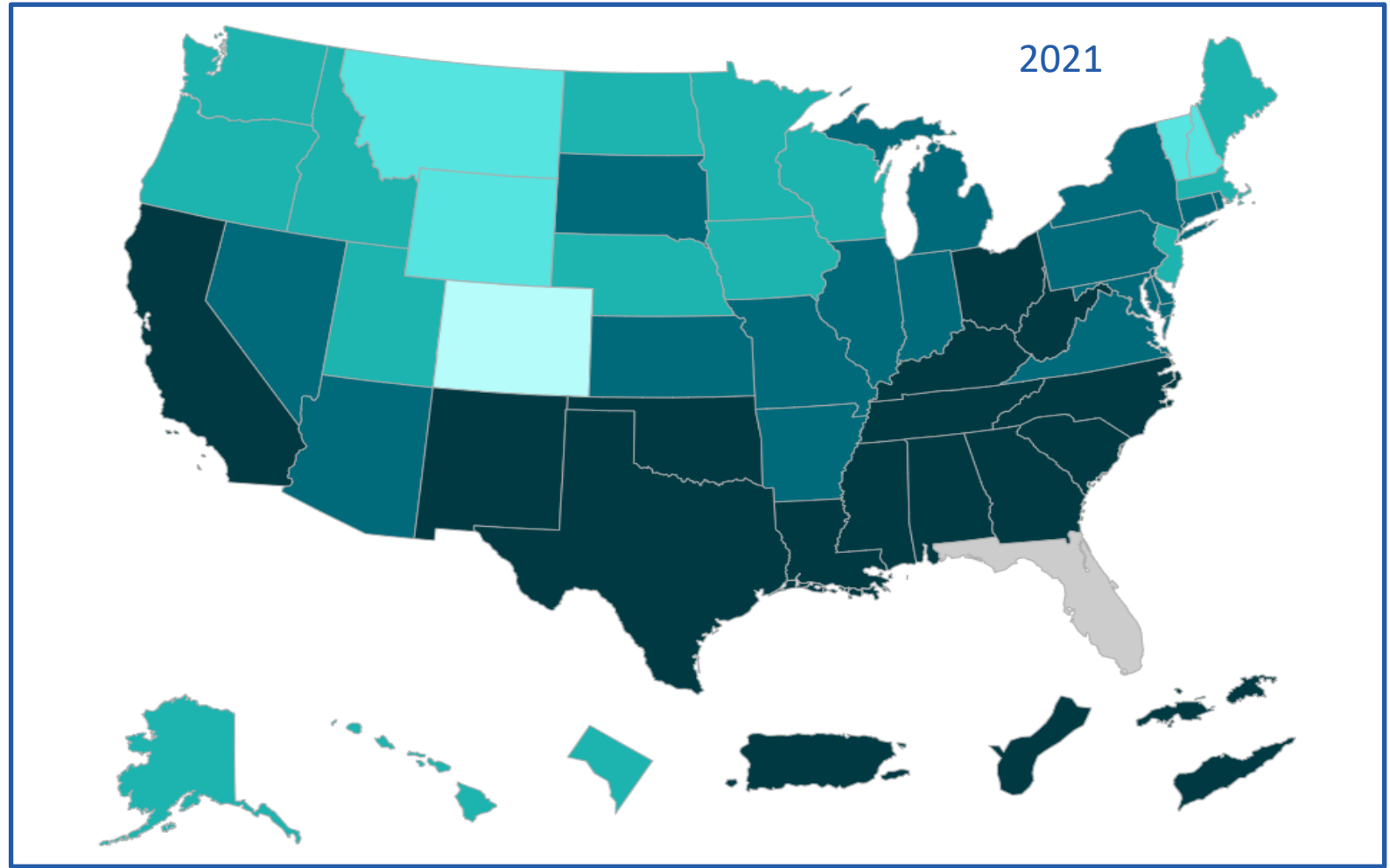
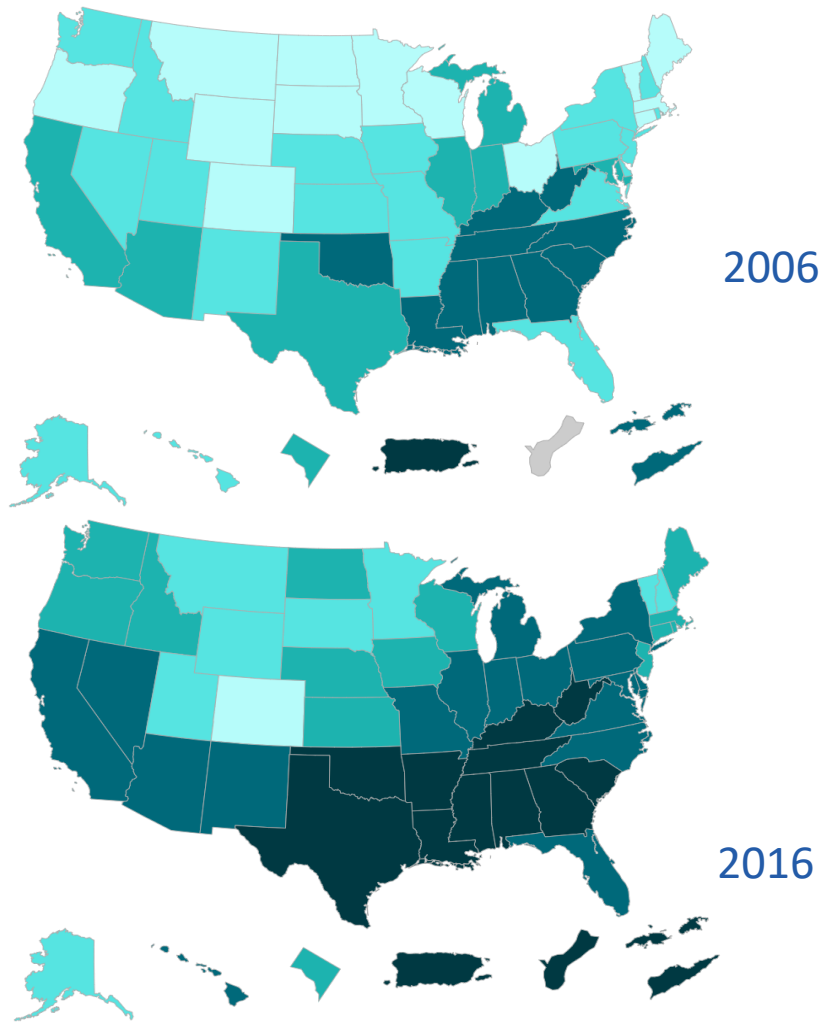
Diabetes

