



Newsletter | May 2025



From the Desk of Our Co-Chairs

Greetings from the Co-Chairs at DAC!

I'd like to share a few things to keep in mind.

1. We're always looking for passionate professionals who are interested in playing an active role on the DAC. Professionals with a connection to national associations like ADA, ADCES, AHA, AND and more, representatives from all disciplines who serve on a diabetes care team, industry partners and those with an interest in improving the lives of people with diabetes and their care givers. If you know anyone who should be included, please have them fill out the interest form: [DAC Membership Interest Survey](#)

2. Please continue to share our guide! We'll be talking more in May at the DAC meeting about the creation of a power point slide deck to spread the word at local and national events. If this interests you, please speak up in May! The link to the guide is here: [North Carolina's Guide to Diabetes Prevention and Management, 3rd Edition – Diabetes NC](#)

3. Have you heard you'll start earning CEUs when you attend DAC meetings in person or by zoom? That's right! Keep an eye



on your email updates to learn more!

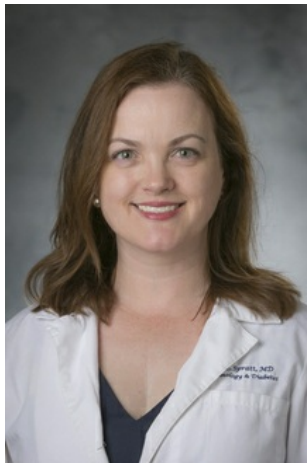
4. Have you presented a poster at any conferences in 2025? In October, we want you to submit those posters so we can have a poster session at the October awards meeting! We'll talk more about this in May!

Can't wait to see you all May 23rd to talk about all of these great happenings!

See you soon,

Joanne Rinker MS, RDN, BC-ADM, CDCES, LDN, FADCES

DAC Co-Chair



Dr. Susan Spratt

I hope everyone is enjoying the flowers as we usher in spring. Our meeting on May 23rd will have three fantastic presentations by Kat Combs to discuss the YMCA DPP program, Jasmine Westbrooks Figaro to discuss culturally relevant nutrition, and Anne Kome to discuss medication affordability. For the first time, we have obtained CME/ CE credit for providers who attend our meeting virtually or in person. It's important that you [register](#) with the Duke CME office on the website. And then we will be taking attendance during the meeting to provide to the Duke CME office.

Medical Update: The American Diabetes Association Standards of Care in Diabetes recommends the use of continuous glucose monitoring (CGM) for adults with type 2 diabetes on glucose lowering agents like sulfonylureas and insulin. CGM provides real time data to help patients and healthcare providers make decisions about factors like different food, portion, and exercise that affect glucose management. There was also an emphasis that GLP-1 receptor agonists and SGLT2 inhibitors should be used when there are compelling indications. Besides reduction in glucose, weight, cardiorenal events, GLP-1 medications have shown a benefit in the treatment of sleep apnea and metabolic dysfunction associated steatotic liver disease (MASH). The 2025 Standards of Care in Diabetes also recommend screening adults with diabetes using natriuretic peptides, specifically B-type natriuretic peptide (BNP) or N-terminal pro-BNP (NT-proBNP) to help prevent stage C heart failure. For asymptomatic individuals with diabetes who have abnormal natriuretic peptide levels, echocardiography is advised to identify stage B heart failure.

Our fall meeting is on [October 3rd](#). Please make sure you submit a [nomination](#) for an NC DAC award! We will also display diabetes related posters that you may have presented elsewhere. We will accept submissions in September.

Diabetes Advisory Council Meeting



North Carolina Diabetes Advisory Council

www.diabetesnc.com

North Carolina Diabetes Advisory Council

Join our engaging organization focused on collaborative leadership, advocacy, and resource-sharing to address diabetes across diverse communities.



Our Speakers:



Kat Combs, MPH
YMCA of the Triangle



**Jasmine Westbrooks-Figaro,
MS, RD, LDN, CDCES**
Eatwell Exchange Inc.



Anne Kome, PharmD
UNC Health

May 23, 2025

9:30 AM - 12:30 PM

Attend In Person or Virtually

McKimmon Conference & Training Center

1101 Gorman Street, Raleigh, NC 27606



Register now by scanning the QR code or visiting diabetesnc.com/diabetes-advisory-council/

Friday, May 23, 2025, 9:30 am – 12:30 pm

In-person and Virtual Attendance Options

The McKimmon Center for Extension and Continuing Education

1101 Gorman Street, Raleigh, NC 27606

[RSVP Here](#)

This meeting will offer the opportunity for participants to earn Continuing Education Unit (CEU) credits. Some professionals may be eligible to receive credits based on their specific credentials. Participants whose

2025 DAC Awards



Nominations for the 2025 DAC Awards are open from May 1 through July 31.

