

Healthcare Transitions Workgroup

October 2, 2026

Jennifer Iyengar, MD and Jordan Ross, MD | Co-chairs

Meeting Agenda

10/02/2026 3:00pm EST

		Facilitator
Introduction	• Welcome and Introductions	• Dr. Iyengar 3:00-3:05
Agenda	• Group Survey – University of Utah • Six Core Elements Framework – A QI Review • Center Sharing ○ University of Washington and Seattle Children’s – AHEAD Program • High-impact Consensus Report on HCT ○ Group Discussion	• Dr. Cindy Berg 3:05-3:15 • Dr. Ross 3:15-3:25 • Katrina Hoch 3:25-3:45 • Dr. Ross 3:45-3:55
Closing remarks and next meeting:	• Next Scheduled Meeting: ○ December 4, 2026 • Upcoming Presenters: ○ December – no presenter scheduled ○ Outreach Tim if you are interested in presenting	• Dr. Iyengar 3:55-4:00

Welcome and Introductions

Jennifer Iyengar, MD | Work group Co-chair



Group Survey – Cynthia Berg, PhD and Dan Tilden, MD

- Study being conducted by at the University of Utah.
 - › Dr. Cynthia Berg (Psychology)
 - › Dr. Nancy Allen (College of Nursing)
 - › Dr. Ryan Canter (School of Medicine)
- **Objective 1:** Examine how friends and family impact young adults' CGM data sharing (informally or via apps like Dexcom Follow/LibreLinkUp).
- **Objective 2:** Develop clinical CGM data-sharing strategies tailored for young adults, their support networks, and care teams.

<https://redcap01.brisc.utah.edu/ccts/redcap/surveys/?s=FCJFXDTARYFFD8F3>

Six Core Elements Framework – A QI Review

Jordan Ross, MD | Work group Co-chair

- Incorporating the Six Core Elements of Health Care Transition in Type 1 Diabetes Care for Emerging Adults
 - Utilizing the Framework to plan for future projects and interventions.
 - https://t1dx-qi.t1dexchange.org/hubfs/T1DX-QI%20-%20Committees/Malik-Corathers-2024_Incorporating-the-Six-Core-Elements-of-Health-Care-Transition-in-Type-1-Diabetes-Care-for-Emerging-Adults-1.pdf?hsLang=en