- **Total:** 38.4 million people have diabetes (11.6% of the US population)
- **Diagnosed:** 29.7 million people, including 29.4 million adults
- **Undiagnosed:** 8.7 million people (22.8% of adults are undiagnosed)

Prediabetes

- **Total:** 97.6 million people aged 18 years or older have prediabetes (38.0% of the adult US population)
- **65 years or older:** 27.2 million people aged 65 years or older (48.8%) have prediabetes

Diagnosed Diabetes, Total, Adults Aged 18+ Years, Age-Adjusted Percentage, U.S. States



Percentage (Natural Breaks)

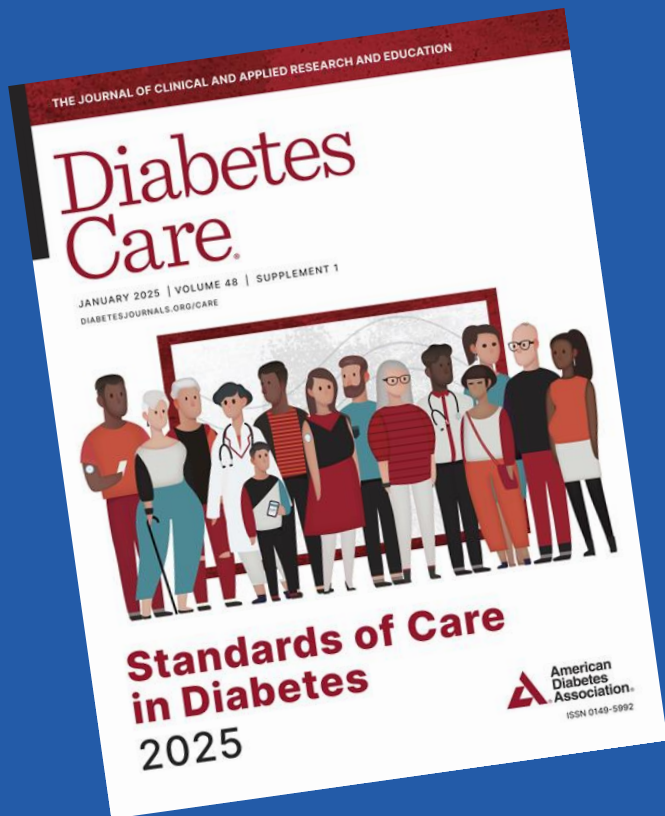
4.3 - 6.5	6.6 - 7.7	7.8 - 8.9	9 - 10.8	10.9 - 16.6	No Data	Suppressed
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Source: [USDSS](#)

Disclaimer: This is a user-generated report. The findings and conclusions are those of the user and do not necessarily represent the views of the CDC.



