



# Supporting Lifestyle Change:

*How ADCES Self-Care Behaviors Lay the Foundation for Diabetes Care!*

Association of Diabetes Care & Education  
Specialists



# Hello!



**Sacha Uelmen, RDN, CDES**  
**Director of Diabetes**  
**Education and Prevention**  
**Programs**

Association of Diabetes  
Care & Education  
Specialists  
Chicago, Illinois

# Hello!



**Angela M Forfia, MA**  
**Associate Director of**  
**Diabetes Education and**  
**Prevention Programs**

Association of Diabetes  
Care & Education  
Specialists

Chicago, Illinois

# Learning Objectives



At the end of this presentation, you'll be able to:

- Distinguish the community health center as an important healthcare context for connecting with people with prediabetes, diabetes, and other cardiometabolic conditions
- Describe existing programs and services within the community health center for people with prediabetes, diabetes, and other cardiometabolic conditions

# Learning Objectives

At the end of this presentation, you'll be able to:

- Discuss how community health workers can utilize the ADCES7 Self-Care Behaviors Framework to support healthy behavior change and connect patients to existing programs and services
- Provide case studies and activities that allow attendees to start working on how to integrate and expand community health programs such as the National Diabetes Prevention Program (DPP) and Diabetes Self-Management Education and Support (DSMES) services

# Who we are—how we can help!

# Who We Are



# What We Do

Support Diabetes  
Self-Management  
Education and  
Support



Prevent or  
delay  
diabetes  
complications



Support people  
with higher  
weights



Prevent or  
delay type  
2 diabetes





# How We Do It | Person-Centered Care

Strengths-based and  
inclusive language

Minimizing stigma  
for those living with  
cardiometabolic  
conditions

Valuing peer support  
communities



Empowering people

Utilizing  
collaborative  
decision-making  
approaches

Connecting with  
SDoH support

How does your organization provide person-centered care?

# How We Do It | Team-Based Approach

Interprofessional  
approach

Seamless and holistic  
care that integrates  
clinical and self-  
management aspects



Promoting behavioral  
health professionals to  
improve quality of life

Person-centered  
team and population  
health teams

Integrating community health workers to extend care

How does your organization provide team-based  
care?

# How We Do It | Aligned with Evidence

Evidence about diabetes prevention, management, and care

National Standards  
for Diabetes Self-  
Management  
Education and  
Support (DMSES)



CDC's Diabetes  
Prevention  
Recognition  
Program (DPRP)  
Standards

ADCES Practice Papers that guide diabetes care and  
education specialists

How does your organization ensure effective,  
evidence-based care?

# Using the ADCES7 to Guide Our Work





Migrant health and diabetes care

# Why CHCs and Migrant Health Centers

- Effective with preventive care and chronic disease care
- Educated, experienced care teams that understand their communities
- Accessible and affordable
- Trusted by people living with prediabetes, diabetes and related conditions
- Aware of health-related social needs (e.g. housing, food insecurity, transportation)

# Why CHCs and Migrant Health Centers

Trusted  
Accessible  
Embedded in  
community  
Time with community  
members



Created by IcoLabs  
from Noun Project

Trusted  
Collect health data  
Aware of other health  
conditions  
See people for acute (and  
chronic) conditions

# Meet people where they are





# Understand lives in context

Single mom of  
two daughters

Works fulltime

Wants her kids  
to be more  
active but stay  
safe

Loves to  
volunteer for  
the community  
garden



Uses your food pantry  
weekly

Used your affordable  
connectivity program to help  
her kids with school

Diagnosed with  
type 2 diabetes  
in 2020

Wants to lose  
weight

Sees a primary  
care provider at  
your health  
center

Wants to learn  
more about her  
diabetes

# Provide person-centered care



# Consider what services you already have!

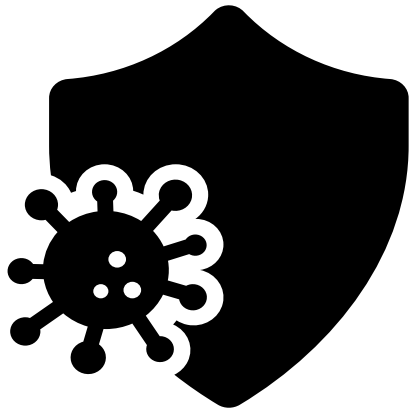
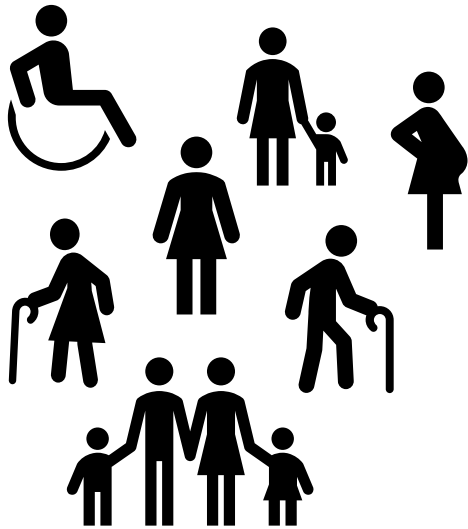


Illustration by [unreadable]

# DISCUSS: Who, Where, What?



Who?



Where?

