

**Continuing Education Information**  
**IHS Division of Diabetes Treatment and Prevention**  
**Advancements in Diabetes Recorded Sessions**

**Title: Make Every Bite Count with the Dietary Guidelines: Supporting Healthy Eating Across the Lifespan**

**Presenters:** Janet de Jesus, MS, RD; HHS Nutrition Advisor  
LT Dennis Anderson-Villaluz, MBA, RD, LDN, FAND; HHS Nutrition Advisor  
Dana DeSilva, PhD, RD; HHS ORISE Health Policy Fellow  
Jessica Larson, MS, RD; USDA Public Affairs Specialist

**Type of Activity:** Enduring Event (Recorded Webinar)

**Release Date:** May 25, 2021

**Expiration Date:** May 11, 2024

**Estimated Time to Complete Activity:** 60 minutes

**Live Session Originally Presented on:** May 12, 2021

**Information about the webinar presentation:**

The new Dietary Guidelines for Americans, 2020-2025 were released in December 2020. This presentation will provide an update on the Guidelines, the recommendations for all life stages, and guidance on implementing use of the Guidelines to help people with diabetes start and maintain a healthy eating pattern. Implementation plans such as "Start Simple" and "make every bite count" will be addressed.

**Training Objectives and Outcomes:** As a result of completing this training, participants will be able to:

1. Examine the current Dietary Guidelines and supporting key recommendations.
2. Adapt the new Dietary Guidelines framework to address the local cultural needs of AI/AN communities.
3. Utilize resources and information for implementation of the new guidelines in Indian country.

**Requirements:** You must have a computer with broadband Internet access. For the best experience viewing the videos, use Internet Explorer 7 or greater and Flash 8 player. Click on the "Flash" icon to install the player, if necessary. If you have any trouble viewing the video trainings, contact us at [diabetesprogram@ihs.gov](mailto:diabetesprogram@ihs.gov) for alternate viewing options. If you have trouble viewing this training on-line, check your system to make sure you have the appropriate hardware and software. If you need help or have any questions, please send an email to [diabetesprogram@ihs.gov](mailto:diabetesprogram@ihs.gov).

**Note:** Before you begin the training, you may review the IHS Privacy Policy at the following link: (<https://www.ihs.gov/privacypolicy/>). You may also review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected.

<http://www.surveymonkey.com/mp/policy/privacy-policy/>

**Continuing Professional Education (CE) Credit Information:** To receive CE credit, you must view the entire training, watch the complete video and review the handout, successfully pass the quiz (score  $\geq$  80%), and complete an evaluation. You will be able to print a "Certificate of Continuing Education Credits" online following the training.

Individuals taking this course for the first time are eligible for CME/CE credit. If you previously completed this, or the live course, you are not eligible for CME/CE credit. If you complete the course more than once, you may obtain a certificate of completion.

## Accreditation:



In support of improving patient care, IHS Clinical Support Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## Credit Designation Statements



This activity was planned by and for the healthcare team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credits for learning and change.

### Physicians

The IHS Clinical Support Center designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nurses

This activity is designated 1.0 contact hour for nurses.



### Registered Dietitian Continuing Education Credit

The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded 1 CPEU. Each attendee should only count the number of hours for each activity attended. The IHS NDTP number is NU006.



### Dental Continuing Education Credit

The Indian Health Service (IHS) Division of Oral Health is an ADA CERP Recognized Provider.

The IHS Division of Oral Health designates this continuing dental education course for 1 hour of credit. Each attendee should claim only those hours of credit actually spent in the educational activity.

Accreditation applies solely to this educational activity and does not imply approval or endorsement of any commercial product, services or processes by the CSC, IHS, the federal government, or the accrediting bodies.

**Disclosure Statement:** As a jointly accredited provider of continuing education, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any relevant financial relationships or affiliations with any manufacturers or commercial products to disclose. There is no commercial interest support for this educational activity.

## Planners

The planning and development included IHS Division of Diabetes Treatment and Prevention and a team of individuals with expertise in relevant professions.

Name and Credentials	Present Position/Title
Jana Towne RN, BSN, MHA	Nurse Planner, Nurse Consultant, DDTP
Lani Desaulniers, MD	Clinical Consultant, Physical Educator, DDTP
Kibbe Brown, MSN, RDN	Nurse Consultant, DDTP
Jan Frederick, MSN, RDN	Clinical Training Coordinator, Nutritionist, DDTP