Diabetes Self-Management Education Support (DSMES): Component of Standard Diabetes Care



“... Ongoing patient self-management education and support are critical to empowering people, preventing acute complications and reducing the risk of long-term complications ...”¹

You may also know diabetes education as ‘diabetes self-management education and support’ or ‘DSMES’

1. [ADA. Standards of Care in Diabetes. Diabetes Care \(2025\), 48 \(Supplement 1\): S1 & Joint Position Statement on DSMES. 2020](#)

DSMES

Share the information: Joint Position Statement on DSMES

Diabetes Self-Management Education and Support in Adults With Type 2 Diabetes: A Consensus Report of the American Diabetes Association, the Association of Diabetes Care & Education Specialists, the Academy of Nutrition and Dietetics, the American Academy of Family Physicians, the American Academy of PAs, the American Association of Nurse Practitioners, and the American Pharmacists Association²

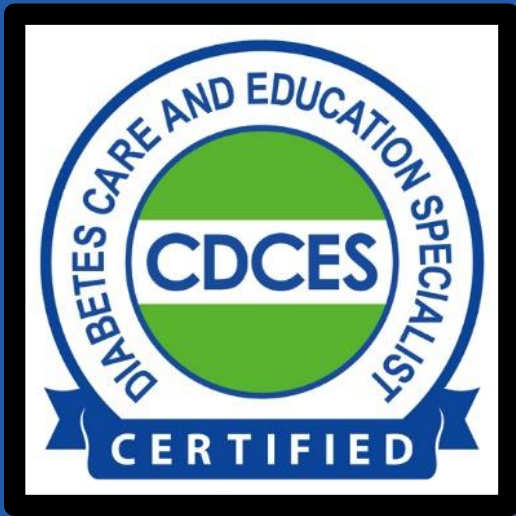
Published originally 2015; updated 2020

2. Joint Position Statement on DSMES. 2020: <https://doi.org/10.2337/dci20-0023>

Table 3—Comparing the benefits of DSMES/MNT vs. metformin therapy (17)

Criteria	Benefits rating	
	DSMES/MNT	Metformin
Efficacy	High	High
Hypoglycemia risk	Low	Low
Weight	Neutral/loss	Neutral/loss
Side effects	None	Gastrointestinal
Cost	Low/savings	Low
Psychosocial benefits*	High	N/A

N/A, not applicable. *Psychosocial benefits include *improvements* to quality of life, self-efficacy, empowerment, healthy coping, knowledge, self-care behaviors, meal planning, healthier food choices, more activity, use of glucose monitoring, lower blood pressure and lipids and *reductions* in problems in managing diabetes, diabetes distress, and the risk of long-term complications (and prevention of acute complications).



Program Information

Certified Diabetes Care and Education
Specialist[®] (CDCES[®])

&

Board Certified-Advanced Diabetes
Management (BC-ADM[®]) Certification

What do they do?

CDCESs educate and support people affected by diabetes. They help people and their families:

- Understand and manage the condition
- Achieve behavioral and treatment goals
- Optimize health outcomes

