Learn why diabetes educators have chosen to support people with diabetes and further their own careers by earning the Certified Diabetes Educator® (CDE®) credential.

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On Becoming a Diabetes Educator:
I had completed my Master’s Degree in Exercise Physiology and was working at a health club as a manager/personal training developing an exercise program for people with diabetes. I realized how clueless I was and looked for research and experts as well as a path for professional development in diabetes education. I came across The Joslin Clinic in Boston. This inspired me to apply for a position as one of their exercise physiologists. I had no idea this would transform my career and future to actualize everything that I have accomplished over the past 17 years.

On Motivation:
As an employee of The Joslin Clinic, I was expected to become CDE certified. I never questioned it and never thought about how it would change my career but it did! My mentors were my peers at The Joslin Clinic and the endocrinologists who I worked closely with on a variety of programs. Unlike many people in the field, I did not have a family member with diabetes who influenced me to enter this field. Rather, it is my passion to help people lose weight, exercise and be healthy that inspired me into the health and wellness field. Looking back I can see how the CDE certification has distinguished me from my peers in the field of exercise physiology and has provided unique business opportunities.

On Opportunities Provided as a Result of Holding the CDE Credential:
I am so grateful for the opportunities I have received as a result of earning the CDE. I have traveled as a guest speaker to numerous locations inside and outside of the US, including India, Colombia, and Mexico. I have worked in the device and pharmaceutical industry for over a decade and now am consulting and developing my own business.

On Her Proudest Achievement:
When I started doing home visits I began to understand how challenging it can be to live with diabetes. When you see someone’s home life you get an idea of the obstacles and challenges people face on a daily basis. I began to have a lot more compassion and appreciation for the reasons why my patients may not have been following my recommended guidelines and suggestions. It was certainly an eye opener.