

Continuing Education Information

IHS Division of Diabetes Treatment and Prevention Advancements in Diabetes Recorded Sessions

Title: Small Shifts, Big Impact: Integrating Nutrition Standards, CKM Care, and Nutrition-Focused Medication Management in Diabetes

Presented by:

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Founder: Nutrition for Daily Living

Type of Activity: Enduring Event (Recorded Webinar)

Release Date: September 23, 2026

Expiration Date: September 22, 2029

Estimated Time to Complete Activity: 60 minutes

Live Session Originally Presented on: September 23, 2026

Target Audience: Physicians, Nurses, Dentists, Pharmacists, Dietitians and other Healthcare Professionals working in Clinic and Community Health Settings

Information about the webinar presentation:

This presentation will review current standards of care in diabetes nutrition and highlight CKM-focused dietary strategies to address interconnected cardiometabolic and kidney health risks. Participants will explore key nutrition considerations across common glucose-lowering medications, including SGLT2 inhibitors, metformin, GLP-1 receptor agonists and insulin to align care plans with patient needs. Emphasis is placed on culturally responsive, patient-centered approaches, including the “small shifts” framework to support sustainable nutrition and lifestyle changes. Attendees will leave with actionable strategies to enhance diabetes care for the communities they serve.

Training Objectives and Outcomes: As a result of completing this training, the healthcare team will be able to:

1. Examine current standards of nutrition care for people with diabetes, including evidence-based nutrition interventions that address cardiometabolic and kidney (CKM) health.
2. Identify key nutrition considerations for commonly prescribed glucose-lowering medications.
3. Apply practical behavior change strategies, including the "small shifts" framework, to help patients make sustainable nutrition and lifestyle improvements that support diabetes self-management.

Requirements: If you plan to join the webinar session, you must have a computer with broadband Internet access. For the best experience viewing the videos, use Microsoft Edge or Google Chrome. If you have any trouble viewing the video trainings, contact us at 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.

Note: Before you begin the training, you may review the IHS Privacy Policy at the following link: <https://www.ihs.gov/privacypolicy>.

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 >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.

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

Credit Designation

Statements

For this activity, credit is designated for:

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.

Pharmacists

This activity provides 1.0 hour of Knowledge-based continuing pharmacy education credit. Universal Activity Number: JA4008177-0000-26-092-H99-P.

Credit will be uploaded to the NABP CPE Monitor within 30 days after the activity completion. It is the responsibility of the pharmacist to provide the correct information (NABP ID and DOB (MMDD)) in order to receive credit.

Nurses

This activity is designated 1.0 contact hour for nurses.



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU).

If the activity is dietetics related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU).

RDs and DTRs are to select activity type 102 in their Activity Logs.

Dental Continuing Education Credit:

To obtain dental continuing education credit please email IHSCDECoordinator@ihs.gov.

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 the existence of all financial relationships with ineligible companies within the prior 24 months. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this education activity have completed the financial disclosure process and have indicated that they do not have any relevant financial relationships or affiliations with any manufactures or commercial products to disclose with the exception of:

- Christine Craig, MS RD CDCES, faculty for this educational activity is a Consultant Certified Trainer for the following diabetes device companies: Betatonic, Tandem Diabetes and Medtronic.

All of the relevant financial relationships listed have been mitigated.

There is no commercial interest support for this educational activity

Planners of this activity:

Name and Credentials	Present Position/Title
Darin M. Prescott, DNP, MBA, RN	DTTP Deputy Director
Lani Desaulniers, MD	Clinical Consultant, Physician Educator, DDTP
Stacy Hammer, MPH, RDN	National Nutrition Consultant, DDTP
MaryJo Zunic, PharmD, PhC, CDCES	Chief Pharmacist, Planner
Wendy Castle, MPH, RD, LD, CDC	Clinical Training Coordinator, Planner, DDTP
Sarah Murray, MPH, PMP	Reviewer