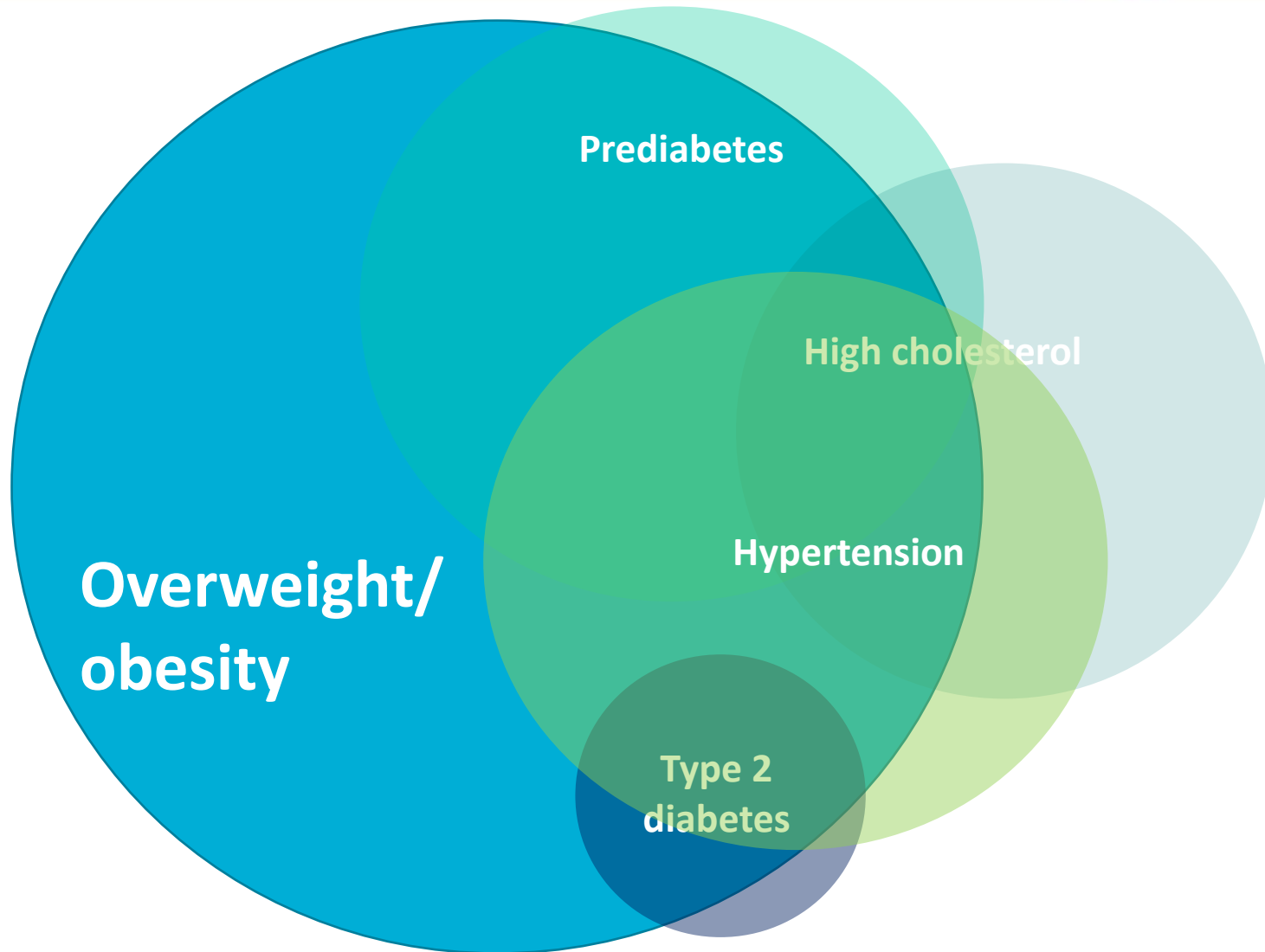


What?

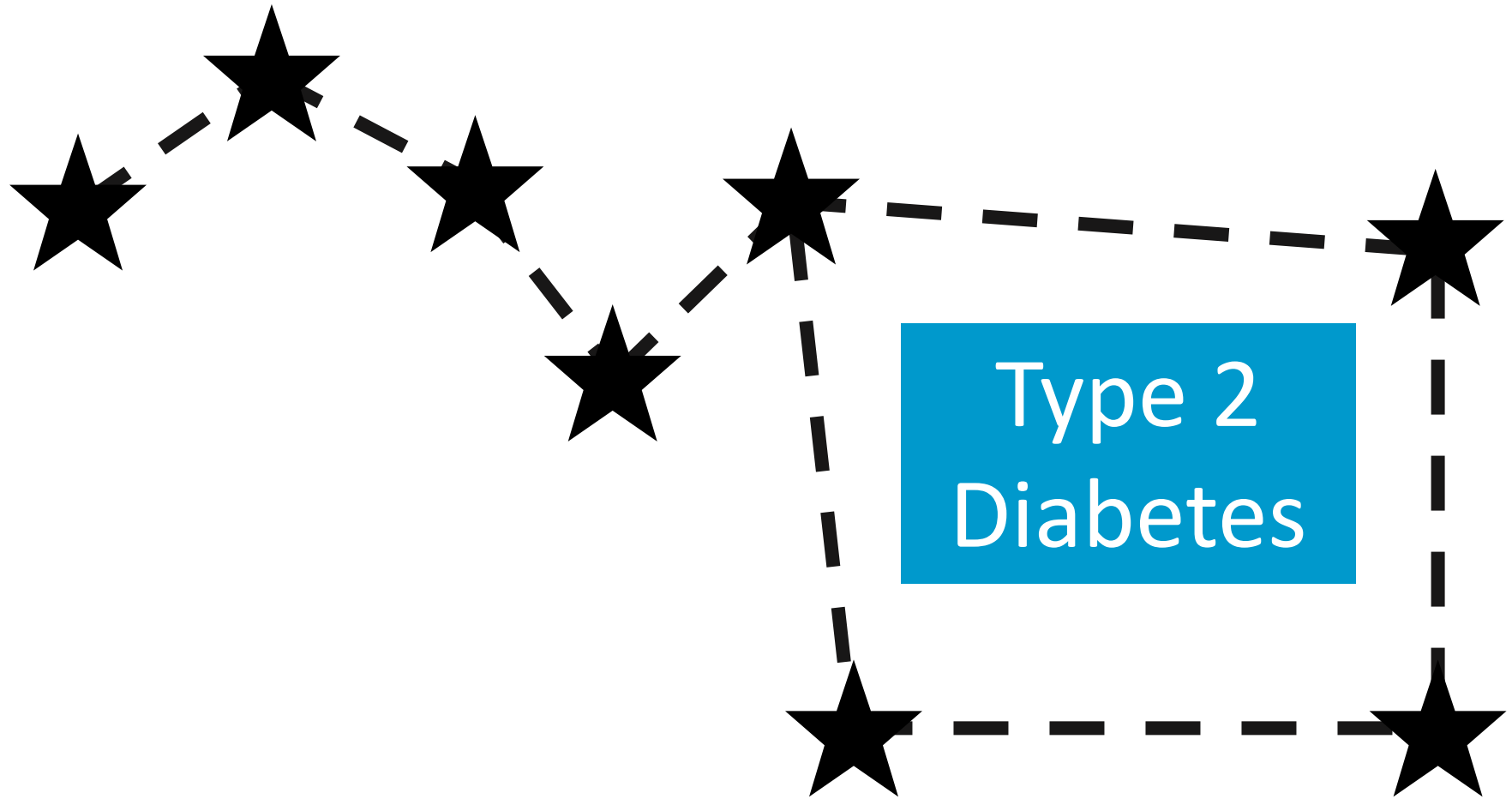


# Prediabetes and Type 2 Diabetes

# Diabetes constellation



# How are these things all connected?



# What is diabetes?

- A chronic condition that affects how your body turns food into energy
- If you have diabetes, your body either doesn't make enough of the hormone insulin or can't use the insulin as well as it should—cells stop responding to insulin (insulin resistance)
- Simple blood tests like A1c or fasting plasma glucose
- Treated through lifestyle change, taking medicine, getting Diabetes Self-Management Education and Support, and regular care

<https://www.cdc.gov/diabetes/basics/diabetes.html>



In your body, the apple is broken down into a simple sugar called glucose



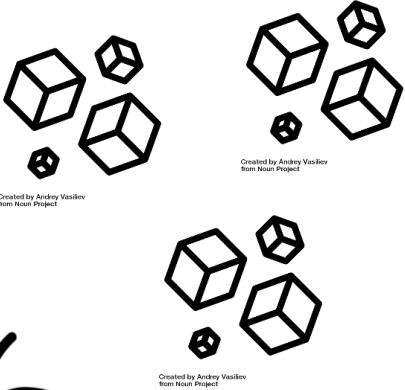
Created by Gan Khoon Lay from Noun Project

You eat an apple to give your body energy



Created by Vectors Market from Noun Project

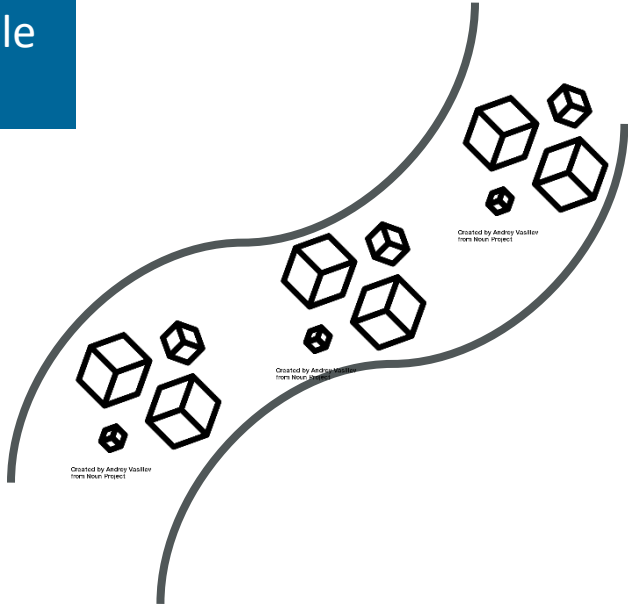
The apple contains carbohydrates—sugars, starches, and fiber that provide energy for your body



