DAC

North Carolina Diabetes Advisory Council

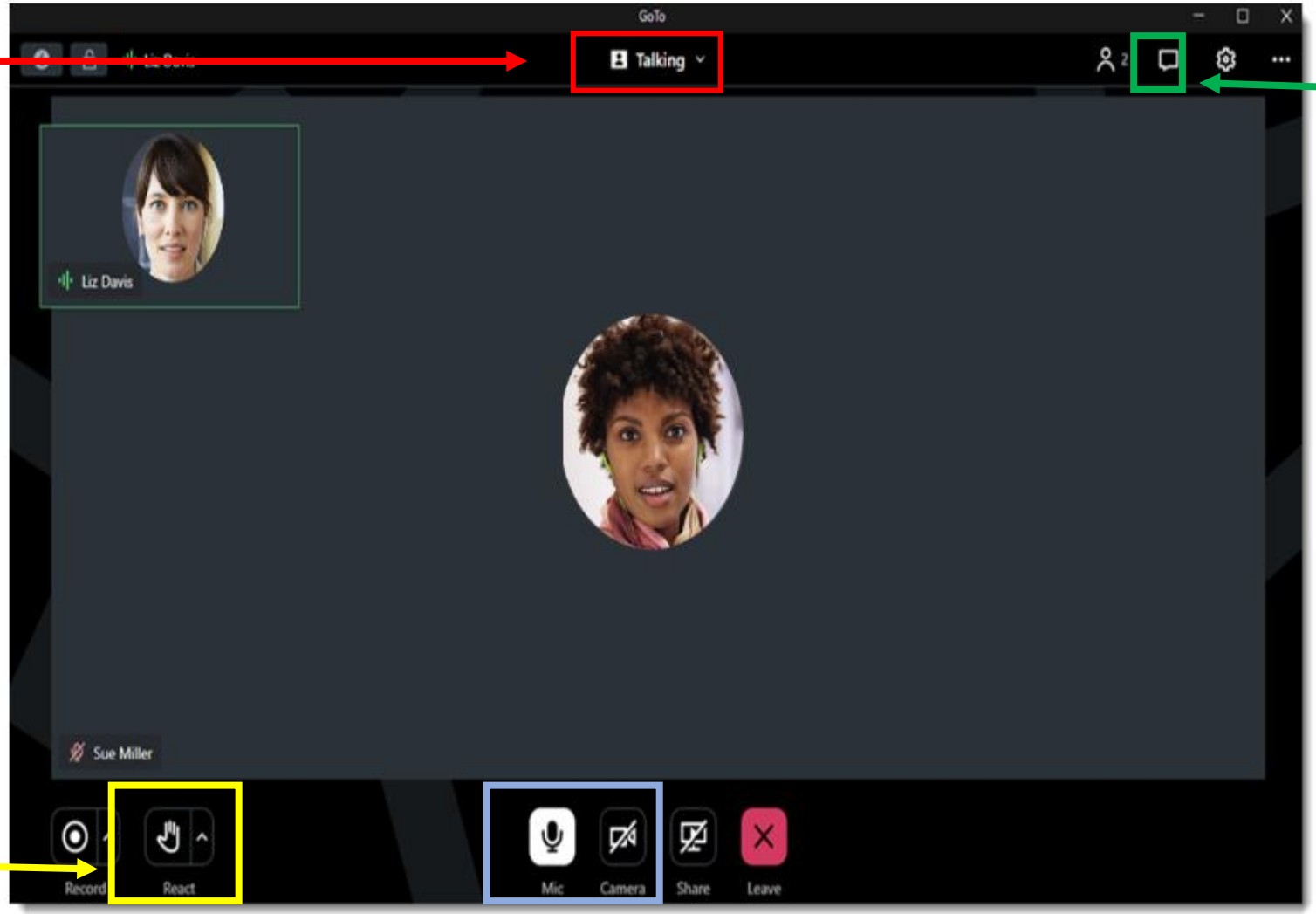
Welcome

Friday, October 9, 2026

DAC
North Carolina Diabetes Advisory Council

GoToMeeting Housekeeping: What You See as an Attendee

Change your view and how you see participants and speakers



Chat box

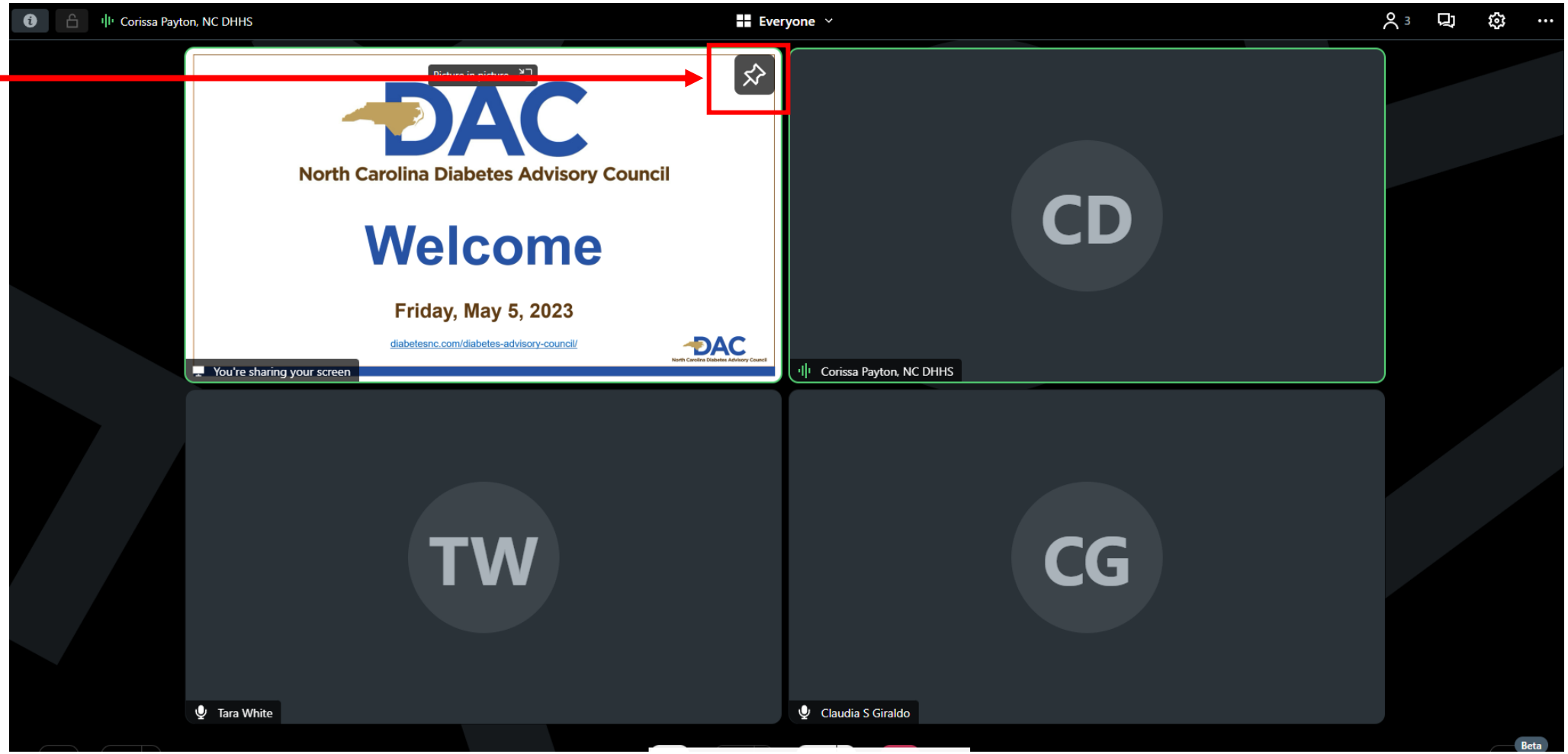
Raise your hand and other reactions

Mic (mute) and Camera

North Carolina Diabetes Advisory Council

GoToMeeting Housekeeping: What You See as an Attendee

Use the Push Pin icon to pin the slideshow to make it the main screen



DAC
North Carolina Diabetes Advisory Council

GoToMeeting Housekeeping: What You See as an Attendee

Then it should be the main screen

DAC
North Carolina Diabetes Advisory Council

Don’t Forget to Sign In!