*Within their discipline's scope of practice and licensure

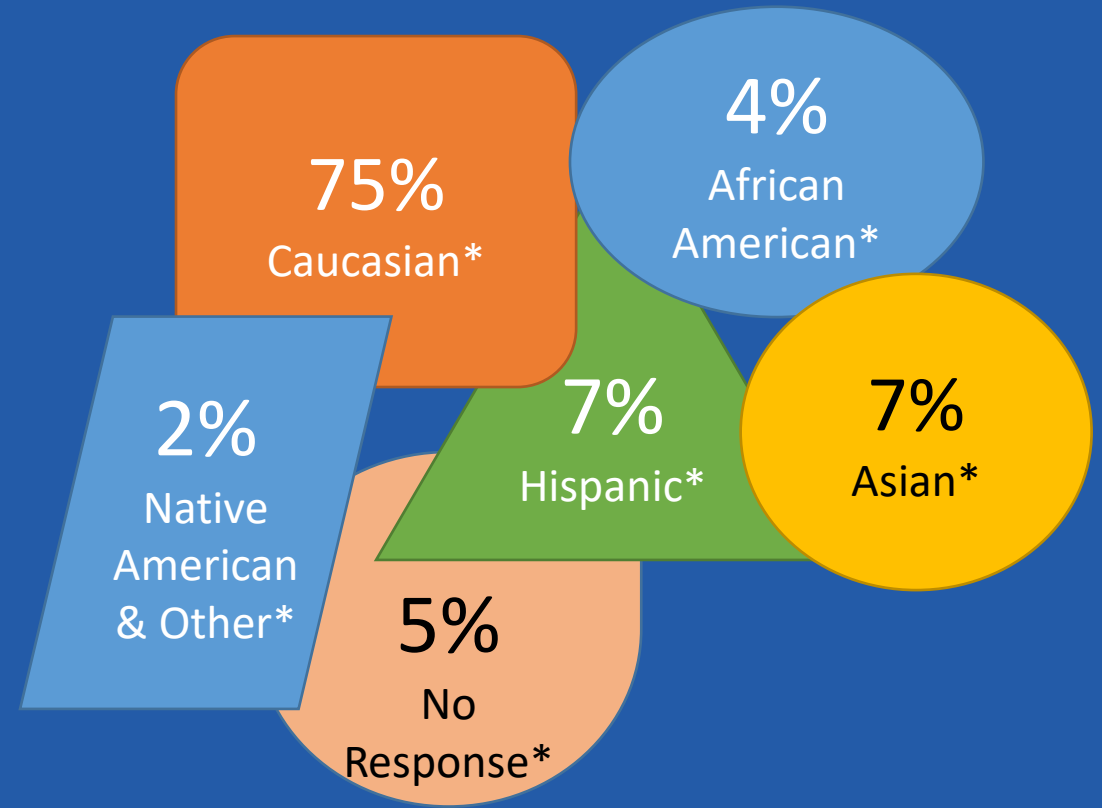
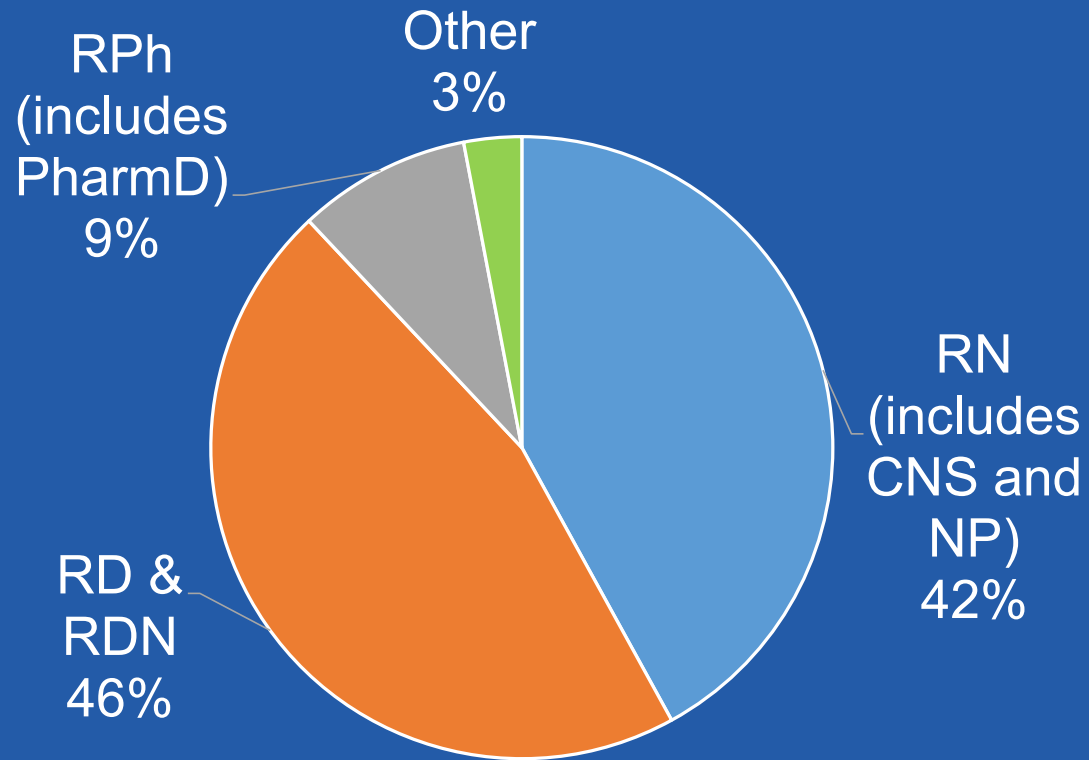
BC-ADM holders manage complex patient needs*:

- Assist people at risk for and with diabetes and other cardiometabolic conditions with therapeutic problem-solving
- Adjust/prescribe medications
- Treat and monitor acute and chronic complications and other comorbidities
- Counsel on lifestyle modifications
- Address psychosocial issues
- Participate in research and mentoring

CDCESs...