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Glucose enters your bloodstream to get energy to your body's cells

As blood glucose increases, insulin is produced

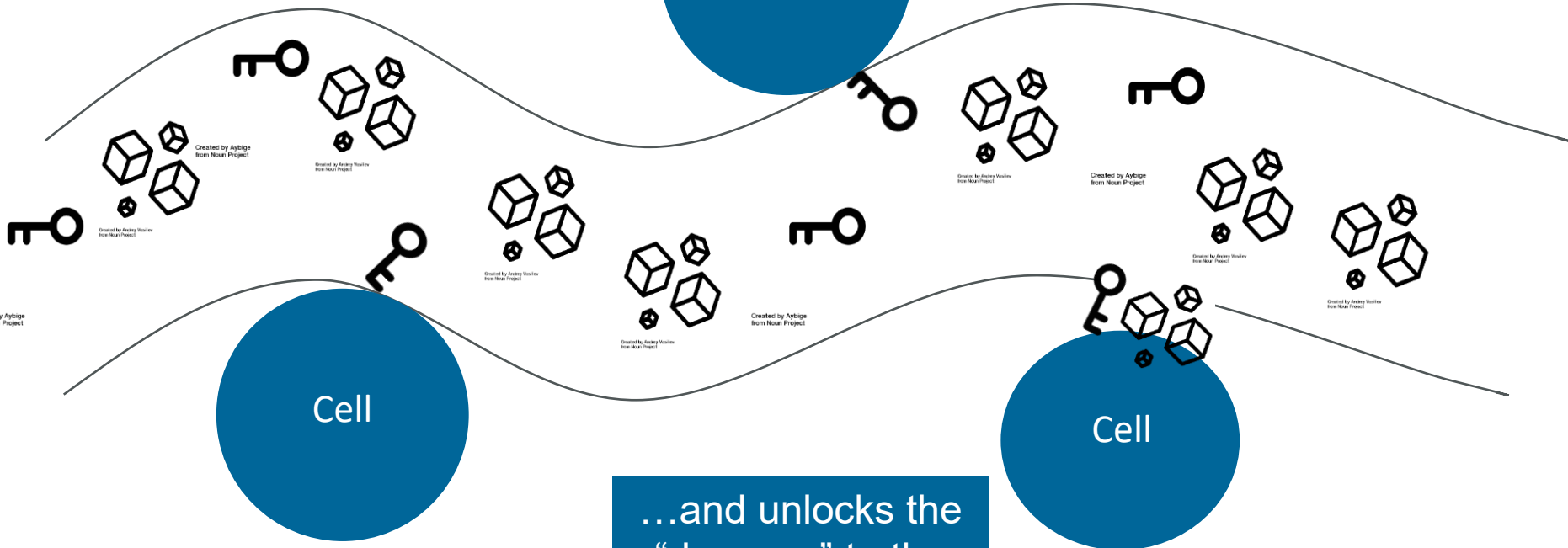
Insulin binds to the cell...

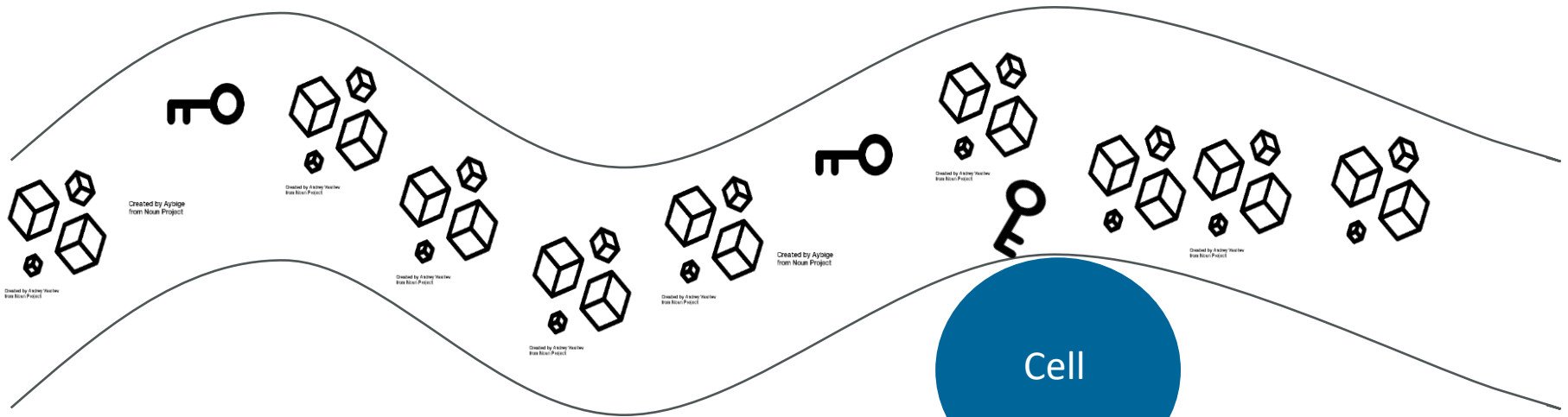
Cell

Cell

Cell

...and unlocks the “doorway” to the cell so that glucose can enter and be used for energy