- The sign-in sheet is used for:
  - Tracking meeting attendance
  - Ensure you receive Continuing Education Credits

North Carolina Diabetes Advisory Council

Agenda

- Welcome, Minutes Approval
- Announcements
- Bylaws Updates and Co-Chair Voting
- Eating Disorders and Disordered Eating Behavior in Type 1 and Type 2 Diabetes: A Cause for Concern
- Beyond Glucose: Understanding the Psychosocial determinants of continuous glucose monitoring experience among Black young adults with diabetes
- Break
- Diabetes: There Ain’t No Good Type. There Ain’t No Bad Type.
- Workgroup Updates
- DAC Awards

Past Diabetes Advisory Council Meetings

2024

October 11, 2024

Watch the Recording

- Meeting Agenda
- Meeting Highlights
- Meeting Slides

May 17, 2024

Watch the Recording

- Meeting Agenda
- Meeting Highlights
- Meeting Slides

February 2, 2024

Watch the Recording

- Meeting Agenda
- Meeting Highlights

diabetesnc.com/diabetes-advisory-council/

DAC
North Carolina Diabetes Advisory Council

DAC Voting Members

Anne Kome

Billy Tart

Carmen D. Samuel-Hodge

Caroline Blackwell

Cecilia Batchelor

Chris Memering

Crystal Wimes-Anderson

Debra Neblett

Diana Laursen

Giselle Blair

Jaime Pearce

Janice Lockridge Brown

Jennifer Pike

**Joanne Rinker

John Buse

Julie Paul

Kathy Dowd

Keisha Lewis

Laura Edwards

Leigh Fickling

Leonor Corsino

Linda Wooley

Marico Dove

Marie Polanco

Meri Mitchell

Paul Bray

Sara Clement

Sara W. Foreman

Sharon Pearce

Shay Webb

Susan “Susie” Houston

**Susan E. Spratt

Teju Lakkundi

TJ Evans

Twanna Joyner Jones

Wanda Lakey

DAC

North Carolina Diabetes Advisory Council

DAC

North Carolina Diabetes Advisory Council

Welcome

New DAC Members and Collaborators

DAC

North Carolina Diabetes Advisory Council

Announcements

Dr. Susan Spratt

Joanne Rinker

DAC
North Carolina Diabetes Advisory Council

North Carolina Diabetes Advisory Council

2027 DAC Meetings

February 5, 2027

May 14, 2027

October TBD

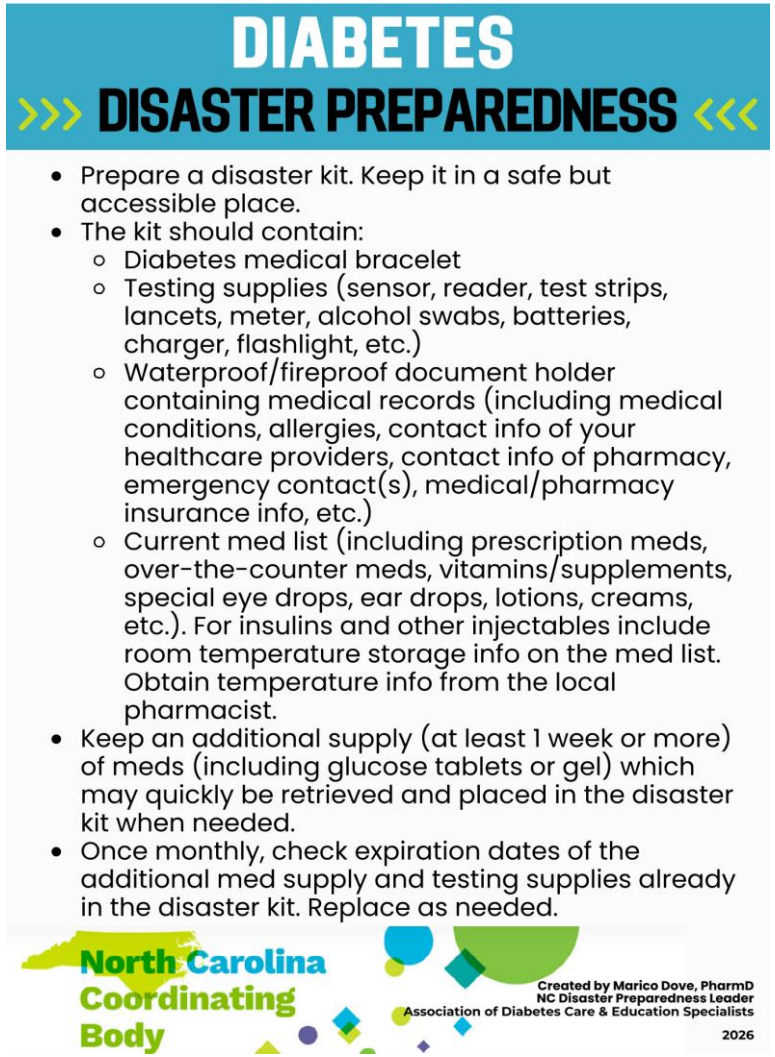
North Carolina Diabetes Advisory Council

