

Canadian Diabetes Educator Certification Board



13909 Hurontario Street, Caledon, ON L7C 2C9
Tel: 905-838-4898
Fax: 905-838-4899

Email: cdecb@cdecb.ca
Website: www.cdecb.ca

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FOR IMMEDIATE RELEASE

Cynthia Keith, Dietitian and Certified Diabetes Educator, Nova Scotia, is the 2021 recipient of the Canadian Diabetes Educator Certification Board's Award of Excellence and Dedication.

As a Professional Dietitian working directly in diabetes care with the Diabetes Management Centre in Halifax, Nova Scotia, Cynthia provides both group and individual diabetes education working closely with the diabetes team members delivering insulin starts, pump starts and education to those newly diagnosed along with routine follow ups. In a new role, as a Clinical Team Lead for Diabetes Centres, Cynthia works closely with physicians triaging patient referrals, along with organizing and up-dating diabetes programming for the Diabetes Centres.

During her 30 years of educating patients Cynthia has fulfilled many roles with the local Diabetes Education Section (DES) of the Canadian Diabetes Association (now Diabetes Canada) including chair of the local DES Chapter. Volunteering within the diabetes Community continued at regional and national levels and from 2018 to present time as a Diabetes Canada National Volunteer Committee member. Throughout Cynthia's career her committee participation extends far beyond her participation with Committees such as, Diabetes Canada Professional Section Executive, Professional Development, Best Practices Committee, and Advocacy Committee.

Attending Diabetes Canada Conferences, in person, and now virtually, provides Cynthia with the knowledge of return to her community and present up-to-date information to her colleagues and professional community. In addition to providing support to Medical Residents and Dietetic Interns Cynthia recognizes diabetes education must happen outside of the professional medical setting. Cynthia has volunteered time providing nutritional healthcare for children's sports teams, varsity volleyball teams and high school teams. Upon request, she has provided volunteer education to a group of professional bank managers on how to prevent diabetes! Cynthia recognizes education does not have to happen within a formal diabetes centre or be provided to health care professionals. Cynthia moves outside of the medical community and is a true caretaker of her community at large.

Regardless of her workload her commitment to community is evidenced by her incredible attitude to join in and take on a volunteer role. Not only is she an advocate for those with diabetes or those at risk of diabetes she demonstrates incredible support to her patients and colleagues. In the words of one of her nominators, "she is always there for a welcome ear, a piece of advice or a source of support."

The Canadian Diabetes Educator Certification Board is honoured to present Cynthia Keith with the distinguished Award of Excellence and Dedication.