



Ambassador Orientation Initial CDCES[®] Certification Ambassador Presentation

(last updated Sept 2024)





In this session, we'll do the following:

- Review the current set of slides (powerpoint format)
- Talk about answering questions



Next slide – starts Ambassador presentation

- Notes are provided to help you with a number of slides
- *Do use the opening disclaimer statement with all presentations you provide*, but for the rest of the notes, you are not required to use them all.





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

Ambassador Presentation
(last updated Sept 2024)





Today's Presenter:
Name & Credentials, CDCES
Contact Information: *Email Address*

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presentation survey



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

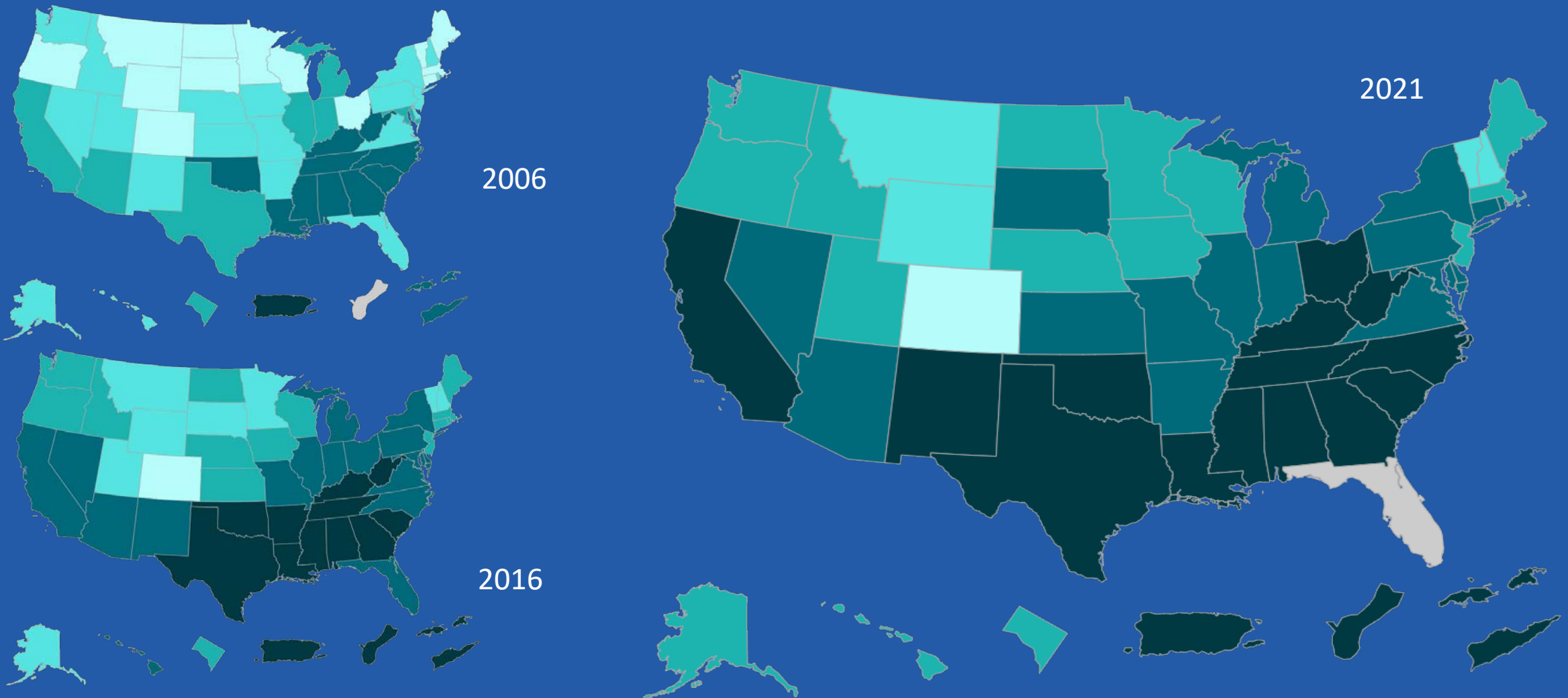
- **Total:** 38.4 million people have diabetes (11.6% of the US population)
- **Diagnosed:** 29.7 million people, including 29.4 million adults
- **Undiagnosed:** 8.7 million people (22.8% of adults are undiagnosed)