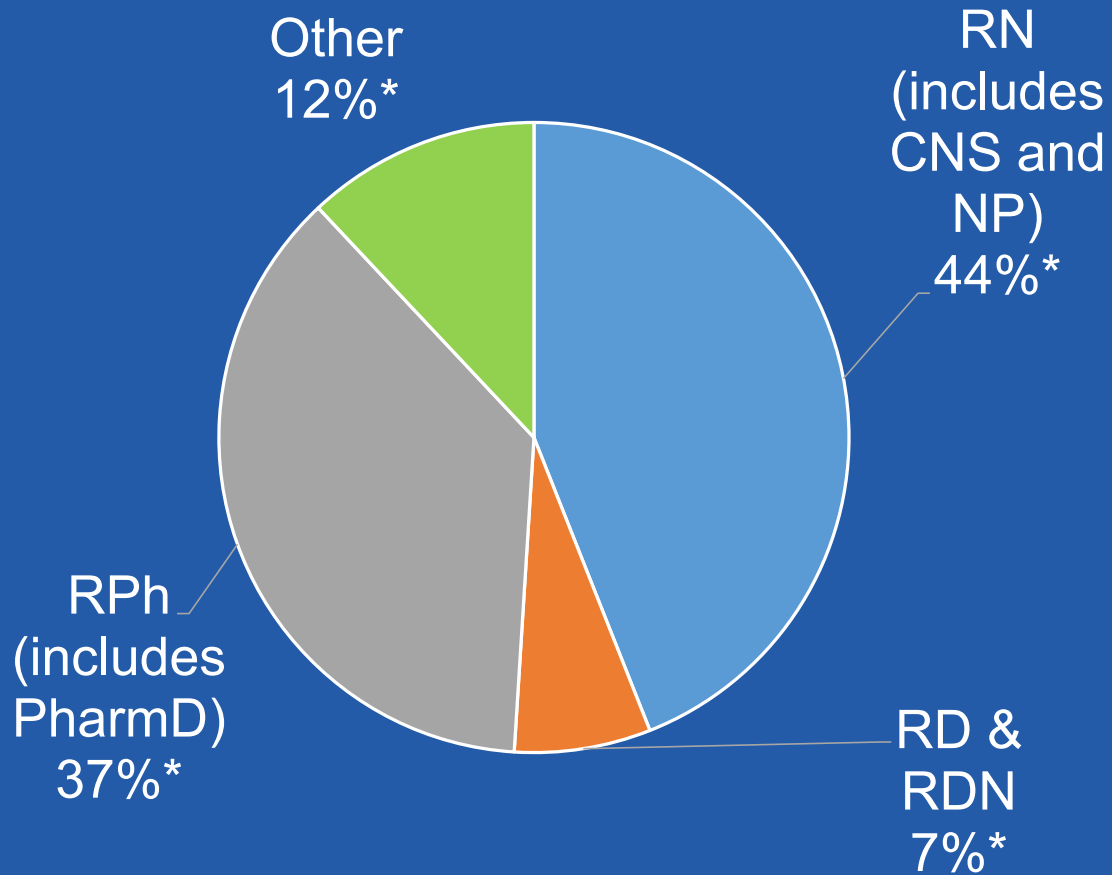
Total Certified – @ 19,255

(as of 4/2025)



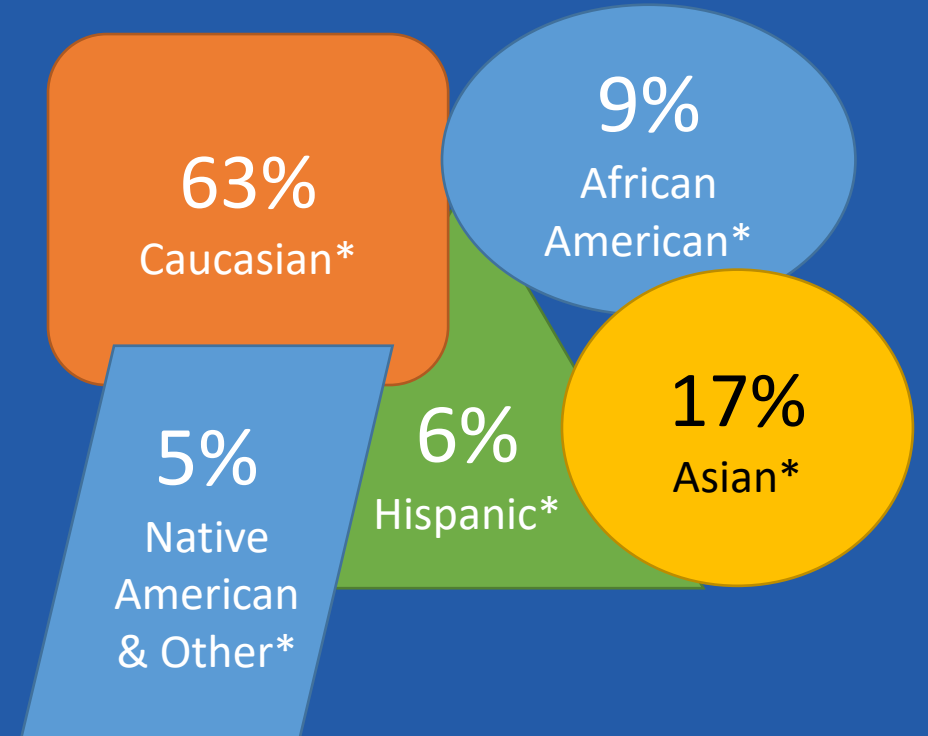
*4/2025 Figures

BC-ADMs...



Total Certified – @ 1,900

(as of 1/2025)



* 2023 & 2024 Average Test Takers Exit Data

CDCESs Value their Credential



of CDCESs said they help people at risk for or living with diabetes improve their health outcomes



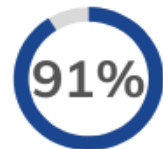
of CDCESs said they're proud of their certification



of CDCESs said they value their certification



of CDCESs said certification provides them with greater personal satisfaction



of CDCESs said certification provides them with greater professional satisfaction



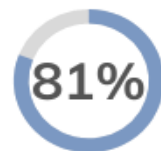
of CDCESs said certification enhances their confidence



of CDCESs said certified professionals are respected members of the diabetes care team



of CDCESs said certification enhances their career opportunities and marketability



of CDCESs said the cost and effort of maintaining their certification is worth it to them

Becoming Certified



Why Become Certified...

