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**CASCADE HEALTH EARNS AMERICAN DIABETES ASSOCIATION RECOGNITION FOR DIABETES EDUCATION PROGRAM**

**Eugene, Ore. (September 14, 2020) -** Cascade Health’s Diabetes Education program has been awarded the prestigious American Diabetes Association Education Recognition Certificate for quality diabetes self-management education and support services.

Certification distinguishes Cascade Health’s program as having met the rigorous National Standards for Diabetes Self-Management Education and Support developed and tested under the auspices of the National Diabetes Advisory Board. Services that achieve recognition have a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management. Recognition status is awarded for four years.

“Ensuring our program incorporates current best practices to help people effectively manage their diabetes is one way we provide high-quality health care that makes life better for those we have the privilege to serve,” said Kirsten Gram RD, LD, CDCES, manager of Diabetes & Nutrition Education at Cascade Health. “We are honored to be recognized by the American Diabetes Association for the quality of our program, a status we are proud to have achieved for the last 21 years.”

According to the Centers for Disease Control and Prevention 2020 National Diabetes Statistic Report, 34.2 million people or 10.5 percent of the population in the United States have diabetes. Proper management can help prevent potentially serious complications of the disease, including kidney disease, circulation problems, heart attack and stroke.

Cascade Health’s Diabetes Education program focuses on teaching self-management skills to help people understand how the body reacts to food, exercise, medication and insulin to gain control of blood glucose and develop a healthier lifestyle. The organization offers one-on-one appointments, group classes and support groups, supported by a team that includes registered nurses, nutritionists, diabetes education specialists and insulin pump and glucose monitor trainers.

The CDC recommends people receive Diabetes Self-Management Education and Support when they are first diagnosed with diabetes; during annual assessments; when new complications arise or situations change the way people take care of themselves; and when their treatment changes. People who may benefit from diabetes education should ask their doctor for a referral.

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**Cascade Health** is a local, nonprofit health care organization comprised of caring, qualified professionals who meet the unmet health needs of the community. The organization provides home health care services including home-based rehabilitative care, hospice, palliative care and behavioral health. They also deliver a continuum of occupational health services such as pre-employment screening, drug testing, injury prevention and Employee Assistance Program (EAP) services. More information about Cascade Health may be found at cascadehealth.org.

The **American Diabetes Association** is the nation’s leading non-profit health organization supporting diabetes research, advocacy and information for health professionals, people with diabetes and the public. Founded in 1940, the Association continues to support people affected by diabetes nationwide.

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