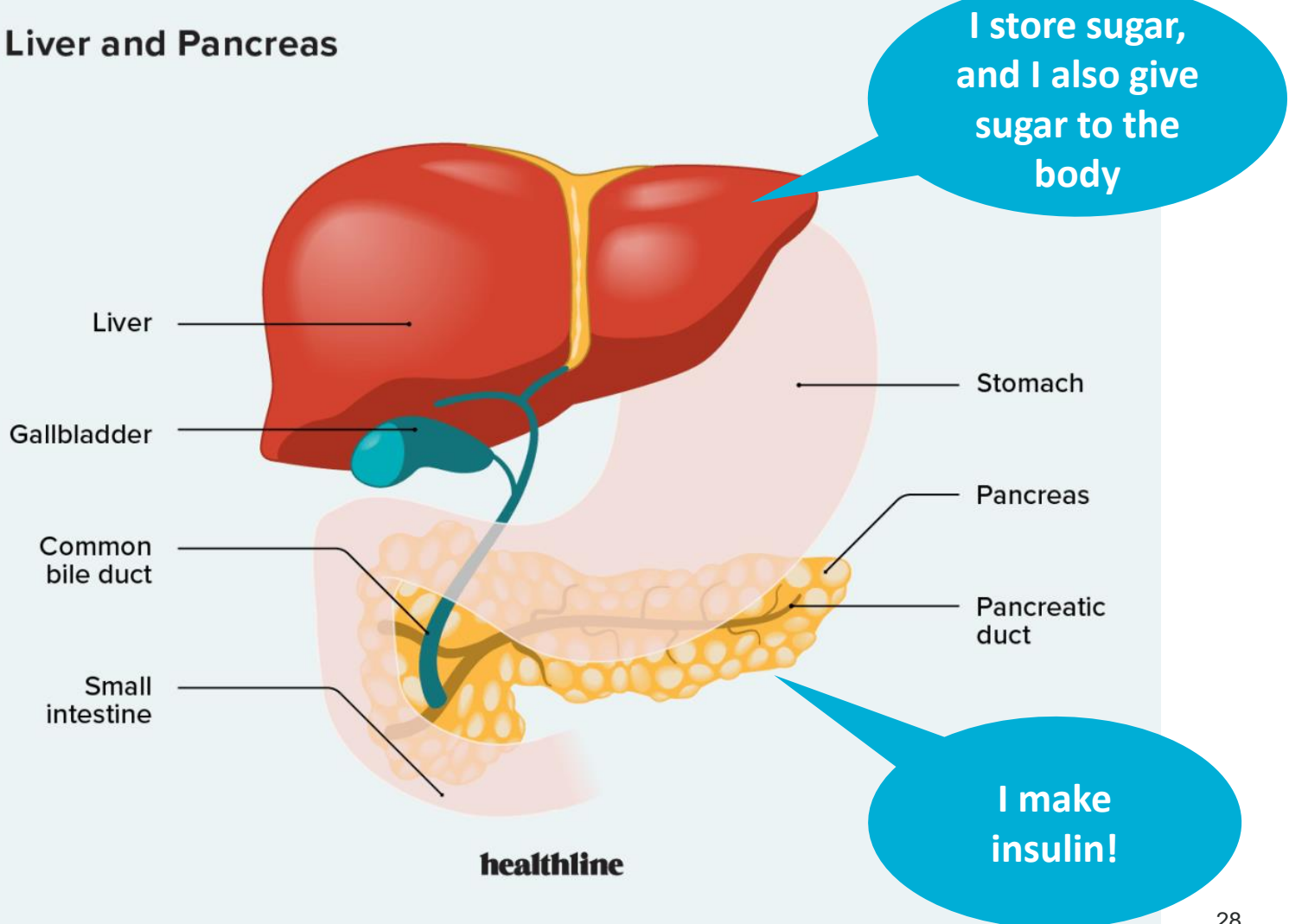


Sometimes, in type 2 diabetes, the body does not produce enough insulin...

...or it's harder for insulin to open the cells' doorways—this is called insulin resistance!

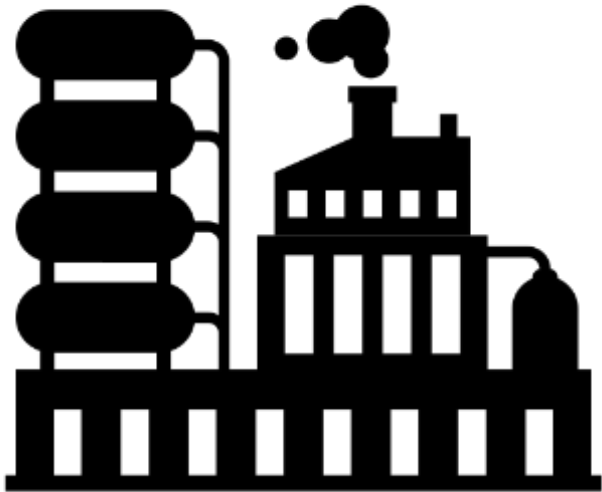
# How is weight and activity involved?

## Liver and Pancreas

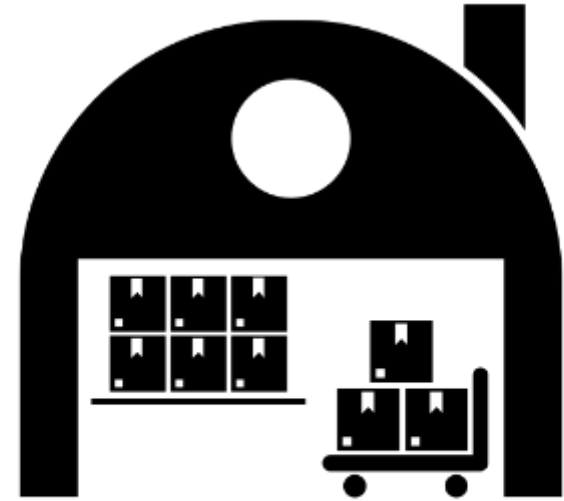


# How is weight and activity involved?

Pancreas—  
Insulin Factory

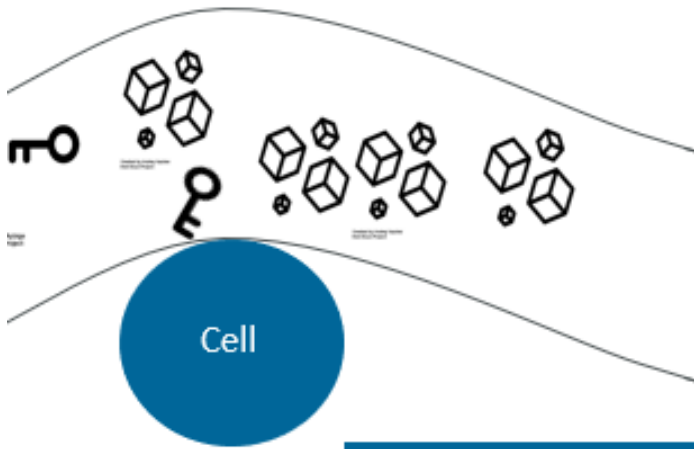


Created by Maxim Kulikov  
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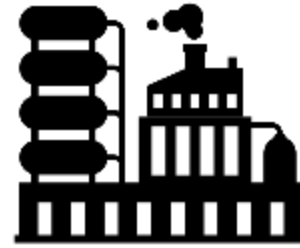
Created by Teuku Syahrizal  
from the Noun Project

Liver—Glucose  
warehouse



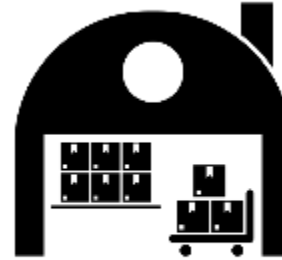
...or it's harder for insulin to open the cells' doorways—this is called insulin resistance!

Additional weight, and reduced physical activity, increase insulin resistance...which means MORE sugar in the bloodstream



Created by Maxim Kulikov from the Noun Project

“That’s fine. I’ll just make more insulin! Whew! Getting tired over here!”



Created by Teuku Syahrizal from the Noun Project

“No worries. I can store the excess sugar. Oh, shoot! Fat is taking up all my storage space”



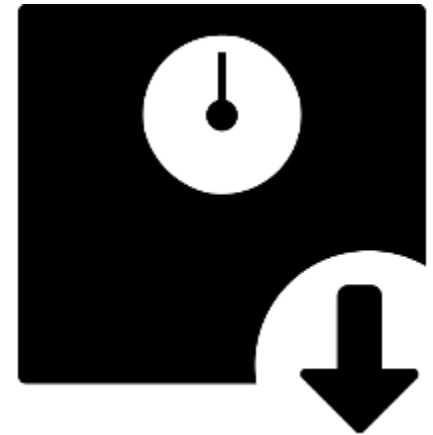
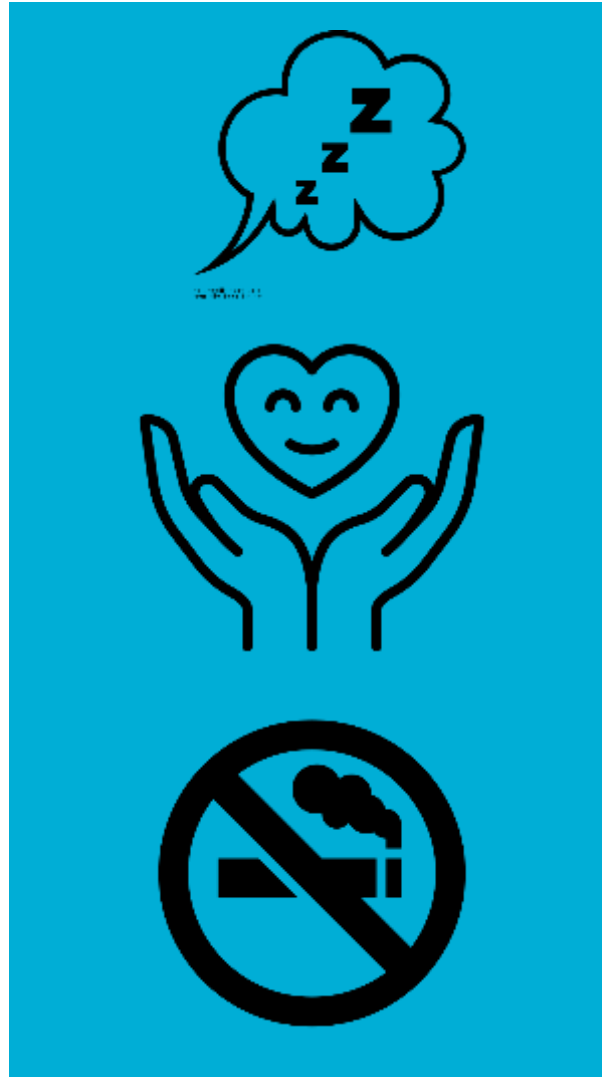
Created by Regis Biecher from the Noun Project

