



How to Get Involved with Advocacy:

A Resource Guide for Diabetes Care and Education Specialists

Advocacy means different things to different people. It can mean meeting with legislators and talking about legislation, or it can mean helping a person with diabetes navigate the health system or find affordable medication options. Diabetes care and education specialists usually advocate multiple times throughout their workday, though they might not consider it a formal advocacy. Because advocacy comes in many forms, it can be complicated for those looking to get more involved in the process; it is not always clear where to start. This can be especially challenging for State Coordinating Bodies (CBs) and Local Networking Groups (LNGs) looking to identify advocacy priorities for their state.

To assist, the ADCES Advocacy Committee has developed resources and suggested action steps, CBs, LNGs, and diabetes care and education specialists can take to get more involved in advocacy. This includes a survey to help set priorities, an advocacy guide, and a list of actions to help get started!

Resources

- **State Advocacy Survey:** The ADCES Advocacy Committee developed an [advocacy survey](#) to help State CBs and LNGs understand the challenges their colleagues face on the state level. Once concerns are identified, the state CBs can use this data to begin to develop advocacy priorities and action plans. This advocacy survey is meant to serve as a model or example for states. It can be downloaded and customized based on the needs of your state. Learn more [here](#).
- **[Consensus Statement on U.S. Health Care Reform for People with Diabetes:](#)** ADCES joined 11 other non-profit diabetes organizations to develop this Consensus Statement designed to outline a person-centered framework for U.S. health care reform. This document can serve as a valuable tool in our advocacy efforts and includes policy recommendations that can be implemented at the local, state, and federal level.
- **Advocacy Forum on ADCES Connect:** [Subscribe](#) to the Advocacy Forum on ADCES Connect. Connect with advocates, find out the latest advocacy news, post your questions, and get the latest information on ADCES' advocacy initiatives through our blog posts and other resources.

- **Advocacy Guide:** Check out ADCES' [Advocacy Guide](#), which features tips on how to take action on a wide range of advocacy issues, including identifying your members of Congress and opportunities for CB involvement in advocacy.
- **Plan a State Capitol Day:** ADCES has developed a [resource document](#) to assist state CBs with planning an in-person or virtual day at their state capitol. This can be a great way to develop relationships with your state legislators.
- **Advocacy Partners:** Consider coordinating with other state organizations to assist in your advocacy efforts: the American Diabetes Association, JDRF, the National Kidney Foundation, local health departments, diabetes advisory groups, etc.

Suggested Advocacy Activities: here is a list of ways you can get involved in advocacy:

- Subscribe to the Advocacy Forum on [ADCES Connect](#).
- Participate in ADCES quarterly Advocacy Townhall Meetings.
- Visit the ADCES [Legislative Action Center](#) and find your members of Congress.
- Contact your members of Congress by phone, e-mail, or social media.
- Set up an in-person meeting when your member of Congress is home in the district.
- Attend a local legislative event or townhall (either in-person or virtual).
- Reach out to advocacy partners like JDRF, ADA, National Kidney Foundation, state health departments, diabetes advisory groups, professional associations, or others in your state to learn more about their advocacy initiatives and potential for partnerships.
- Prepare written or oral testimony in response to a legislative, regulatory, or coverage proposal.
- Write a blog post about what advocacy means to you on your state CB page.
- [Conduct](#) an advocacy survey in your state.
- Hold a quarterly advocacy meeting or townhall for members of your CB/LNG.
- Schedule time at your annual state CB meeting for an advocacy presentation.

- [Learn](#) about affordable medication programs and use that information to advocate for your patients.
- Find out if you have a state grassroots coordinator in your state and see what you can do to learn more about advocacy from them.
- Learn to advocate for your patients with insurers.
- Learn about how formularies work and how to advocate for your patients for the lowest drug prices.
- Find out if your state has a Diabetes Action Plan and contact those working on that plan to see how you can help.
- Contact your state health department and find out who manages the CDC grant for DSMES and DPP. See how you can get involved in their activities.
- Learn more about the candidates running for elected office in your state. Get involved or donate to the campaigns of candidates who support the issues important to you as a diabetes care and education specialist and people with diabetes.