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



Diagnosed Diabetes, Total, Adults Aged 18+ Years, Age-Adjusted Percentage



Percentage (Natural Breaks)



4.3 - 6.5



6.6 - 7.7



7.8 - 8.9



9 - 10.8



10.9 - 16.6



No Data



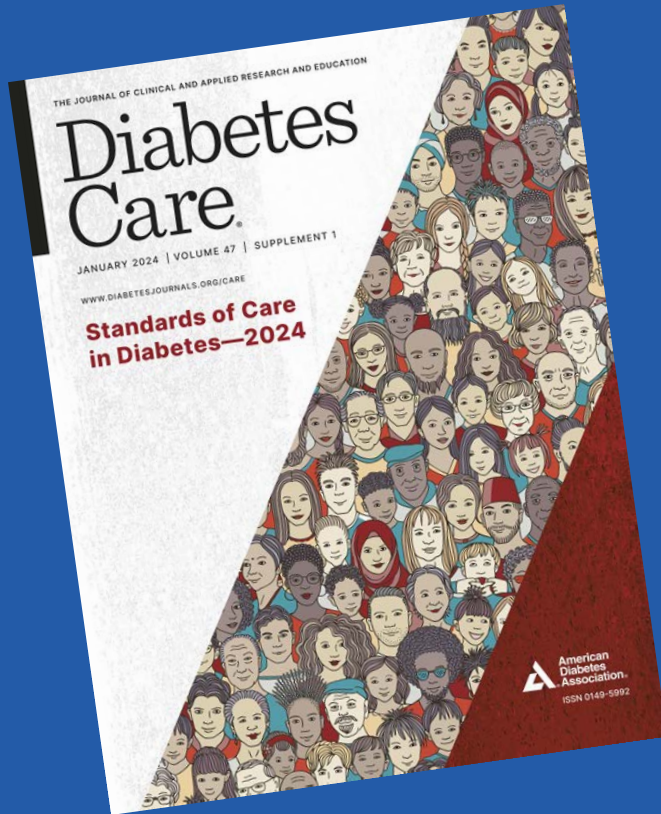
Suppressed

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 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 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 Association

Published originally 2015; updated 2020

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 people with diabetes and those at risk of diabetes that you **possess** knowledge needed for **quality** care and diabetes education
- Help peers and providers **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 Value their Credential



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



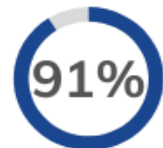
of CDCESs said they're proud of their certification



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



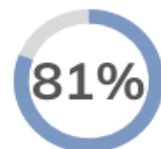
of CDCESs said certification enhances their confidence