“Muscle to the rescue! I can use up sugar...but not if I’m not being used”

# DISCUSS: How would YOU fix this?



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# Focus on healthy behaviors

What About Taking Medication?







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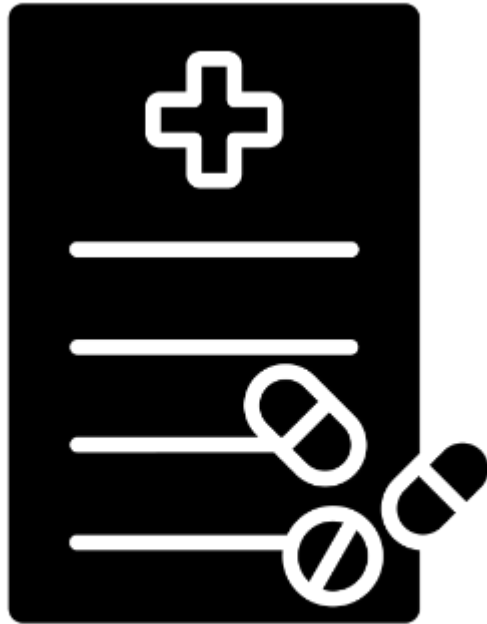
Block food from turning  
into sugars in the blood

Keep sugar break down  
chemicals active longer



Created by Maxim Kullkov  
from the Noun Project

Increase insulin  
production



Created by Kholifah  
from the Noun Project



Created by Touku Syahrizal  
from the Noun Project

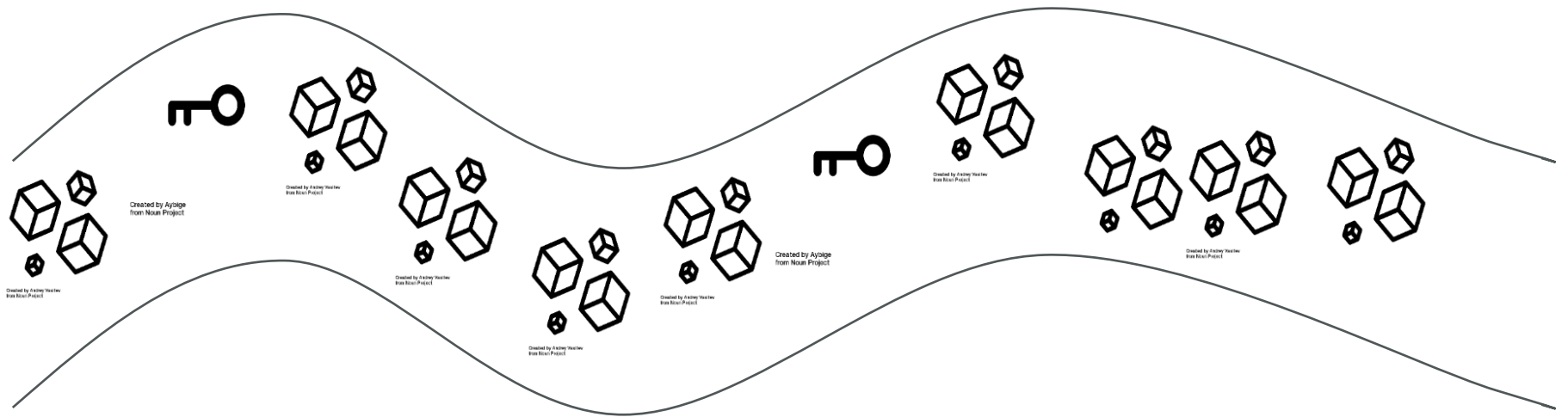
Stop liver from releasing  
sugar



Created by Regis Blecher  
from the Noun Project

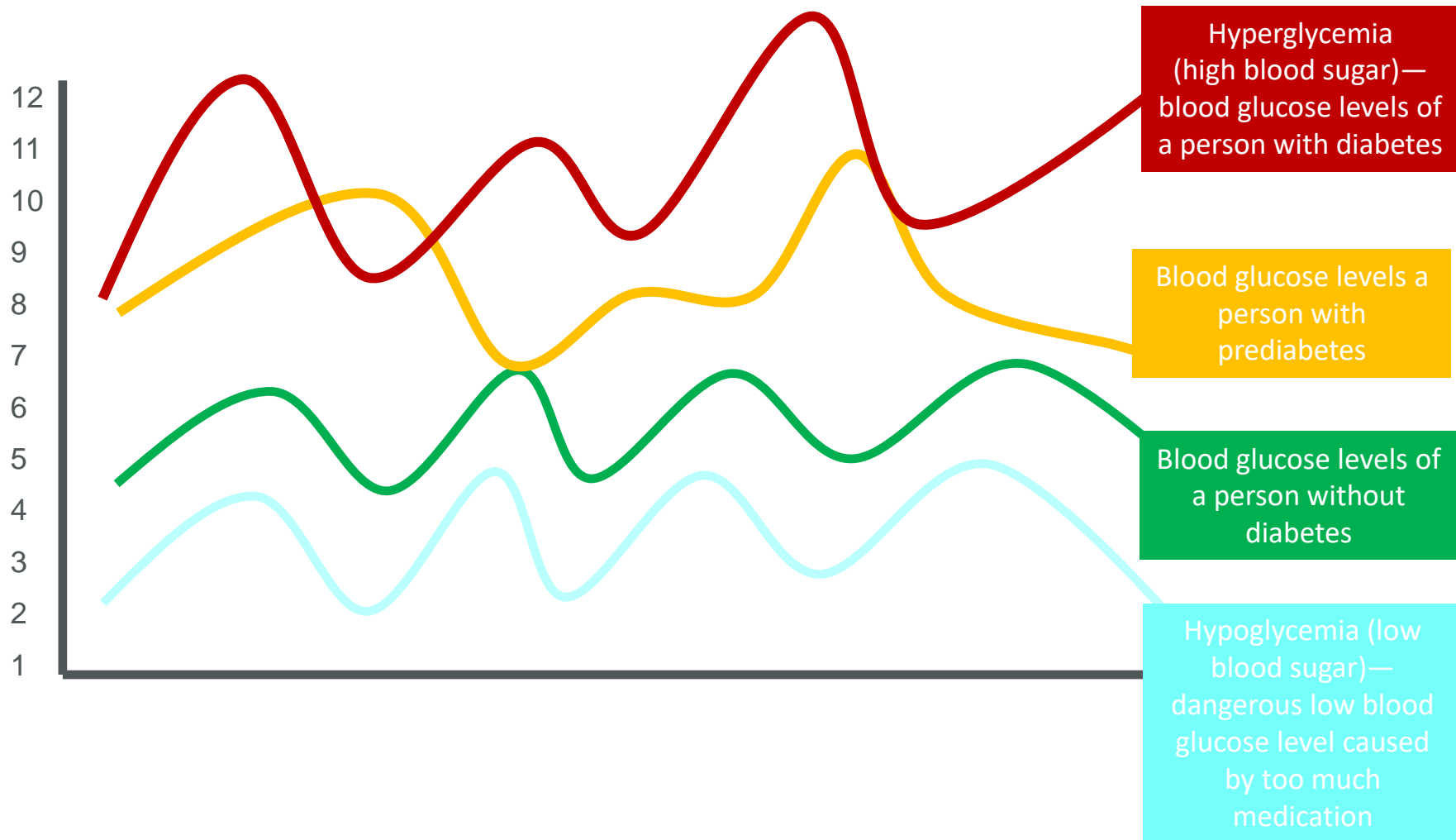
Make muscles more  
sensitive to insulin