Six Core Elements Framework

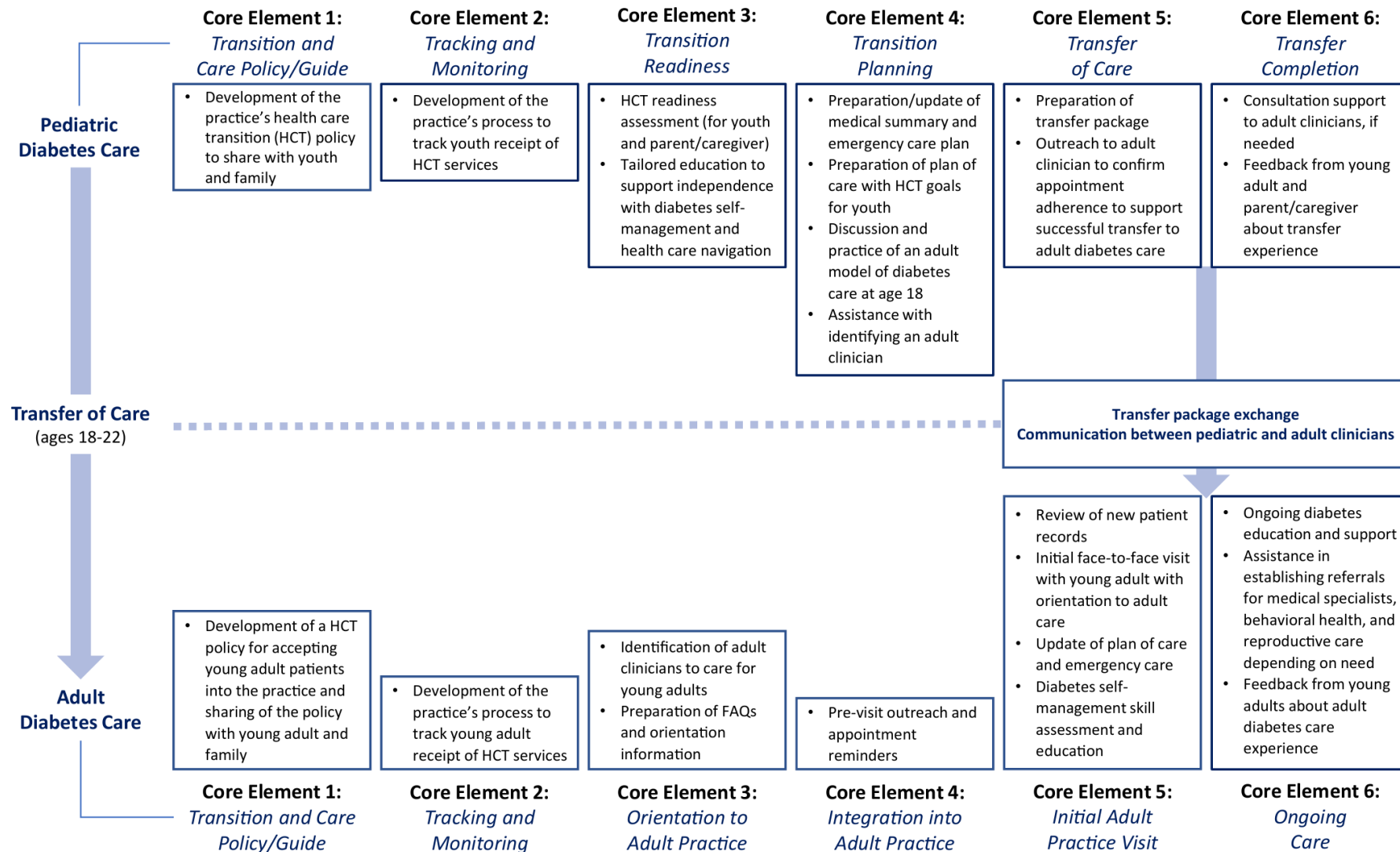


Fig. 1. Six Core Elements of health care transition for pediatric and adult diabetes practices. (The Six Core Elements of Health Care Transition™ are the copyright of Got Transition®. This version of the Six Core Elements has been modified and is used with permission.)

Center Sharing: University of Washington and Seattle Children's – AHEAD Program

Katrina Hoch, PhD, MS, RD, CDCES

The AHEAD Program

Katrina Hoch, PhD, MS, RD, CDCES
Kate Weaver, MD
October 2, 2026
T1DX

AHEAD: Achieving Health for Emerging Adults with Diabetes

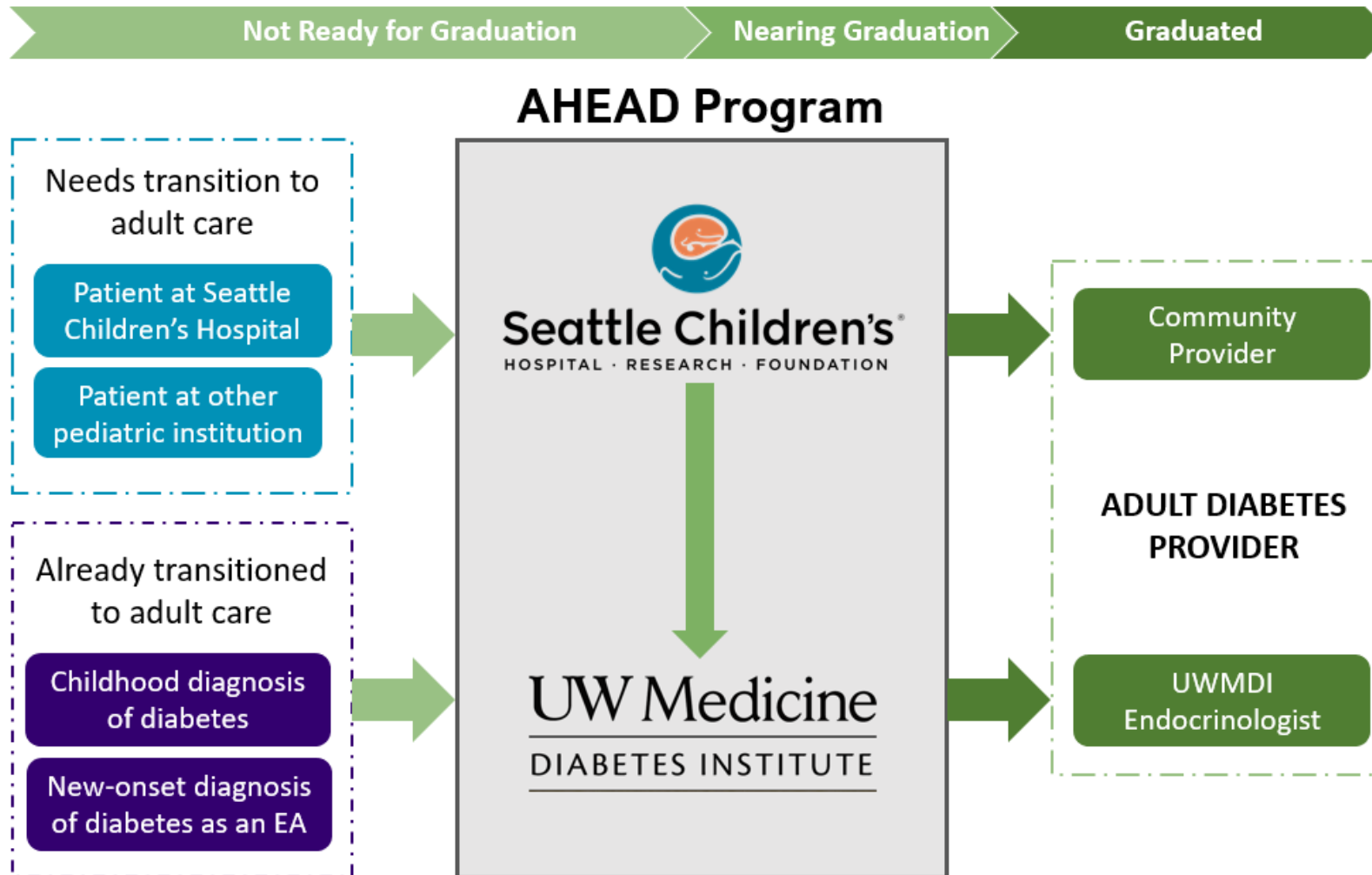
- Co-Directors:
 - Katrina Hoch, PhD, MS. RD. CDCES (SCH)
 - Kate Weaver, MD (UW)
- Bridges two institutions: Seattle Children's Hospital and University of Washington Medicine Diabetes Institute
- Serves emerging adults with diabetes (all types; most T1D)
 - At SCH: age 16-19 (currently T1D only)
 - At UW: 19 – mid-to-late 20s