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



Fast Facts about 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*

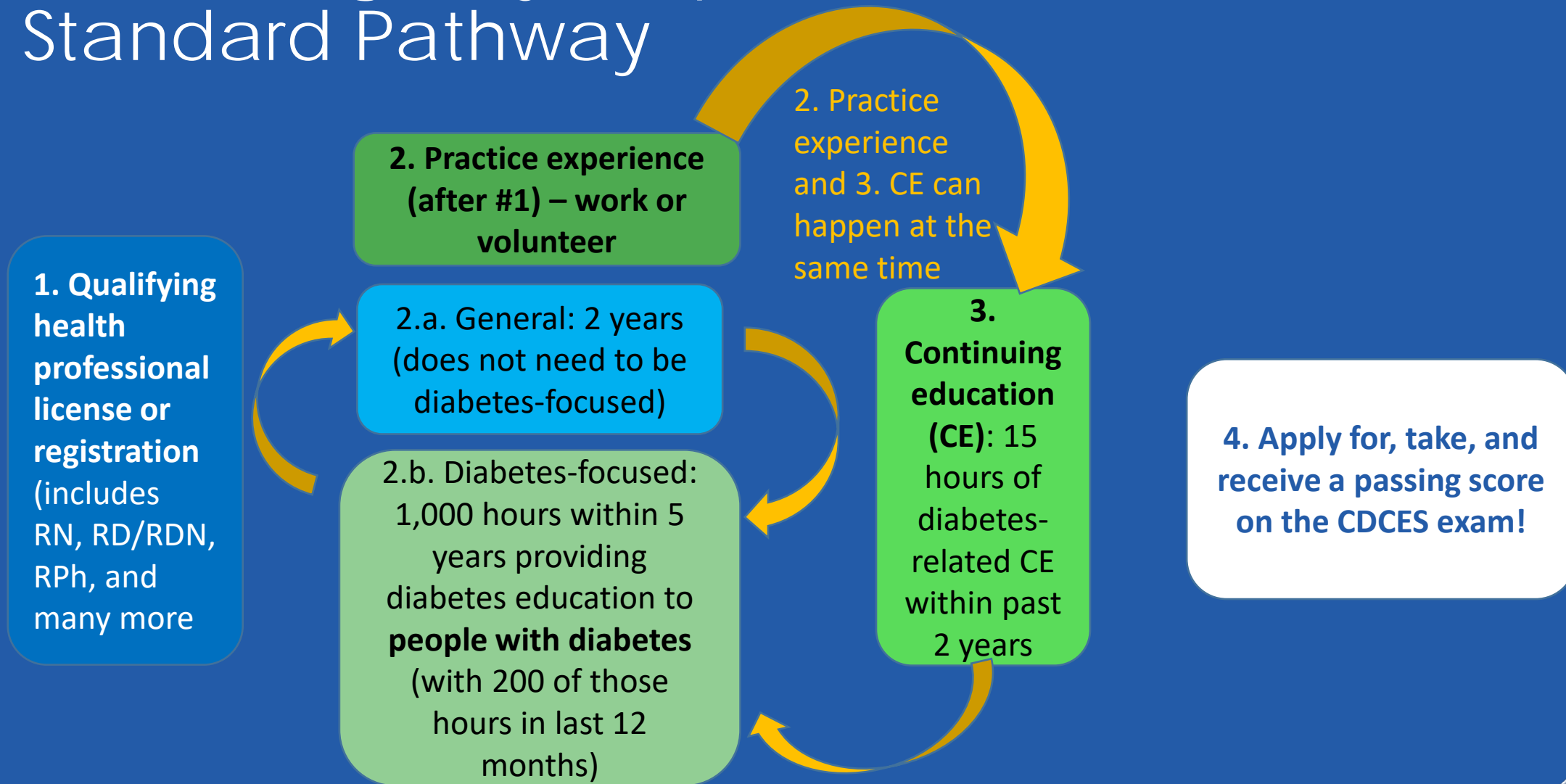
7%
Hispanic*

6%
No
Response*

6%
Asian*

*4/2024 Figures

CDCES Eligibility Requirements – Standard Pathway



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

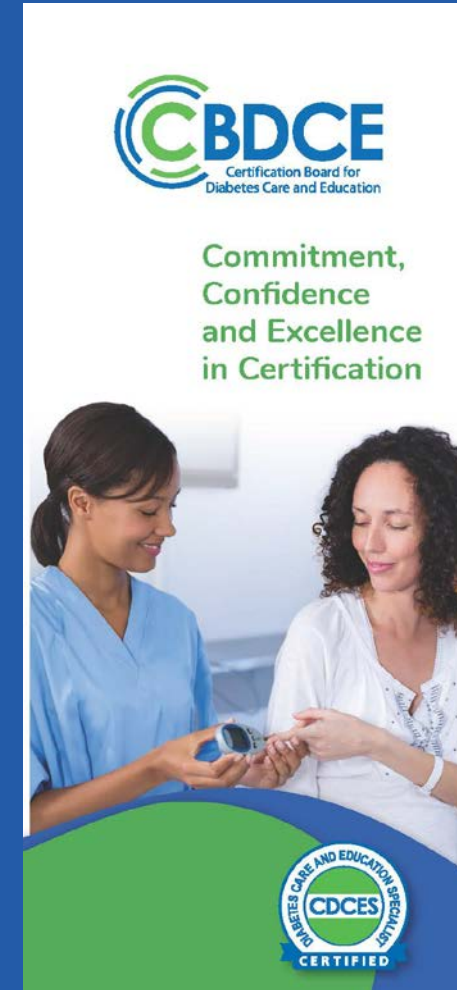
- Eligibility
- Scholarships
- Prepare
- Apply and Schedule
- Test
- FAQs
- Exam Handbook



Becoming a CDCES

Exam Details & Preparation

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



You're a CDCES – now what?

- Keep doing all the great things you've been doing
- Look for opportunities to share that you've earned the certification
- Add your contact information in the 'Locate a CDCES' area of the portal



The screenshot shows the top navigation bar of the CBDCE website. On the left is the CBDCE logo with the tagline "Commitment • Confidence • Excellence". To the right are five buttons: "Sign In", "Verify a CDCES", "Locate a CDCES", "CDCES Resources", and "Search". Further right are social media icons for Facebook and LinkedIn. Below the navigation bar is a secondary menu with links: "Become Certified", "Currently Certified", "Learn More", "About", and "Contact". The main content area features a promotional banner for "Locate a CDCES" with a keyboard background and a green button. Below the banner is a text block asking for a health professional and providing information about the certification process. To the right of the banner is a search section titled "Locate a CDCES" with a search box and a "Search" button. Below the search box is a "Filter" button and a speaker icon.

You're a CDCES – now what?

- Look for opportunities to strengthen your knowledge and professional network, e.g., join the Association of Diabetes Care & Education Specialists and/or American Diabetes Association
- Understand parameters of the certification – certification doesn't change your scope of practice or what you can do in your role. Learn more here.