Safely get sugar out of  
the body in urine



- High blood sugar does most of the damage for people with prediabetes and diabetes
- High blood sugar can be present even without overweight or obesity—processed foods, little activity
- But overweight or obesity make that MORE likely, especially if insulin resistance is developing and sugar storage is blocked
- High sugars lead to symptoms and complications

# Your blood sugar level changes throughout the day



# Diabetes increases your risk for many serious health problems

**HEARING LOSS**  
**(2-4 TIMES RISK)**

**HEART DISEASE**  
**(2-4 TIMES RISK)**

**KIDNEY FAILURE**  
**(6 TIMES RISK)**

**STROKE & PARALYSIS**  
**(1.5 TIMES RISK)**

**BLINDNESS**  
**(LEADING CAUSE OF NEW CASES)**

**LIVER/PANCREAS CANCER**  
**(2X LIKELY)**

**LEG OR FOOT AMPUTATION**  
**(LEADING CAUSE)**



# Putting it all together

- A lot of the people in the communities we serve have chronic diseases
- There's a connection between higher weights, prediabetes, and diabetes
- The foods we eat, how much we move, and how much we weigh can affect our health
- Sleep, stress, and smoking also matter
- Medication can help us live healthier lives and they work better with healthy behaviors
- If we do not make changes, it will have short term and long-term effects on our health and well-being

# Understanding and applying the ADCES7 Self- Care Behaviors Framework™ within community settings

# Using the ADCES7 to Guide Our Work



# Start from the center! What to How



- **Healthy coping**
- **Being Active**
- **Healthy Eating**
- **Taking Medication**
- **Monitoring**
- **Problem Solving**
- **Reducing Risks**



# Today's session!



- Walk through 3 healthy self-care “what” behaviors: Healthy Coping, Healthy Eating, and Being Active
- Play Empowerment Trail game to practice talking to community members about these skills
- Learn about program options!

# Healthy Coping Assets



What are individual, family, social network, community, and other assets that support healthy coping in your community?

- Problem solving
- Facilitating stress management
- Obtaining positive support and peer support
- Motivation and decision making
- Growth mindset for relapse prevention
- Other skills?

# Distress and depression



Feeling	Not a Problem		Moderate Problem		Serious Problem	
1. Feeling overwhelmed by the demands of living with diabetes.	1	2	3	4	5	6
2. Feeling that I am often failing with my diabetes regimen.	1	2	3	4	5	6

# Navigating to care



How can you engage with Victor and connect him with additional support to promote healthy coping?

- Victor attends your diabetes support group
- He does not report depression, but he does share that he hasn't been sleeping well and has frequent headaches and stomach aches
- His wife privately shared that he has been to the hospital twice for a foot ulcer, but he ignores the advice his doctor gave him
- She also says he gets angry at her when she asks him to check his blood sugar or avoid certain foods

# Healthy Coping Resources



Healthy coping means having a positive attitude toward your diabetes or prediabetes management, as well as positive relationships with others.

Prediabetes and diabetes can affect both your body and your emotions. It is common to have mixed feelings about your condition and experience emotional highs and lows. These emotions can affect your ability to manage your daily life and condition. It is not uncommon to feel distressed or depressed due to the emotional burden, the daily demands and the fears of long-term problems.

To cope is to deal with or overcome a problem. There are lots of ways to cope with upsets in your life, and not all of them are good for your health. However, there are healthy coping methods that you can use to get through tough times.

#### FOCUS ON HEALTHY COPING STRATEGIES

How you handled your feelings in the past can be a guide for coping with your condition. There are many ways to cope with life stresses and the challenges of having prediabetes or diabetes. Here are a few examples of healthier alternatives:

UNHEALTHY COPING	HEALTHY COPING
Smoking	Participating in faith-based activities
Overeating	Being physically active
Not finding time for activity	Meditating
Avoiding people and social situations	Finding a hobby
Drinking alcohol	Joining a support group
Taking drugs	Writing in a journal



#### Find Support Networks

Having a support network is key to healthy coping. You can attend a diabetes prevention program, diabetes self-management and support classes, or a peer support group. Take the time to build healthy bonds that work for you and support you in your journey. Remember that you are not alone! Your diabetes care and education specialist is there to help you develop health coping strategies and support your efforts. Learn more about peer support, visit [DiabetesEducator.org/PeerSupport](http://DiabetesEducator.org/PeerSupport).

- Healthy Coping\*
- Anger and Diabetes\*\*
- Stress and Diabetes\*\*
- Diabetes Distress\*\*
- Depression and Diabetes\*\*
- Managing the Emotional Challenges of Type 1 Diabetes\*\*
- Type 1 Diabetes: The Prizefight of your Life\*\*
- Chronic Stress and Healthy Coping (EN only)



ADCES7 Self-Care Behaviors™

# HEALTHY EATING

*Healthy Eating refers to a pattern of eating high quality, nutritionally dense foods in amounts that lead to better health and wellness. A healthy eating pattern contains a variety of colorful vegetables, fruits, whole grains, dairy, lean sources of protein and oils, while keeping salt, added sugars, saturated and trans fats to a minimum.*

- Healthy eating expresses in a million ways based on our individual preferences, family traditions, cultural backgrounds, and regional foodways
- While healthy eating can happen in many ways, skills that support healthy eating may need to be learned
- People with higher weights, prediabetes, and diabetes may need additional guidance to develop healthy eating plans to prevent or delay type 2 diabetes or diabetes complications

# Healthy Eating Positive Messages



- Healthy eating is colorful
- It includes foods you grew up with and are part of your culture
- It gives you a healthy balance of nutrients
- It changes as your needs change
- It's about variety, flexibility, and choice
- May look different from person to person

What are individual, family, social network, community, and other assets that support healthy eating in your community?

# Barriers to Healthy Eating



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from Noun Project

- Our food environment
  - *Low nutrients, high calories*
  - *Increase vegetable intake*
  - *Meals and snacking*
  - *Food insecurity/cost*
- Healthy eating skills
  - *Measure/weigh portions*
  - *Interpret food labels*
  - *Identify healthier options*
  - *Plan meals*
  - *Count carbohydrates (PWD)*
  - *Coordinate with medication (PWD)*



# Small changes to our foods matter



- Looking for big sources of added sugar—soda, coffees, highly processed foods
- Keeping track of eating patterns—measuring servings of calorie-dense foods
- Choosing less processed foods (baked potato, whole fruit) over highly processed foods (chips, juice)
- Adding water, fruits, vegetables, and whole grains
- Making small, sustainable impactful changes!



