



Becoming a CDCES[®]: The Short and Sweet of It

Friends for Life Orlando 2024 – Fellows Presentation
(July 2024)

Presenters



Melanie Batchelor, MHS, RDN, LDN,
CDCES®
2024 CBDCE Board Chair



Sheryl Traficano, MBA, CAE
CEO

National Certification Board for Diabetes Educators



1986

Certified Diabetes Educator



Certification Board for Diabetes Care and Education



2020

Certified Diabetes Care and Education Specialist[®]



Fast Facts about Diabetes

Diabetes

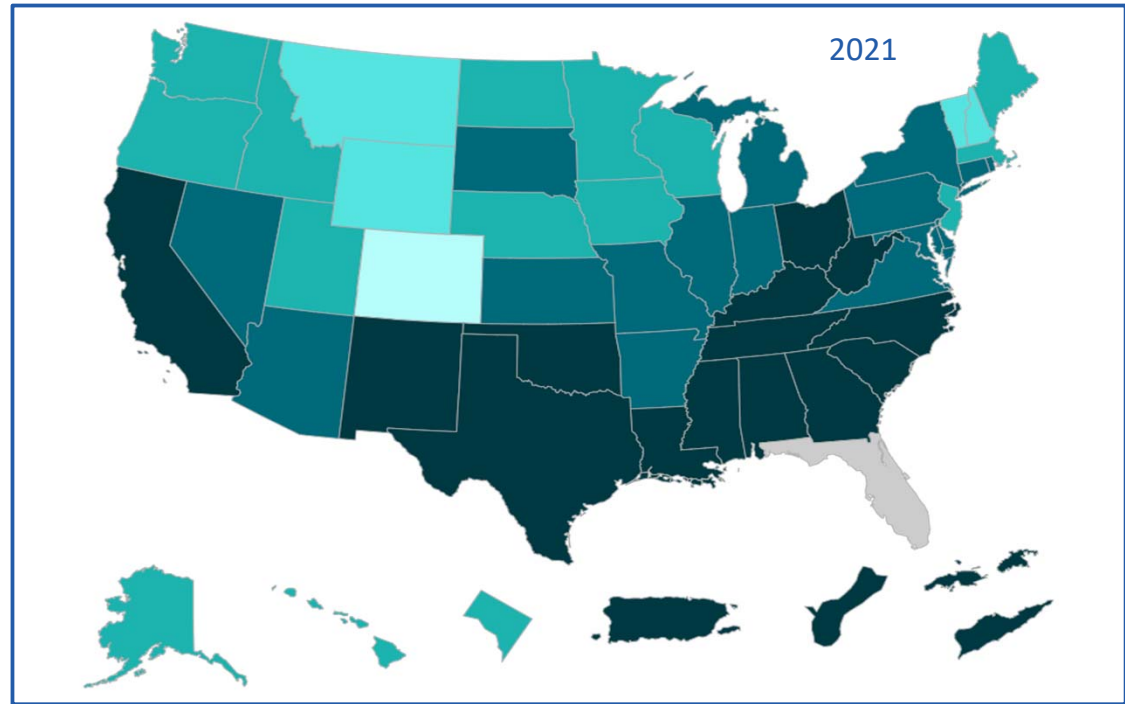
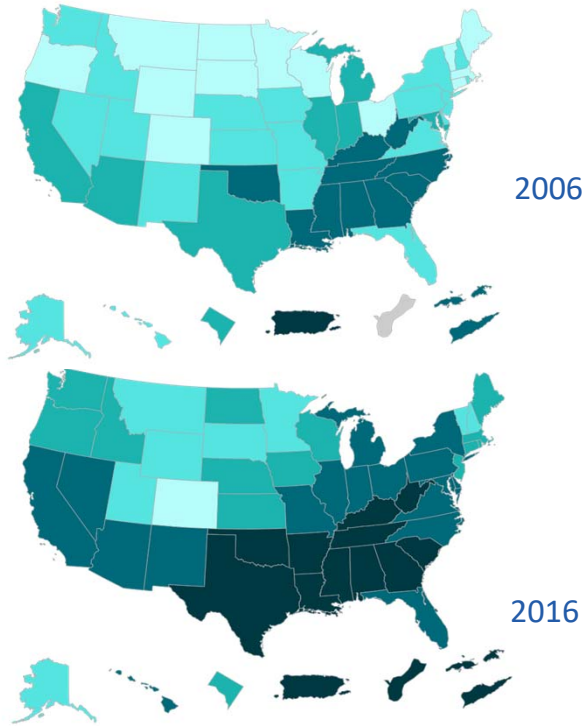
- **Total:** 38.4 million people have diabetes (11.6% of the US population)
- **Diagnosed:** 29.7 million people, including 29.4 million adults
- **Undiagnosed:** 8.7 million people (22.8% of adults are undiagnosed)

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

Centers for Disease Control and Prevention. National Diabetes Statistics Report website. https://www.cdc.gov/diabetes/php/data-research/?CDC_AAref_Val=https://www.cdc.gov/diabetes/data/statistics-report/. Accessed 6/12/2024.