The DAC Awards and Scholarship celebrate individuals and groups who demonstrate excellence in diabetes prevention, care, education, and management.

Award recipients will be honored on October 3, 2025, immediately following the DAC Meeting.

[Learn more about the DAC Awards and nominate someone today.](#)

Reader's Corner

The Reader's Corner is a space to share articles and resources provided by DAC members. If you'd like to contribute to the next DAC newsletter, please reach out to Dominique Ashley at dominique.ashley@dhhs.nc.gov. We look forward to your submissions!

Recap of My Experience at the ADCES Diabetes Technology Conference 2024



In December 2024, I had the privilege of attending the ADCES Diabetes Technology Conference in Chicago, thanks to the Diabetes Advocacy Council (DAC) and the Hugh Young Diabetes Care and Education Specialist Scholarship. This experience significantly expanded my clinical knowledge, equipping me with the tools to better serve my patients in North Carolina.

One of my key takeaways was learning more about the role of Continuous Glucose Monitoring (CGM) in optimizing diabetes management. CGMs provide real-time glucose readings, allowing for more accurate medication dosing as well as nutrition and activity adjustments, therefore providing the opportunity for more individualized glucose management.

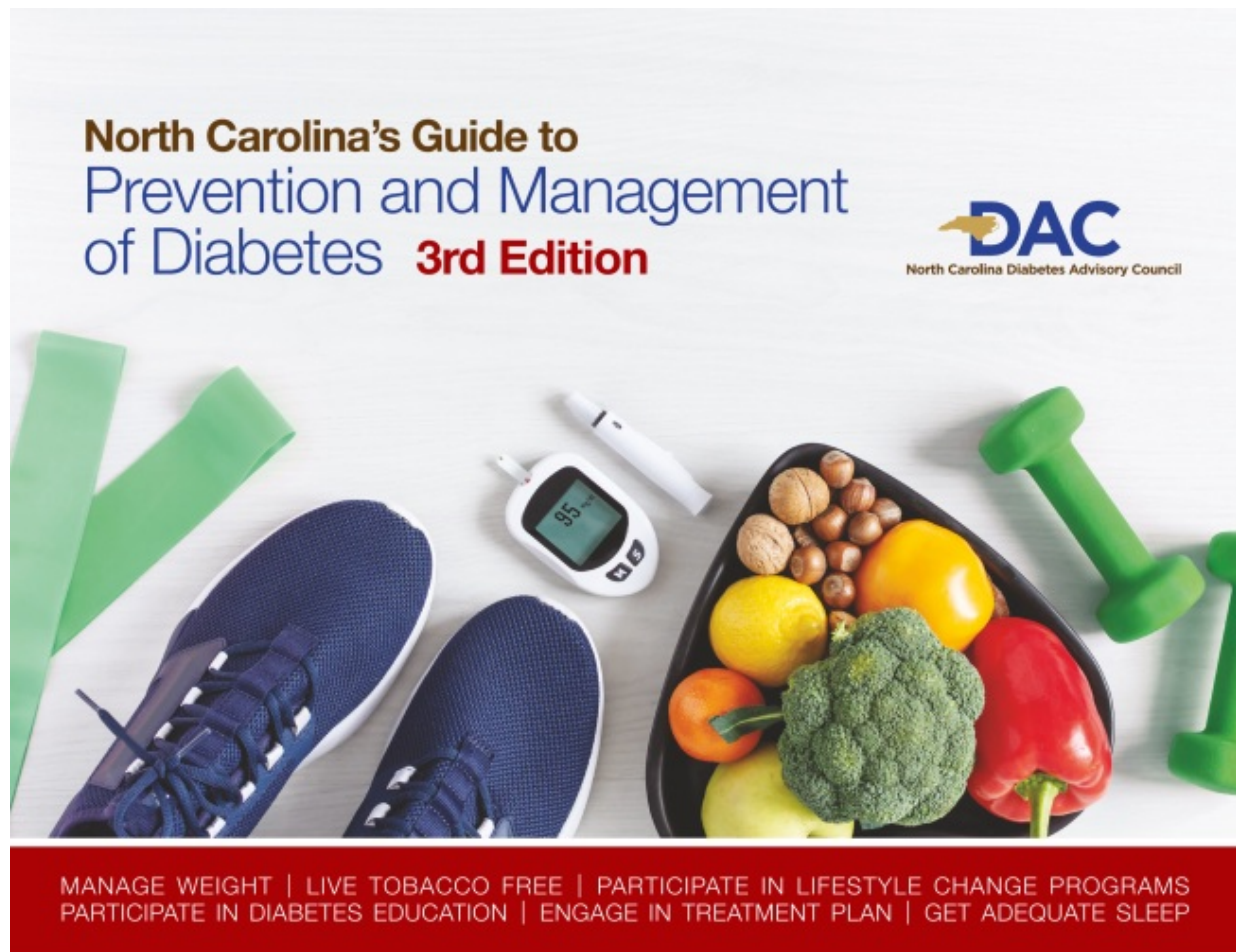
I was able to wear a CGM for the first time and learned helpful tips and tricks from presenters and conference participants. After personally experiencing a CGM, I am more empathetic to the challenges patients face managing their devices (hello alarm fatigue!) and now am better equipped to address those challenges with patients and prevent technology inertia. It was eye-opening to learn about strategies to overcome barriers, including patient education and addressing emotional factors that can hinder adoption of useful technologies. If you actively work with patients to provide any form of diabetes education and have the opportunity to wear a CGM for yourself, I highly recommend it.