DAC Newsletter

The Fall Newsletter will be sent out during the third week of October.

DAC
North Carolina Diabetes Advisory Council

Diabetes Disaster Preparedness



Marico Dove, PharmD
Diabetes Disaster Preparedness Leader
NC Coordinating Body of the Association of Diabetes Care & Education Specialists

DAC
North Carolina Diabetes Advisory Council

Breakthrough T1D Events

Charlotte and Western North Carolina Chapter

Greater Wilmington Chapter

Piedmont Triad Chapter

Triangle Chapter

DAC
North Carolina Diabetes Advisory Council

State of Diabetes

RDU STATE OF DIABETES SYMPOSIUM

Date: October 27, 2026
Time: 9AM-12PM
Location: North Carolina Central University Student Center | 500 Nelson St. Durham, NC 27707

Theme: *From Diabetes & Obesity Guidelines to Outcomes: Translating Evidence into Real-World Practice*

CHARLOTTE STATE OF DIABETES SYMPOSIUM

Date: November 5, 2026
Time: 9AM-12PM
Location: Northeastern University – Charlotte Campus | 2151 Hawkins St #800, Charlotte, NC 28203

Theme: *From Diabetes & Obesity Guidelines to Outcomes: Translating Evidence into Real-World Practice*

DAC
North Carolina Diabetes Advisory Council

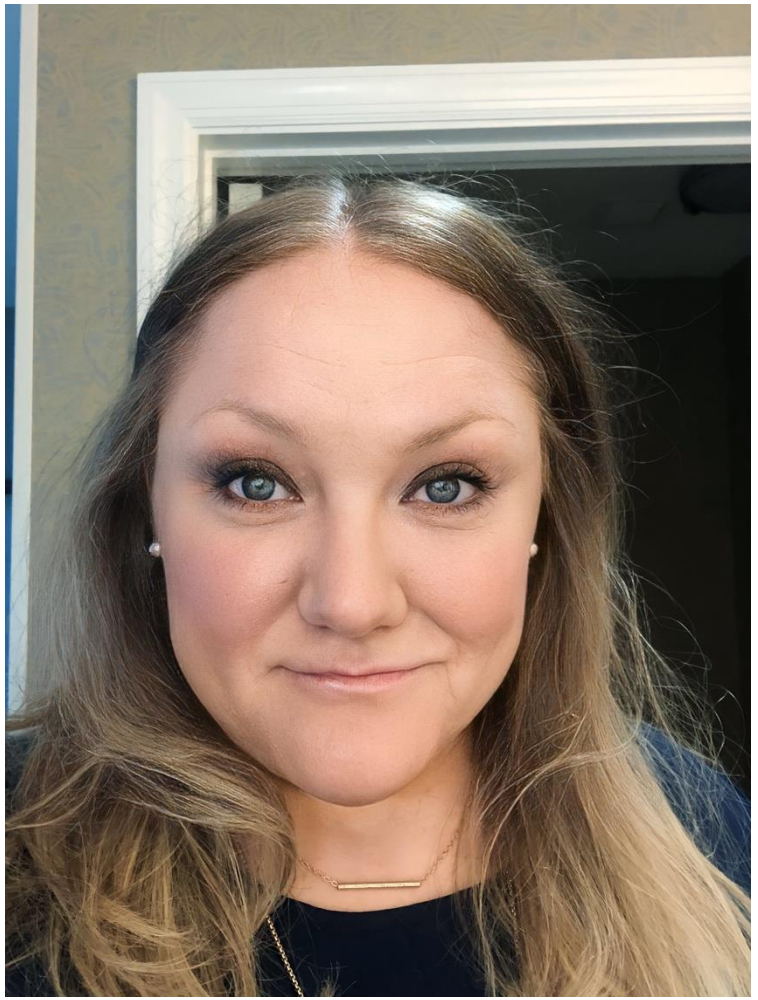
Diabetes Education for Parents Taskforce