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

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: 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. 1. ADA. Standards of Medical Care. *Diabetes Care* (2024), 47 (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>

DSMES

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).

Becoming a CDCES



Why Become a CDCES...

- 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





CDCESs...

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



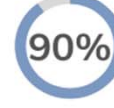
of CDCESs said they value their certification



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

*2022 Value of Certification Survey

CDCESs...

Total Certified – @ 19,400
(as of 4/2024)

45%*
Dietitian
Nutritionists

43%*
Nurses

3%*
All Other
Disciplines

9%*
Pharmacists

27%
Age 30 or less
1st time
certified
2021-2023

21%
Age 31-35
1st time
certified
2021-2023

16%
Age 36-40
1st time
certified
2021-2023

76%
Caucasian*

3%
African
American*

2%
Native
American
& Other*

7%
Hispanic*

6%
No
Response*

6%
Asian*

*4/2024 Figures

CDCES Eligibility Requirements – Standard Pathway

1. Qualifying health professional license or registration (includes RN, RD/RDN, RPh, and many more)

2. Practice experience (after #1) – work or volunteer

2.a. General: 2 years (does not need to be diabetes-focused)

2.b. Diabetes-focused: 1,000 hours within 5 years providing diabetes education to **people with diabetes** (with 200 of those hours in last 12 months)

2. Practice experience and 3. CE can happen at the same time

3. Continuing education (CE): 15 hours of diabetes-related CE within past 2 years

4. Apply for, take, and receive a passing score on the CDCES exam!

Both 2.a. yearly and 2.b. hourly requirements can, BUT don't have to be done at the same time

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.*

Scholarship Program

- Recipients receive voucher to cover initial certification application fee (\$350 value)
- Categories
 - Diversity and Inclusion
 - Young Professional
 - Veterans/Military Service
 - Profession Expansion
 - Under-Resourced Populations
- Recipients also gain access to practice exam at no cost (\$55 value)
- [Learn more](#)

Applications
taken Mar 15-
May 15

Mentorship Program

- Optional mentorship program partners experienced CDCESs with health professionals who are interested in gaining experience in providing diabetes education.
- Helps the individuals accrue experience in order to meet the practice requirement to sit for the CDCES exam.
- CDCESs volunteer as mentors – provide avenue for the mentee to accrue hours providing DSMES to people with diabetes
- As partnerships are completed, mentors can accrue equivalent CEs towards renewal by CE requirements
- Mentor Spotlight Award – annual – launched 2020
- [Learn more on the cbdce.org site](https://www.cbdce.org)

Applying/Taking the Exam

- Ways to take the Exam
 - Year-Round Application Submission and Testing
 - Simplified Application
 - In-person test centers
 - Live remote proctoring (launched 2022)

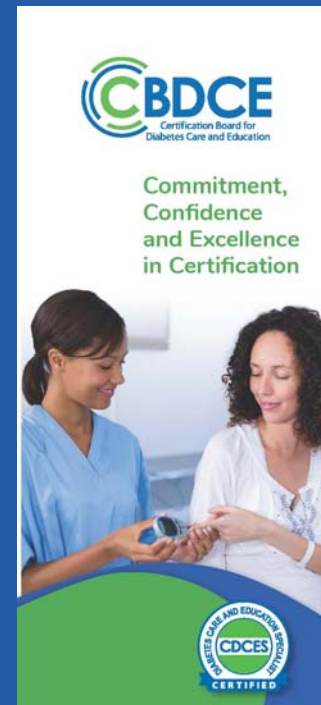
Initial Certification Website Resources

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

Becoming a CDCES

Exam Details & Preparation

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



Maintaining the CDCES Credential

- Five year renewal cycle
- Various ways to renew, including practice and accrual of continuing education
- For first time renewals, accrual begins on January 1 of the year following their initial certification, e.g., became a CDCES after testing on Feb 6, 2023, accrual started Jan 1, 2024; passed test on Nov 28, 2023, accrual also started Jan 1, 2024.
- Learn more by visiting the CBDCE website at cbdce.org





www.cbdce.org • info@cbdce.org

Phone: 847.228.9795

Certification Board for Diabetes Care
and Education
Schaumburg, IL

Request
CDCES Info:



SCAN ME



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