Continuing Education Information

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

Title: Trauma, Nutrition, and Metabolic Resilience: Implications for Diabetes Prevention and Care

Presented by:
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Type of Activity: Enduring Event (Recorded Webinar)
Release Date: October 7, 2026
Expiration Date: October 6, 2029
Estimated Time to Complete Activity: 60 minutes
Live Session Originally Presented on: October 7, 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 session presents an integrated, trauma-informed approach to diabetes care and prevention, highlighting the connections between stress physiology, metabolic resilience, and diabetes outcomes. When stress physiology becomes persistent, it can contribute to insulin resistance, glycemic instability, and increased risk for the development or progression of type 2 diabetes. Participants will gain practical insight into how targeted nutrition strategies can support both healing and improved glycemic management.

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

1.Examine how nutrition affects resilience, trauma recovery, PTSD, and diabetes prevention and management.
2.Determine the impact of trauma on the gut microbiome, gut-brain axis, blood glucose control, and insulin sensitivity.
3.Identify nutrition factors that affect stress response and blood sugar stability, and apply nutrition strategies to support healing and diabetes 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: JA4008177-0000-26-095-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.

Commission on Dietetic Registration
the credentialing agency for the Academy of Nutrition and Dietetics

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 claim Continuing Dental Education for this Webinar please log into the IHS Dental Portal. Select "Continuing Dental Education" on the left-hand side. Select "catalog." And then enter the course number and completion code below. If you have any questions please contact the CDE coordinator at IHSCDECoordinator@ihs.gov.

Course Number: DE1287 **Completion Code:** Nutrition

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 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 of this activity:

Name and Credentials	Present Position/Title
Darin M. Prescott, DNP, MBA, RN	DTTP Deputy Director
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Stacy Hammer, MPH, RDN	National Nutrition Consultant, DDTP
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