- Demonstrate to consumers you hold knowledge **needed** for quality care and education
- Help peers and providers to recognize your role and ability to contribute as a member of the healthcare team
- Distinguish yourself in a competitive market
- Expand your professional and personal opportunities



Certification Process – Similar, but Different

Similar Requirement...

- Discipline – but different
- Experience – but different
- Exam – but definitely different
- 5-year cycle – no difference
- Renewal – but different

Definitely different...

- Advanced degree requirement – BC-ADM
- Initial CE Requirement – CDCES

Initial Certification Requirements – Summary

Requirement	CDCES - Standard Pathway	BC-ADM
Discipline	Many including RN, RD/RDN, RPh	RN, RD/RDN, RPh, PA, MD/DO
Education	n/a	Master's or higher degree in a clinically relevant area
Experience (after discipline)	<ul style="list-style-type: none">• 2 years general work experience• 1000 hours of diabetes care and education in up to 5 years, with 200 hours in last 12 months	500 hours of clinical practice in advanced clinical diabetes management in up to 48 months (clinical hours must be earned after advanced degree obtained)
Continuing education	15 hours applicable to diabetes within 2 years before applying	n/a

CDCES Eligibility

Eligibility Criteria	Standard Pathway
Discipline	Multiple qualifying licenses/registrations/certifications including, but not limited to, RN (including advanced practice), registration as dietitian/dietitian nutritionist with CDR, pharmacist, PA, many others, plus advanced degree in social work
After discipline requirement met	
Practice Experience	2 years general practice (full or part time)
DSMES Experience	1000 practice hours providing diabetes care and education over maximum 5 years, with at least 200 practice hours in last 12 months.
Continuing Education	At least 15 hours of diabetes-related continuing education in the last 24 months prior to applying for certification.

CDCES Eligibility Requirements – Unique Qualifications Pathway

- Pathway for those individuals providing diabetes care and education under a master's or doctorate degree with a health-related major/concentration, but who do not hold one of the qualifying licenses/registrations or advanced degree in social work identified in standard pathway.
- *Most common examples: master's degree in exercise physiology, nutrition, public health*
- *Important – **think about your ultimate goal** - the CDCES credential does not expand the scope of work a person is able to do under their qualifying degree/discipline. Individuals who attain certification via this pathway may encounter challenges in finding positions other than the one they use to qualify for certification. While CBDCE wants individuals to become certified, the organization is not able to devote resources to promoting this pathway to employers or insurers.*

BC-ADM Eligibility

Eligibility Criteria	Nurse	Dietitian	Pharmacist	PA (Physician Assistant/Physician Associate)	Physician
License/Registration	Current, active RN and/or advanced practice nursing license	Current, active dietitian license and/or registration	Current, active pharmacist license	Current active physician associate license	Current active MD/DO license
Advanced Degree	Master's or higher degree in a relevant clinical, educational, or management area	Master's or higher degree in a clinically relevant area	Master's or higher degree in Pharmacy	Master's or higher degree in a relevant clinical, educational, or management area	MD/DO degree
After license/registration and advanced degree obtained					
Experience	500 clinical practice hours in advanced diabetes management within 48 months prior to applying for certification examination.				

Exam Content Outlines

	CDCES	BC-ADM
Total Scored Items	150	150
Total Pre-Test (Unscored) Items	25	25
Time to Test	4 hours	3-1/2 hours
Domains	4	3
Domains with Number of Questions (Scored Items)		
I	Assessment (37#/25% of exam)	Assessment and Diagnosis (45#/30% of exam)
II	Care and Education Intervention (105/70% of exam)	Planning and Intervention (50#/33% of exam)
III	Standards and Practices (8#/5% of exam)	Evaluation and Follow-Up (34#/23% of exam)
IV	n/a	Population Health, Advocacy, and Professional Development (21#/14% of exam)

For full ECOs - Refer to [CDCES Exam Handbook](#) and [BC-ADM web page](#)

Applying/Taking the Exam

	CDCES	BC-ADM
Testing Window	Apply and Test Year-Round	Two testing windows – June and December; deadlines to apply in May and November respectively
Test Modalities	In Person Test Center or Live Remote Proctoring	In Person Test Center or Live Remote Proctoring
Apply where?	Via CBDCE website	Via test vendor website
Test Vendor	PSI	Meazure Learning

