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 - Presenter: Anny Ha, MS, RD, CEDRD, CDE- Consultant-Tandem Diabetes Care
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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

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

How To Eat

- “BYOM”
Bring Your Own Meal
- Check BG
- Medication



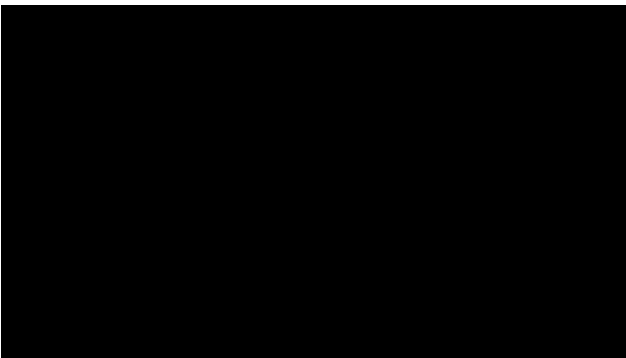
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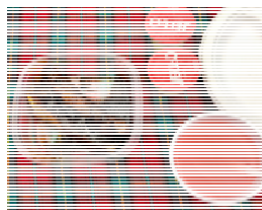
How To Eat

- Regular Meals
- Contextual Skills
- Repetition



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How To Eat Permission & Structure

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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

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Centering

- Pause
- Tune Into Physical Sensations



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Round Table Talk

“It felt like being with friends and family” – former patient



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Post-Meal

“Something positive is taking the time to tune in and get in touch with how by body is feeling.”
 – former participant #AADE19

CGM

- “Aha”
- Team Approach
- Medication Adjustments



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Outcomes

Scale	Before Average	After Average	Difference
Diabetes Distress Scale	2.9	2.3	↓ 21%
ecSI 2.0 Eating Competence Scale	22	26	↑ 15%

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- Clinical Pearls**
- Highlights & Lessons Learned
 - Behind the Scenes: Starting a New Program
 - Documentation & Billing
- #AADE19



Questions