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 any day in 2023, accrual started Jan 1, 2024; became a CDCES on any day in 2024, accrual starts Jan 1, 2025.
- Learn more by visiting the CBDCE website at cbdce.org





Today's Presenter:

Name & Credentials, CDCES®
Contact Information: xx@gmail.com

Don't forget to provide feedback on the
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scan for access to the presentation survey





www.cbdce.org

info@cbdce.org

Phone: 847.228.9795

Certification Board for Diabetes
Care and Education
Schaumburg, IL

Contact Us
Form



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



Previous slide – ends Ambassador
presentation



Answering Questions

- You are not expected or required to know everything about the certification program.
- You are encouraged to tell the individual to review the current Exam Handbook and reach out to the CBDCE office with questions (info provided on slide in presentation).



Answering Questions

- CBDCE asks that you not tell an individual if they are or are not doing diabetes care and education (DCE) in relation to accruing practice hours.
- If person is unsure if doing DCE, from the Eligibility Requirements section of orientation
 - *Recommend the person review their work responsibilities - the work they do that falls within the definition of DCE can be claimed as DCE hours.*
 - *Suggest that they review the examples of experience that are not considered DCE*
 - *Encourage the person to have a conversation with their supervisor in regards to the definition. In talking with their supervisor, the two can agree on what experience can be counted and also agree on how the candidate will track that information.*





Thank you for reviewing:
Ambassador Orientation –
Initial CDCES® Certification -
Ambassador Presentation

Please scan the QR code or use the link
below to complete the quiz about this
presentation:

<https://form.jotform.com/242685577475170>