With the recent passage of the North Carolina state budget, governing bodies of public school units are now required to ensure that each school provides parents and legal guardians with information about Type 1 and Type 2 diabetes at the beginning of every school year. The North Carolina Department of Public Instruction (NCDPI), which is responsible for implementing the state's public school laws for pre-kindergarten through 12th grade public schools, has collaborated with North Carolina Diabetes Advisory Council (NC DAC) to develop the Diabetes Education for Parents Taskforce.

DAC
North Carolina Diabetes Advisory Council

DAC Co-Chair Voting

Meri Mitchell is the Outreach & Operations Director for Breakthrough T1D North Carolina, where she leads statewide strategies to expand community outreach, strengthen healthcare partnerships, and improve operational effectiveness across the organization. She is passionate about connecting individuals and families affected by type 1 diabetes with the resources, education, and support they need throughout every stage of their journey.



Meri works closely with healthcare providers, community partners, and volunteers across North Carolina to increase awareness, improve access to support programs, and strengthen the type 1 diabetes community. There was not a large T1D support system when her brother was diagnosed shortly before his 10th birthday, so Meri's drive to build meaningful connections in the T1D community stems from not wanting anyone to ever have to manage this disease on their own.

Meri is honored to serve on the DAC and looks forward to collaborating with fellow members to advance initiatives that improve the lives of people living with diabetes throughout North Carolina

DAC
North Carolina Diabetes Advisory Council

Bylaws Updates for 2027

- 2 Volunteers Needed
- ARTICLE X: AMENDMENTS
  Section 1. These by-laws may be amended at any business meeting by two thirds vote of the NC DAC membership present and voting, provided the proposed amendment has been submitted in writing to all voting members at least 30 days prior to the convening of the meeting.
- Bylaw Updates Timeline
  - October 9: Comment Period Opens
  - November 30: Comment Period Closes
  - January 4, 2027 - February 4, 2027: Review Period
  - February 5: Voting

DAC
North Carolina Diabetes Advisory Council

2026 Membership Survey

Please take a moment to complete the annual DAC Membership Survey for 2026. Your responses are essential for helping us improve as an advisory council and for our efforts to reduce the burden of diabetes in North Carolina. **November 13th** is the deadline for responses.

DAC
North Carolina Diabetes Advisory Council

Diabetes and Disordered Eating

Rhonda M. Merwin, PhD

Duke University, School of Medicine

DAC
North Carolina Diabetes Advisory Council

Beyond Glucose: Understanding the Psychosocial Determinants of Continuous Glucose Monitoring Experience among Black Young Adults with Diabetes

Shay D. Webb, DHSc, MS

DAC
North Carolina Diabetes Advisory Council

Break

10 minutes

North Carolina Diabetes Advisory Council

Diabetes: There ain’t no good type. There ain’t no bad type.

FAITH C. COOK, PSY.D.