Becoming a CDCES - Help

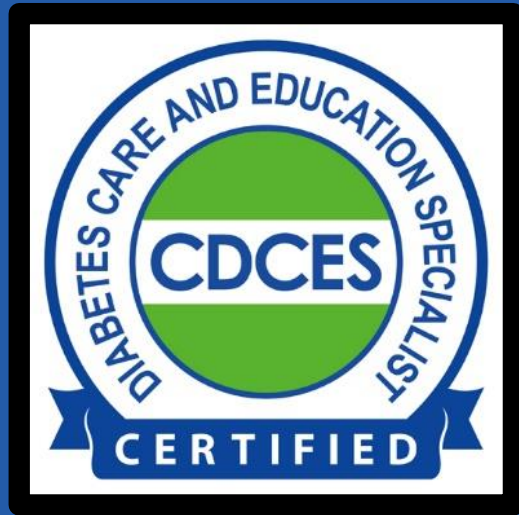
- Mentorship Program (on-going application process)
Supports those who need support in obtaining diabetes care and education hours to sit for the CDCES exam.

Learn more: <https://www.cbdce.org/become-a-mentee>

- Scholarship Program (apps accepted March-May); winners can take the practice exam at not cost and apply for the exam one time for not cost.

Supports diversity in the applicant pool across many different areas: diversity & inclusion, young professionals, profession expansion, military/veterans, those serving under-resourced populations

Learn more: <https://www.cbdce.org/scholarships>

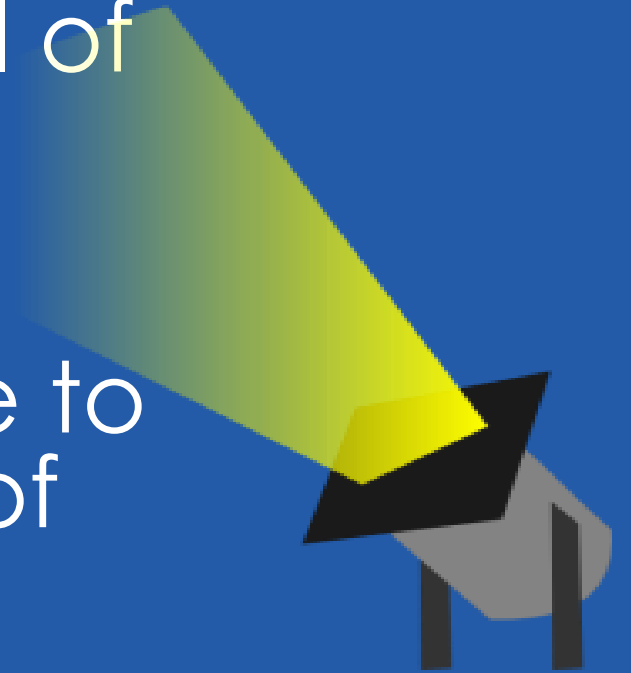


Studying for the Exams

Preparation Tips

Prep Tips

- Review Exam Content Outline (ECO)
- Responsible for knowledge over all of ECO
- Consider your population – be sure to study aspects of the ECO outside of that profile



Prep Tips (cont.)

- Review Handbook information on studying for the exam and resources
- Check around for other resources e.g., continuing education activities, review courses and materials
- Consider forming a study group



Prep Tips (cont.)

- Refer to the test taking and studying tips in Exam handbook

BC-ADM:

https://www.cbdce.org/documents/20123/1919943/BC-ADM+Examination+Handbook_final_v1.pdf/df4fa82d-2157-bf88-11a0-7bddd146a95d?t=1735837264466

CDCES:

https://www.cbdce.org/documents/20123/108727/CBDCE-exam-handbook_Current.pdf/8e2fda09-9289-947c-7587-712a4e74f10a?t=1589057193235