Another topic that resonated with me was insulin pump management. Insulin pumps, when properly managed, can offer improved glucose outcomes for patients with Diabetes. I learned strategies to optimize insulin pump settings to fit individual patient needs, improving both the efficacy and comfort of pump therapy. It was also helpful to meet with pump reps during the conference and see the current advancements of this particular diabetes technology. To highlight the advancements over the years, one of the presenters even brought an early insulin pump model in which insulin was adjusted with a screwdriver! The ongoing research of technology in this field is truly exciting.

Finally, a particularly fascinating presentation highlighted the emerging role of Artificial Intelligence (AI) in healthcare. The session emphasized the importance of healthcare professionals becoming familiar with AI so we can actively contribute to its development and ensure its effective and safe use in patient care. As AI continues to shape healthcare, understanding the potential benefits and risks will help guide its ethical integration into clinical practice.

Overall, the ADCES Diabetes Technology Conference was an enriching experience. I left feeling grateful for the opportunity to enhance my knowledge and excited to apply what I learned to improve the care I provide my patients.

The North Carolina's Guide to Diabetes Prevention and Management, 3rd Edition



North Carolina's Guide to Prevention and Management of Diabetes, 3rd Edition, serves to inform about diabetes in North Carolina, provide prevention and management strategies for individuals, and offer targeted recommendations for community groups, employers, and healthcare providers to manage diabetes and minimize complications.

Access *North Carolina's Guide to Prevention and Management of Diabetes, 3rd Edition*, to discover strategies for alleviating the impact of diabetes in North Carolina.

diabetesnc.com/guide

The North Carolina's Guide to Diabetes Prevention and Management, 3rd Edition is live!

This guide includes basic information about diabetes, its effects on the North Carolina population, and suggestions on how individuals can prevent and manage the disease.

Upcoming Events

The events listed below are not hosted or sponsored by the NC DAC. They were shared by DAC members for inclusion in the newsletter. If you'd like to submit an event for the next newsletter (pending approval by the co-chairs), please contact Dominique Ashley at dominique.ashley@dhhs.nc.gov.

Diabetes Summer Camps

[Diabetes Adventure Camp | June 19-22
| Parkton, NC](#)

[Camp Morris | June 22-28 | King, NC](#)

[Camp Kudos | July 18-20 | Fort Mill,
South Carolina](#)

[Camp Carolina Trails | August 3-7 |
Randleman, North Carolina](#)

Conferences

[ADA Scientific Sessions | June 20-23 |
Chicago](#)

[ADCES25 Annual Meeting | August 8-
11 | Phoenix](#)

[A-Z Diabetes Bootcamp | September
29-October 3 | Greenville NC](#)

CCCPH | 5505 Six Forks Road | Raleigh, NC 27609 US

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