DFM-C3E-MM

Department of Family Medicine
Community-Centered Clinical Excellence
Monthly Meeting

Welcome to the C3E meeting. We are glad you are here!

We will get started at 12:02

Please put name, pronouns, title, organization, and email into the chat.

July 21, 2026



DFM-C3E-MM

Department of Family Medicine
Community-Centered Clinical Excellence
Monthly Meeting

July 21, 2026

Anschutz
School of Medicine

Department of Family Medicine **C3E Program**
Community Centered Clinical Excellence
University of Colorado **Anschutz Medical Campus**

Agenda Format

- Welcome:
  - Introductions and ice breaker: in the chat 3min
- DFM-C3E-MM purpose, group norms and updates
  - Heather, Sheryl, Gil and Taryn: 10 min
- Presentation: ~25-30min
- Q & A: 10-15min
- Group share and check in *(if time allows)*
- Survey link and adjourn

The C3E Team



Heather Bleacher, MD
she/her



Sheryl Harrington
she/her



Gilbert Achay
he/him



Taryn Bogdewiecz,
they/them or xe/xem/xyrs

Introductions and Ice Breaker

Introductions

In the chat, please share:

Your name, pronouns, title, organization, and email.

Ice breaker questions *[it's summer & we're collecting ideas to share]*

In the chat, please share:

What is a book you are currently reading? Or a podcast you are listening to?

and/or

What is a book or podcast you finished that you want to recommend to others?

DFM Community Centered Clinical Excellence Program Monthly Meetings (DFM-C3E-MM)

Meeting Purpose:

- To increase awareness of programs and activities being done in community spaces across the state by DFM faculty, physicians, clinicians, staff, researchers, medical residents, and students as well as fellow colleagues across the Campus working in areas of community engagement and activities that promote health access and healthy outcomes.
- To learn and hear from nonprofits, state agencies, community-based organizations *(such as community groups, potential partners, and community residents)* about the resources and support they provide to our Colorado communities.
- To provide opportunities for our family medicine clinics to broaden their awareness of Campus and community-based resources available.
- To create an opportunity to make connections with each other.

DFM-C3E-MM Suggested Group Norms

- Please add your pronouns to your name in zoom meetings.
- Make sure that your microphone is on mute during presentations.
- During the presentation portion of the meeting, put questions into the chat or use the raise hand button.
- Cameras on, whenever possible, especially if we are hosting guests from an outside organization.
- We're glad you have joined us today!

Schedule of upcoming C3E Monthly Meetings:

Tuesday, August 18	• Kevin Ashcraft, MBA, Veterans Service Officer, Business & Workforce Center • Drew Stem, MSW, County Veteran Service Officer	Veterans Service Officers (VSO). VSOs help veterans, retirees and their families navigate VA benefits. Join us for an overview and a rich Q+A.
Tuesday, Sept 15	Be Well is a grassroots community driven initiative that empowers residents through local engagement, policy education and health promotion strategies.	Be Well Health & Wellness Initiatives: • Block Captains • Centers • Health Policy • Youth
Tuesday, October 20	RTD (Regional Transportation District)	RTD will cover these offices and programs: • Paratransit: Access-a-Ride, Access-on-Demand • Civil Rights Division: Transit Equity Office, ADA Compliance Office • Community Engagement • Homelessness Outreach Coordination

Additional Notes

- **New to this group?** Please add your name, email, and organization to the chat.
- Join our Listserv. Email **DFM.CommunityEngagement@CUanschutz.edu**
- View our upcoming calendar and our past **C3E Monthly Meeting recordings**
- Do you have a suggestion for a future presenter or topic? Add it to our **suggestion box**

Community Events, Opportunities and Resources

Events and Opportunities

- 8/19/2026 9am-5pm, **FindHelp Social Care Summit.** This event brings together healthcare organizations, community-based providers, government agencies, technology partners, and others to explore the future of connected care in our region. Location: the Conference Center at RidgeGate, Lone Tree, CO. Register

- Intercambio.org offers low-cost virtual **Citizenship classes** and **Adult English classes** to anyone in the US, as well as one-on one teaching. Additionally, they have options for in-person Adult English classes in Boulder and Longmont. Learn more at https://intercambio.org/english-classes-for-adults/ Online@intercambio.org (720) 383-4545

- Free and low-cost **Mental Health First Aid classes** offered across Colorado for adults, youth and teens. Learn more about locations and schedules here: https://www.mhfaco.org/

- 9/12/2026 10-2pm FJNWA **Food Justice Festival**. Learn more and RSVP for the event today.

