

**December 7, 2017**

## **MCHD named accredited diabetes education program**

MOBILE, Alabama — The Mobile County Health Department has been named an accredited diabetes education program by the American Association of Diabetes Educators. The AADE is a National Accredited Organization that is certified by the Centers for Medicare & Medicaid Services.

The accreditation – which is valid for four years — will allow people with diabetes in southwest Alabama to have increased access to high quality diabetes education services. AADE is one of two National Accredited Organizations, the other being the American Diabetes Association.

“This accreditation is a wonderful opportunity for us here at the Mobile County Health Department to provide our patients with life-changing diabetes education,” said Becky Light, RDN, LD, Senior Nutritionist with MCHD’s Nutrition Services who will serve as the AADE program director. “Nutrition Services is honored to be a part of AADE and be of service to our MCHD community.”

Diabetes education is a collaborative process through which people with or at risk for diabetes to gain the knowledge and skills needed to modify behavior and successfully self-manage the disease and its related conditions. The program is comprehensive and taught by diabetes educators who have extensive training.

Elizabeth W. Smith, MPA, RD, LD, who oversees the Bureau of Communicable Diseases & Support Services, said the extensive application process was begun by Dana Herazo, a former Senior Nutritionist who retired earlier this year. Smith said the AADE accreditation is a tribute to Herazo’s hard work and dedication to public health.

MCHD will offer the education programs at its main Keeler Memorial Building offices at 251 North Bayou Street in Downtown Mobile, as well as its Dauphin Island Parkway, Eight Mile, North Mobile and Semmes health centers. For details, call 251-690-8805.

“AADE’s accreditation assures that an accredited program meets the National Standards for Diabetes Self-Management Education and Support,” said Leslie E. Kolb, RN, BSN, MBA, the Accreditation Director for the Diabetes Education Accreditation Program. “Programs who meet these criteria are considered high quality and have been shown to improve the health status of the individuals who embrace the education and help to modify sometimes unhealthy behaviors, or simply provide the education that the person with diabetes has not previously received. The Mobile County Health Department is exactly the type of program we envisioned when we set up our accreditation in 2009.”