AHEAD Program Mission

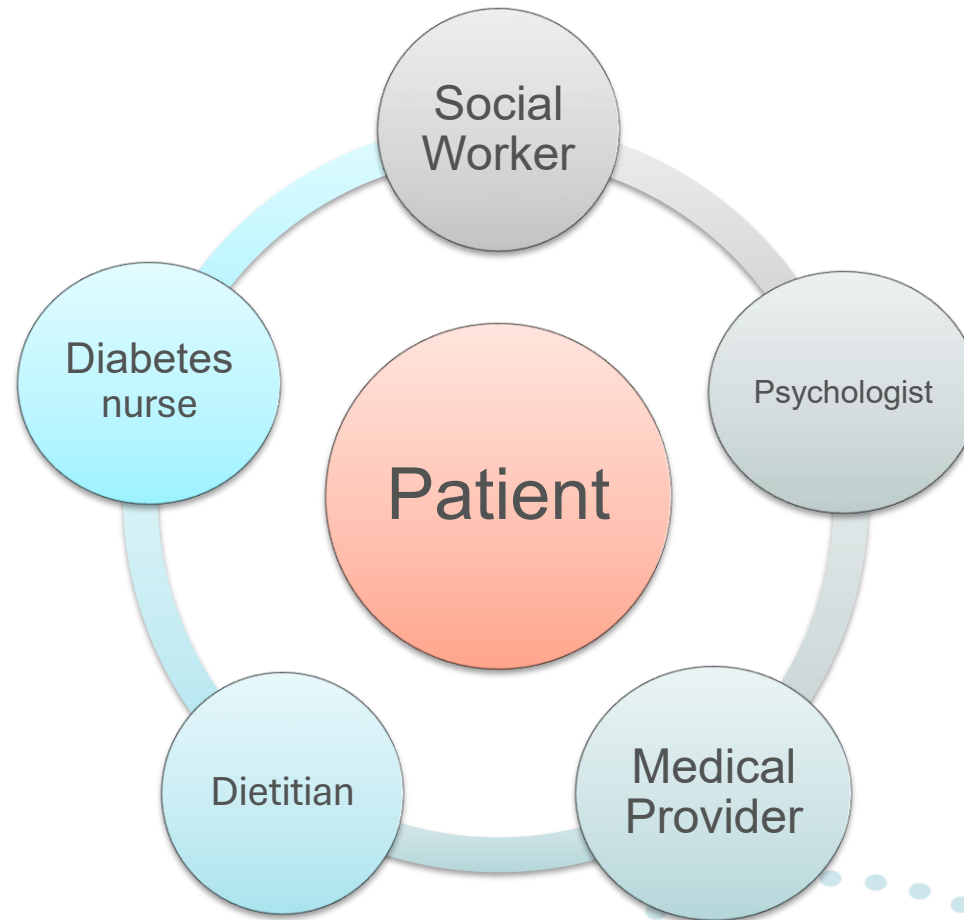
“Provide a comprehensive program for adolescents and young adults with diabetes that integrates clinical care, psychosocial support, education and research to foster optimal health and a successful transition to independence.”