Resources:

- Check out Colorado **Disability Pride Month** activities list and learn about disability history by reviewing these disability education resources.

We appreciate your feedback!

The 2026 **DFM-C3E-MM survey** is now available.

Open the link in the chat so it's ready to complete after the meeting.

It just takes 2 minutes. Thanks!



https://forms.cloud.microsoft/r/0nvdtnmPtb

Today's Presenter

Anschutz

DFM-C3E-MM

Department of Family Medicine
Community-Centered Clinical Excellence
Monthly Meeting



Diabetes Wellness Programs | Programas Para El Bienestar Ante La Diabetes

Nutrition & Family Health
A division of Adams County Health Department

ADAMS COUNTY HEALTH DEPARTMENT

Maritza Orozco-Reyes, (she/her), Registered Dietitian Nutritionist, **Certified Diabetes Care & Education Specialist**, Adams County Health Department

COLORADO
Diabetes Self-Management Education and Support

Welcome!

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

ADAMS COUNTY
HEALTH DEPARTMENT
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A little about me!



- I have been in public health for about 9 years.
- I am Registered Dietitian Nutritionist (RDN) and a Certified Diabetes Care and Education Specialist (CDCES).
- I am passionate about educating priority populations to help improve health outcomes.
- When I am not in the office, I love anything outdoors (gardening, walking, kayaking), baking and listening to a good podcast!

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Why we are here?

- The Diabetes Self-Management Education and Support (DSMES) and National Diabetes Prevention Program (NDPP) program will provide an added layer of support to your diabetes practice.
- DSMES and NDPP will give your patients tools to start and sustain healthy habits for life.
- It’s easy, trusted and convenient.

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What is DSMES?

DSMES stands for Diabetes Self-Management Education and Support. It is a comprehensive program designed to help individuals with diabetes understand their condition and develop skills necessary to manage it effectively.

The Goal of DSMES is to empower individuals to make informed decisions about their health, leading to better outcomes and improved quality of life.

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Eligibility Requirements for DSMES?

1. Diagnosis: Participants need to have a diagnosis of diabetes (type 1 or type 2).

2. Age: for individuals over 18.

However, we welcome anyone in the patients support network to attend alongside the patient.

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What is DSMES?

DSMES classes cover a variety of topics including:

- PHYSICAL ACTIVITY
- REDUCING RISK FOR DIABETES COMPLICATIONS
- COPING AND PROBLEM SOLVING
- HEALTHY EATING HABITS
- MONITORING BLOOD GLUCOSE LEVELS
- MEDICATION ADHERENCE

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DSMES benefits patients

Participation in DSMES leads to:

- Improved A1C scores
- Better control of blood pressure and cholesterol levels
- Better long-term health outcomes
- Higher quality of life

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DSMES benefits patients

- Classes are convenient and flexible, allowing patients to participate based on their schedules.
- DSMES groups meet regularly – weekly and sessions are 1-2 hours long.
- In group sessions, patients have the chance to talk about their challenges and receive support.
- Thanks to virtual meetings, transportation is not a barrier to participation.
- Educators work to help patients navigate barriers to participation.

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DSMES benefits providers

- When patients participate in DSMES, it can help providers meet pay-for-performance goals and can increase patient satisfaction scores.
- DSMES provides an added layer of support to your practice as you care for diabetes patients.

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What is NDPP?

- The National Diabetes Prevention Program (NDPP) or Journey to Wellness (JTW) is a community-based lifestyle change program aimed at preventing type 2 diabetes in individuals at high risk.

- The program spans a year and includes group sessions led by trained coaches.

- By focusing on weight loss and physical activity, JTW significantly reduces the risk of developing type 2 diabetes and improve overall health outcomes.

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Eligibility Requirements for Journey To Wellness?

1. Age: required to be at least 18 years old.

2. A BMI (Body Mass Index) of 25 or higher (23 or higher for Asian Americans).

3. Prediabetes Diagnosis: A blood test indicating prediabetes

4. Risk Factors: Individuals must be at high risk for developing type 2 diabetes, which can be determined through risk test: https://www.cdc.gov/prediabetes/risktest/

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What is JTW?

