Disclosure to Participants

- Notice of Requirements For Successful Completion
  - Please refer to learning goals and objectives
  - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours

- Conflict of Interest (COI) and Financial Relationship Disclosures:
  - Presenter: Anny Ha, MS, RD, CEDRD, CDE- Consultant, Tandem Diabetes Care

- Non-Endorsement of Products
  - Accredited status does not imply endorsement by AADE, ANCC, ACPE, or CDR of any commercial products displayed in conjunction with this educational activity

- Off-Label Use:
  - Participants will be notified by speakers if any product is used for a purpose other than for which it was approved by the Food and Drug Administration

Objectives

- Describe the Eating & Thriving program and outcomes data at Cleveland Clinic
- Discuss patient case study “Otis” from Eating & Thriving program
- Provide clinical pearls on how to integrate eating activities during diabetes visits
Anny Ha  
MS, RD, CEDRD, CDE
Registered Dietitian  
Certified Eating Disorders RD  
Certified Diabetes Educator  
Cleveland Clinic  
Cleveland, OH

Eating & Thriving: A Meal Group  
For People Living With Diabetes

How To Eat
• “BYOM”  
  Bring Your Own Meal  
• Check BG  
• Medication
How To Eat

• Regular Meals
• Contextual Skills
• Repetition

How To Eat
Permission & Structure
Ground Rules
1. Try not to be negative
2. Move away from judgment words: “good” and “bad”
3. There is no right or wrong way to eat
4. It’s not junk, it’s a treat
5. Mindfulness
6. You can eat all foods in moderation

Centering
• Pause
• Tune Into Physical Sensations
Round Table Talk

“It felt like being with friends and family” – former patient
**Post-Meal**

“Something positive is taking the time to tune in and get in touch with how my body is feeling.”

— former participant

**CGM**

- “Aha”
- Team Approach
- Medication Adjustments
### Outcomes

<table>
<thead>
<tr>
<th>Scale</th>
<th>Before Average</th>
<th>After Average</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes Distress Scale</td>
<td>2.9</td>
<td>2.3</td>
<td>↓ 21%</td>
</tr>
<tr>
<td>ecSI 2.0 Eating Competence Scale</td>
<td>22</td>
<td>26</td>
<td>↑ 15%</td>
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### Clinical Pearls

- Highlights & Lessons Learned
- Behind the Scenes: Starting a New Program
- Documentation & Billing