# Providing community support



Consider Al's facilitators and barriers to healthy eating as we review the case study

- Al has had type 2 diabetes for 8 years
- He lives with wife and two school aged sons
- His wife, who has prediabetes, does the grocery shopping and prepares the meals at home
- He works as a foreman on construction sites but spends a lot of time on the road in his truck where he eats breakfast and lunch
- He participates in your health center gardening program, but he and his wife just joined your “Healthy Together” program for people living with prediabetes or diabetes

# Healthy Eating Resources



## ADCES7 Self-Care Behaviors™ HEALTHY EATING

Healthy Eating refers to a pattern of eating high quality, nutritionally dense foods in amounts that lead to better health and wellness. A healthy eating pattern contains a variety of colorful vegetables, fruits, whole grains, dairy, lean sources of protein and oils, while keeping salt, added sugars, saturated and trans fats to a minimum.

word wall

### TRACK YOUR FOOD

Everything you eat or drink can affect your blood glucose (sugar), blood pressure, blood lipids (such as cholesterol) and weight. So how do you make sense of all that? One way is by tracking what you eat, at least for a few days until you start to see patterns that help you decide what changes you might choose to make.

Use mobile apps, paper and pencil logs, or whatever works best for you. You can achieve your weight and wellness goals by finding the right balance of calories and other nutrients to meet your goals. Tracking to identify trends to help reduce your overall calorie intake is the best way to determine how to create that balance.

### PARTNER WITH YOUR HEALTHCARE TEAM

You probably have lots of questions about making healthy food choices such as how to include favorite foods and drinks, eating out, preparing healthy meals and snacks, what to eat when exercising, travelling or at family events.

When it comes to healthy eating, no one eating pattern fits everyone. Work together with your diabetes care and education specialist and registered dietitian to come up with a plan that fits what you like and meets your health needs.

### Cardiometabolic health:

Keeping your heart and blood vessels healthy and your prediabetes or diabetes well-managed.

### Nutritionally dense foods:

Foods that have a large amount of vitamins and minerals in a relatively small quantity of food.

### Carbohydrates (Carbs):

include starches, fibers and sugars. Found in milk, fruits/juices, vegetables, rice, grains, bread, beans/lentils, sugar and honey.

### Proteins

are made of amino acids which are the building blocks for repair and maintaining a healthy body. Found in milk, cheese, meats, poultry, fish, eggs, nuts and soy.

### Fats:

Concentrated energy source found in oils, nuts, spreads, olives, avocados, flax seed, peanut butter and salad dressings. Fat has twice as many calories per gram of food as compared to proteins and carbohydrates.



- Healthy Eating\*
- Healthy Snacking
- Food Shopping and Diabetes\*\*
- Healthy Holiday Eating\*\*
- Summer Fun and Food\*\*
- Fasting During Ramadan (EN and Arabic)
- Game Day Eating Plan (EN only)

# Healthy Eating Resources (Spanish)



## De Compras en La Tiendita

Al entrar en su tiendita local, ve y huela comidas que usted y su familia disfrutan comer como tortillas, pan dulce, sodas, tacos y dulces. Puede que también haya un restaurante donde se puede comprar menudo, caldos, picadillo, chiles rellenos, etc. Estas comidas son deliciosas y tentadoras, pero la mayoría del tiempo contienen mucha grasa, azúcar, y sodio que pueden llevar a problemas de salud como alto colesterol, hipertensión, problemas del corazón, y diabetes tipo 2. Usted puede disminuir su riesgo o prevenir estas condiciones de salud prestando atención a lo que come.

**La buena noticia es que comer sano no tiene por qué ser caro. Estos cinco consejos pueden ayudarle a comprar alimentos saludables y ahorrar dinero:**



1. **¡Tenga un plan!** Haga una lista de los alimentos que planea comer para cada día de la semana. Primero, elija una carne o proteína principal, y luego agregue verduras y frutas para completar su plato de comida.
2. **¡Sustituya donde pueda!** Piense en alimentos que podría cambiar o reemplazar que cuestan menos, como comprar tortillas de maíz o hojas de lechuga en lugar de tortillas de harina.
3. **¡Siga su plan!** Sólo compre los artículos en su lista. Quédese en los pasillos donde encontrará alimentos frescos en la tienda para ayudarlo a enfocarse en opciones saludables.

- Shopping at the Corner Store
- Healthier Cooking Options
- Traveling with a Plan
- More Spanish resources at

<http://www.ncfh.org/diabetesresourcehub.html>



## ADCES7 Self-Care Behaviors™ BEING ACTIVE

*Being active means doing any type of daily physical movement, whether it's structured, like a session of exercise, or unstructured, like anything that decreases the time you spend sitting.*

- Activity is any movement that requires muscles to use energy—it can be structured or unstructured, it can be mild, moderate, or intense, it can be 5 minutes or 60 minutes
- Reducing sedentary time is key—no more than 30 minutes without standing, stretching, or walking
- Physical activity has physical, mental, and emotional benefits—reduces risks associated with obesity, prediabetes, and diabetes
- ANY amount of physical activity reduces your risk of illness and death

# Being Active Assets



- How does your community make activity the easy choice?
- How does your community make activity accessible to everyone from children to seniors, all genders, and people with disabilities?
- How can people access different kinds of physical activity like **aerobic, resistance, flexibility and stretching, and balance activity** in your community?

What are individual, family, social network, community, and other assets that support healthy eating in your community?

# Physical activity = big health benefits



Created by Eucalyp  
from Noun Project



Created by Gan Khoon Lay  
from Noun Project

Even 15  
minutes a day  
improves  
health



Created by corpus delicti  
from Noun Project



Created by ProSymbols  
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Created by Gan Khoon Lay  
from Noun Project

# Being active: Getting to the why



- CDC Lifestyle Change participant who watches TV every night
- His physical activity tracking shows that he has not been getting 150 minutes of physical activity
- After work, he goes right to the couch to watch TV



# Tell me what watching TV means for you...



- What does watching TV mean for this person?
  - **Depressed/lonely:** He lives alone, and TV keeps him company
  - **Tired:** Has a tough job he loves, but needs to unwind
  - **Connection:** He and his wife watch TV, and they value that time together
  - **Mental stimulation:** He loves watching the evening news, documentaries, and mysteries

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from Noun Project

# Being Active Resources



Being active means doing any type of daily physical movement, whether it's structured, like a session of exercise, or unstructured, like anything that decreases the time you spend sitting.

## BE SAFE

You should be able to safely start doing any activity that takes about the same amount of effort as your usual activities without having to get a checkup first. However, if you are not used to a lot of activity, check with your healthcare provider to get medical clearance. They can advise you on medication adjustments that might be needed and let you know if you should avoid specific activities based on your condition.

## FIT ACTIVITY INTO YOUR DAILY LIFE

When it's hard to find the time or motivation to start being active, choose the best ways to fit activity into your daily life—whether it's walking more, doing chair exercises or working out at the gym. Even getting up more often for short activity breaks or standing up longer helps rev up your metabolism. A diabetes care and education specialist can help you decide on an impactful routine that fits with your lifestyle and that you enjoy.

## START WITH SMALL STEPS

Start by just moving more all day long, however you can. You can do an activity in multiple short sessions rather than one longer session. In time, you will find that you are feeling better and ready to go further.



## word wall

**Metabolism:** The way that chemical processes in your body cause food to be used to give you energy. For example, if you don't eat breakfast, your metabolism slows down.

**Fitness:** Physical ability to carry out daily tasks with ample energy and without feeling worn out.

**Cardio:** Continuous exercise that raises your heart rate (like walking or swimming).

**Resistance training:** Activities that help you build muscle and strength.

**Balance exercises:** Activities that help you keep your balance and prevent falls.

**Stretching:** Exercises to improve flexibility, reduce tightness and prevent injuries.

- Being Active\*
- Physical Activity for Men Tip Sheet\*\*



Empowerment Trail Game!