JTW classes cover a variety of topics including:

- PHYSICAL ACTIVITY
- WEIGHT MANAGEMENT
- BEHAVIOR CHANGE
- HEALTHY EATING HABITS
- STRESS MANAGEMENT
- SUPPORT & MOTIVATION
- MONITORING PROGRESS

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JTW benefits patients

Participation in JTW leads to:

- Reduced Risk of Type 2 Diabetes
- Improved Nutrition
- Increased Physical Activity
- Behavior Change Skills
- Supportive Community
- Long-Term Health Benefits

Overall, the JTW empowers individuals to take control of their health, leading to improved outcomes and a better quality of life.

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Our Programs:

- DSMES & JTW programs are available across Colorado, including in rural areas.
- https://www.adces.org/diabetes-education-dsmes
- https://diabetes.org/tools-resources/diabetes-education-programs
- https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/find-a-program.html

- With a referral from you, diabetes patients can quickly enroll in a local class.

- Participants can choose from a variety of online, in person, and individual or group classes.

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How to send Referrals:

- Obtain and document patient consent to refer
- Using our referral link, via fax or encrypted email
- Need demographic sheet, including current A1C results
- Once a referral is received our team will reach out in a 24-hour time frame
- Maximum of 3 attempts will be made to connect with patient
- If patient chooses to enroll or doesn’t enroll in the program, feedback will be given to provider as soon as we know
- If patient enrolls and attends, detailed feedback regarding progress will be given after the cohort ends

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Diabetes Education Program Referral

Thank you for choosing to partner with us in your patient's care.

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Date: _____

Phone: 720-266-2971 Fax: 720-550-5579
Email: DiabetesEducation@adcogov.org

Practice Name: Clinica Family Health
Address:
Phone:
Fax:

Referring Provider: _____This form completed by: _____

PATIENT INFORMATION

Last Name: _____ First Name: _____ DOB: _____

Address: _____

Phone Number: _____ Email: _____

Medical Insurance: □ **Yes** □ **No** If yes, Health plan/insurance company:_____

Gender: Male / Female / Non-binary/Other Height: _____ Weight: _____

Race/Ethnicity: (Select ALL that apply; add additional details in other)

□ American Indian or Alaska Native	□ Asian/ Asian American	□ Hispanic or Latino
□ Black or African American	□ Middle Eastern/ North African	□ Non-Hispanic or Latino
□ Native Hawaiian or Other Pacific Islander	□ White	□ Other: _____

Primary Language: _____ Can speak & understand English: □ **YES** □ **NO**
Does patient have any limitations in mobility, hearing, seeing, speaking, or reading? (Please describe) _____
_____

□ **DIABETES PREVENTION PROGRAM (Journey to Wellness)**

- ✓ Diagnosis of pre-diabetes
- ✓ BMI ≥ 25 (≥ 23 if Asian)
- ✓ Recent HgbA1c or blood sugar test results (if available)_____ Date_____

□ **DIABETES SELF-MANAGEMENT EDUCATION**

- ✓ Diagnosis of Type II Diabetes

Recent HgbA1c _____ Date: _____
□ Goal HgbA1c ≤ 7% *OR* Other: _____

Notes: _____

We will contact your patient directly to complete an initial phone interview and begin enrollment into the service(s) requested above.

THANK YOU FOR PARTNERING WITH ADAMS COUNTY HEALTH DEPARTMENT!

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Refer Patients Today to Strengthen Diabetes Care and Prevention in Your Community!













COLORADO
Diabetes Self-Management Education and Support

Thank you for your time!

Diabetes Education and Prevention Program
DiabetesEducation@adcogov.org
Phone: (720) 266-2971
Fax: (720) 550-5579

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Q & A

Feel free to:

- come off mute to ask your questions,
- put your questions into the chat,
- or use the raise hand button.

Survey Reminder

https://forms.cloud.microsoft/r/0nvdtnmPtb



Group Share and Check In

- **Do you have an event or community activity that you want to share with the group?** Raise your hand or come off mute.

- Don’t forget to email event details to DFM.CommunityEngagement@CUanschutz.edu by the end of the day so we can share it in our follow-up email.

Thank you for coming. Our contact info:

DFM's Community Engagement Program: DFM.CommunityEngagement@CUanschutz.edu

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