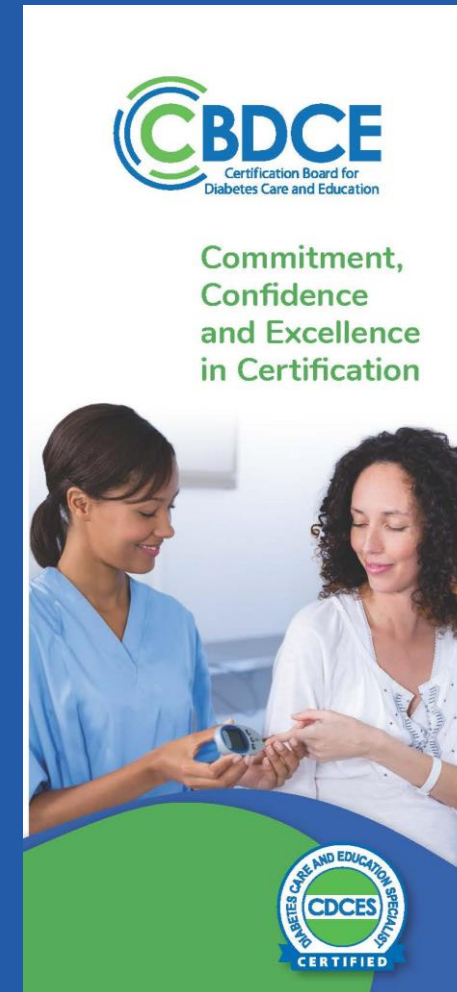
Prep Tips - Practice Exams

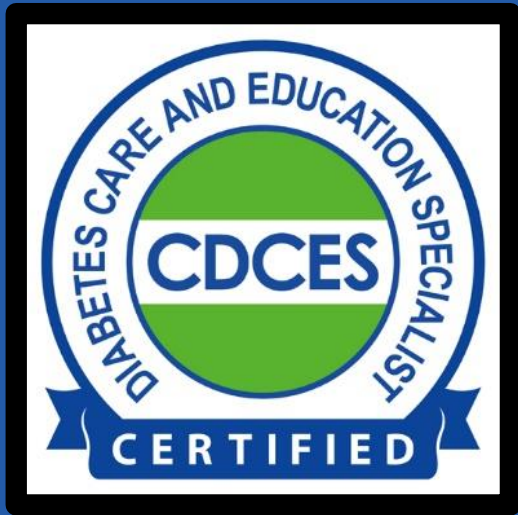
- Still nervous about exam day? Consider making use of a practice examination
- **BC-ADM** Program - Learn more at:
<https://www.assessments.meazurelearning.com/programs/cbdce/>
- **CDCES** Program - Learn more at:
<https://www.cbdce.org/prepare>

Becoming a CDCES

Exam Details & Preparation

Learn more by visiting the CBDCE website at cbdce.org and/or downloading the examination handbook





Renewal of Certification

Renewing Your Certification

- Five-year cycle
- Maintenance of current, active, unrestricted original license/reg used to qualify for initial certification
- BC-ADM & CDCES program – similar, but still different, renewal requirements

Renewal of Certification

	CDCES	BC-ADM
Discipline	Maintain same as qualifying discipline as initial certification; active unrestricted	
Ways to Renew	Several inc. practice & exam, practice and c.e., and c.e. and exam	Professional Development
Practice Hours	If using, 1000 hours with expanded definition vs initial certification	1000 clinical hours of advanced diabetes management
More Info	Refer to handbook	Refer to handbook



Request
CDCES Info:

www.cbdce.org • info@cbdce.org

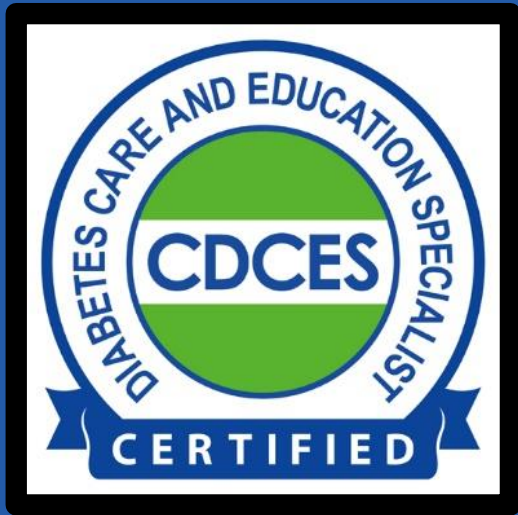
Phone: 847.228.9795

Certification Board for Diabetes Care
and Education
Schaumburg, IL



SCAN ME





Additional Information

CDCES - Website Resources

Initial Certification

- [Eligibility](#)
- [Scholarships](#)
- [Prepare](#)
- [Apply and Schedule](#)
- [Test](#)
- [FAQs](#)
- [Exam Handbook](#)

Renewal of Certification

- [Learn more](#)
- [FAQs](#)
- [Renewal by CE Handbook](#)

BC-ADM - Website Resources

- [Learn more](#)
- [Initial Certification FAQs](#)
- [Renewal Certification FAQs](#)
- [Exam Handbook](#)
- [Renewal Handbook](#)

Why I Became a CDCES...

“It is crucial to have a CDCES as a team member in the hospital, as well as, outpatient setting...Not only does the CDCES educate, they also encourage and collaborate on how to manage and improve care. CDCESs are a vital part of the diabetes management team and have the time to spend with patients that physicians do not always have to help achieve the best outcomes.”

Rebecca Morrison, BSN, RN, CDCES
Marietta, GA

Why I Became a CDCES...

“Every CDCES that I have met at local and national meetings are so excited to share their ideas; it is like one big family who really cares about treating people with diabetes and helping each other to do better in our careers. How can someone not be excited to join such a group!”

Julie Stading, PharmD, CDCES
Creighton University, Eagle, NE

Why I Became a CDCES...

“The most rewarding part of being a CDCES is helping people with diabetes overcome barriers and improve their health. My decision to becoming certified was the best career move I have taken as a Registered Dietitian!”

Debra D'Angelo, RDN, CDCES
Dietitian/Diabetes Educator,
Regal Medical Group, Camarillo, CA