# Why the Empowerment Trail Game?

- Provide a fun and engaging way for community health workers, including lifestyle coaches, to practice facilitation skills
- The goal is for everyone to strengthen their skills and improve their understanding of three key ADCES7 healthy self-care behaviors—healthy coping, being active, and healthy eating
- There are scenario cards AND facilitation skill cards—you put them together to move down the empowerment trail
- Your team gets to play your group members!

# What's the purpose of the facilitation skills?



- Encourage the client to verbalize their own arguments for change!
- Evoke the person's own concerns and motivations!
- Encourage utilization of facilitation techniques to prompt change talk!

# What are some skills we will practice?



- Sub-groups
- Cross-questioning
- Carousel
- Ping-Pong
- Open-ended questions
- Affirmations
- Reflection
- Emotional reflection

# Let's Play! ¡Juguemos!

## Empowerment Trail Game

- Healthy Eating
- Exercise
- Coping Skills
- BONUS! - Create Your Own Scenario



# Navigating to lifestyle change programs— diabetes prevention and diabetes self- management!



# For people with prediabetes...



# Imagine You Preventing Type 2!



<https://www.cdc.gov/diabetestv/imagine-you.html>

# What the program looks like...



**Led by a trained lifestyle coach in English, Spanish, or other languages**



**Hosted in a group**



**Community or faith-based  
FQHC or CHC  
Health or hospital center  
Pharmacy**

# “Where can I find a local program?”

## Find a Program

[Print](#)


Find a program near you by entering your zip code, this will show you a list of available programs offered in your area. Please contact the organization for the most up-to-date class locations and information.

In-Person  Online  Distance Learning  Combination

Location (City, State, or Zip) Within Language Options Payment Options  
Saratoga Springs, NY 200 Miles Please Select... Please Select...

Medicare Diabetes Prevention Program  
 MDPP Supplier

**McClellan Street Health Center**  
600 McClellan St. Schenectady, NY 12304  
(518) 347-5421  
[Visit Website](#)



<https://www.cdc.gov/diabetes/prevention/find-a-program.html>

...or diabetes!



# Why DSMES?



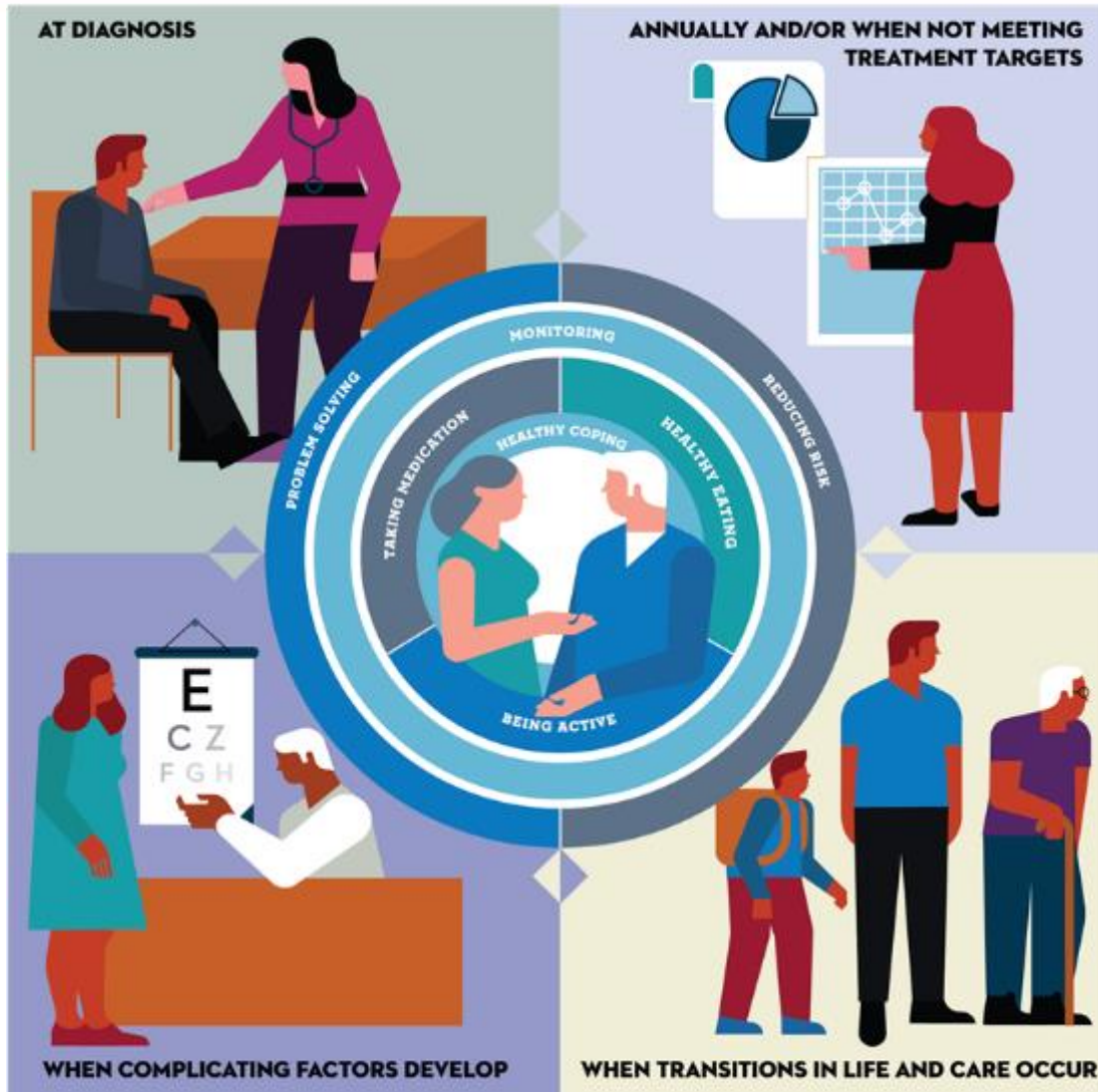
## Summary of DSMES benefits to discuss with people with diabetes

- Provides critical education and support for implementing treatment plans.
- Reduces emergency department visits, hospital admissions and hospital readmissions.
- Reduces hypoglycemia.
- Reduces all-cause mortality.
- Lowers A1C.
- Promotes lifestyle behaviors including healthful meal planning and engagement in regular physical activity.
- Addresses weight maintenance or loss.
- Enhances self-efficacy and empowerment.
- Increases healthy coping.
- Decreases diabetes-related distress.
- Improves quality of life.

**No negative side effects | Medicare and most insurers cover the costs**

Powers MA, Bardsley JK, et al. DSMES Consensus Report, The Diabetes Educator, 2020

# DSMES: When?



- At diagnosis
- Annually or when not meeting treatment goals
- When complicating factors develop
- When transitions in life and care occur

# DSMES: How?

HIGH-QUALITY PRIMARY HEALTH CARE IS

## Person-Centered

Person-centered care is organized around the comprehensive needs of people rather than individual diseases

It engages people in **full partnership with health care providers** in promoting and maintaining their health.

Person-centered care considers a patient's social, career, cultural, and family priorities as important facets of health.







Final questions?

# THANK YOU!



**Contact us!**  
We're here to help!

**Sacha Uelmen, RDN, CDES**  
**Director of Diabetes**  
**Education and Prevention**  
**Programs**

[suelmen@adces.org](mailto:suelmen@adces.org)  
[DEAP@adces.org](mailto:DEAP@adces.org)

**Angela M Forfia, MA**  
**Associate Director of Diabetes**  
**Education and Prevention**  
**Programs**

[aforfia@adces.org](mailto:aforfia@adces.org) OR  
[DPP@adces.org](mailto:DPP@adces.org)

(312) 601-4802