DAC
North Carolina Diabetes Advisory Council

Workgroup Updates

Paul Bray

Dr. Leonor Corsino

Dr. Shay Webb & Kayla Sloan

DAC
North Carolina Diabetes Advisory Council

Advocacy & Policy

Insulin Act: In the House as of 9/2/26

**Committee on Energy and Commerce & Committees on Ways and Means, and Education and Workforce*

- Cap monthly out-of-pocket costs on insulin for those with group and individual market health plans
- Require pharmacy benefit managers (PBMs) to pass through 100% of insulin rebates and discounts to insurance plan sponsors
- Promote generic and biosimilar competition
- Create a pilot program to provide 10 states with funds for programs that help uninsured individuals access insulin
- Establish an insulin resource center and hotline to help uninsured individuals access insulin

DAC
North Carolina Diabetes Advisory Council

We Challenge You……

- Take the next 2 minutes to send an action alert to your legislatures for the Insulin Act (or anything on the Legislative Action Center -LAC).
- Send the link to the LAC to 1 person not at the event.
- Challenge them to send one action alert and pass on to another person….
- ***Advocacy Tip: Talk about what you know! ADCES provides talking points on legislation, but sharing personal stories and challenges is POWERFUL!***

ADA – Insulin Act Info

ADCES Action Alert

DAC
North Carolina Diabetes Advisory Council

Social Media

- Facebook: NC Diabetes Advisory Council Advocacy Workgroup
- Instagram @NCDiabetesACadvocacy
- Any workgroup can utilize the social media accounts. Reach out to Mindy McCullough at mccullough.mindye@gmail.com for access.
- If anyone in DAC is a social media wiz and interested in helping the Advocacy group, reach out to Mindy at the email above. Thank you!

DAC
North Carolina Diabetes Advisory Council

Emerging Science and Evidence Workgroup

Dr. Leonor Corsino

DAC
North Carolina Diabetes Advisory Council

2026 Conference Takeaways

Diabetes prevention, emerging therapies and care delivery

North Carolina Diabetes Advisory Council

ADA 2026 Scientific Sessions

Diabetes Prevention

- Earlier risk identification can better target prevention resources.
- Tailor lifestyle coaching to individual risks and barriers.
- Combine lifestyle support with appropriate obesity treatment.

ENDO 2026

Diabetes, Obesity & Muscle Health

- Preserve muscle and function during weight loss.
- Include resistance exercise alongside GLP-1 therapy.
- Emerging therapies may improve weight loss while preserving muscle.

ADCES26

Diabetes Education & Care Delivery

- Integrate technology while addressing access and emotional burden.
- Address diabetes distress and equity in everyday care.
- Sustain DSMES through quality improvement and demonstrated value.

North Carolina Diabetes Advisory Council

T1D Trends & Needs Workgroup

Dr. Shay Webb & Kayla Sloan

DAC
North Carolina Diabetes Advisory Council

Join a Workgroup and Get Involved!

Advocacy and Policy Workgroup

Emerging Science and Evidence

October 26 | 9 AM

T1D Trends and Needs

October 27 | 4 PM

DAC
North Carolina Diabetes Advisory Council

Meeting Wrap-Up & Action Items

- CEU Attendance Sheet and Duke Portal Registration
  - Pharmacists need to claim their credits within 60 days

DAC
North Carolina Diabetes Advisory Council

North Carolina Diabetes Advisory Council

Upcoming DAC Meetings

February 5, 2027

In-Person at The McKimmon Center for Extension and Continuing Education
1101 Gorman Street, Raleigh, NC 27606

Virtual Option Available

diabetesnc.com/diabetes-advisory-council

North Carolina Diabetes Advisory Council

2026 DAC Awards & Scholarship

DAC
North Carolina Diabetes Advisory Council

2026 Hugh Young Diabetes Care and Education Specialist Scholarship

Rachel Hall-Azam

North Carolina Diabetes Advisory Council

2026 Health Care Provider Award

UNC Health Wayne Center for Nutrition and Diabetes Health

DAC
North Carolina Diabetes Advisory Council

2026 Myrna Miller Employer Award

Randolph County Government

North Carolina Diabetes Advisory Council

2026 John Bowdish Community Award

Donnae Ward Laughinghouse

DAC
North Carolina Diabetes Advisory Council

DAC

North Carolina Diabetes Advisory Council

thank you, Joanne!