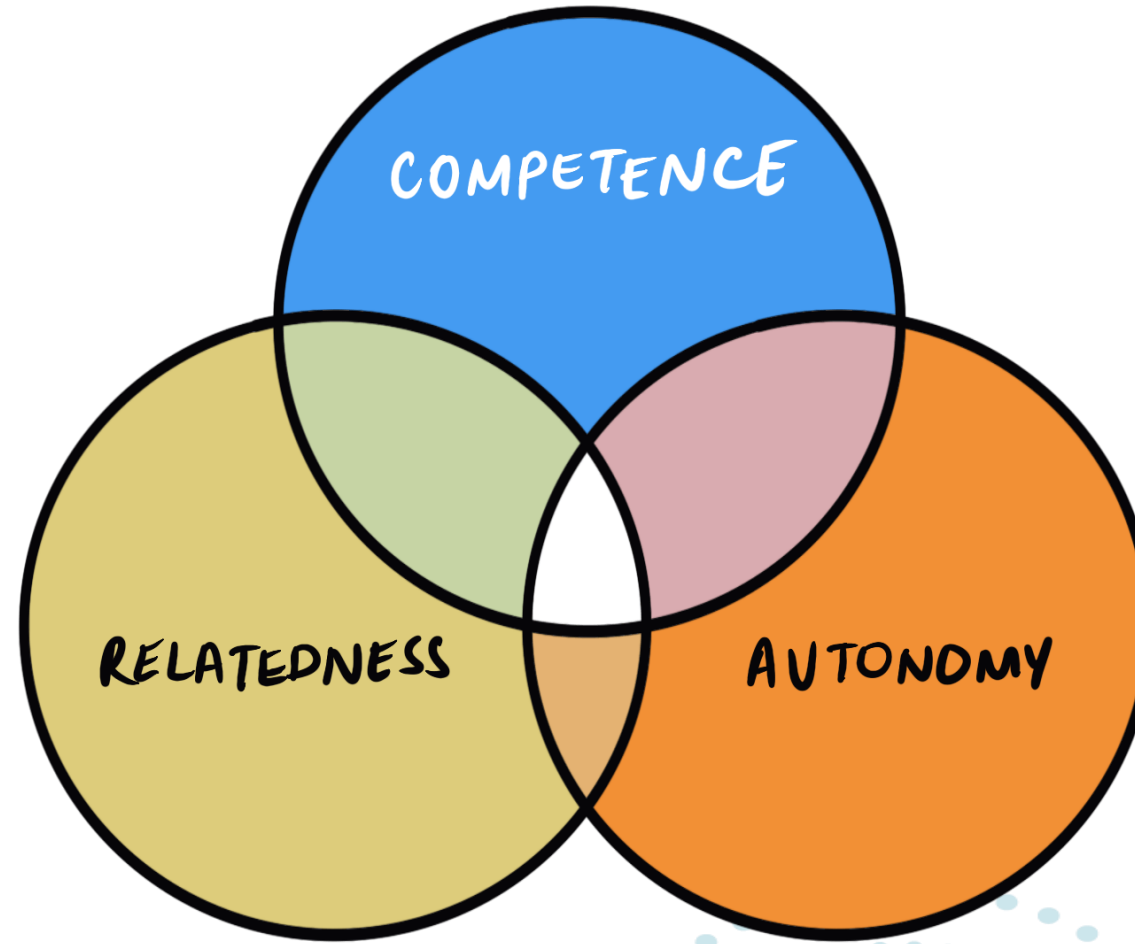
AHEAD Program Model



AHEAD Multidisciplinary Team Model

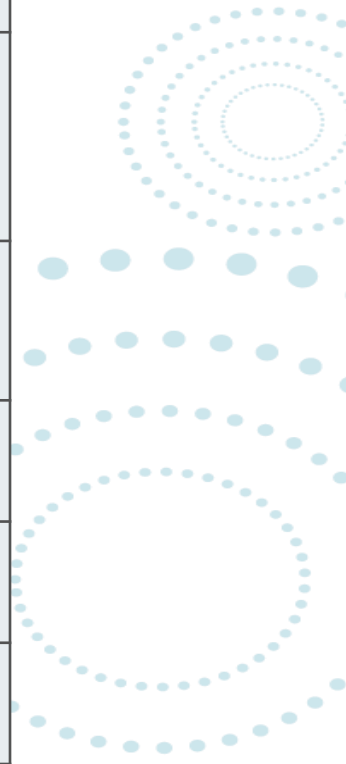


AHEAD Philosophy - Self Determination Theory



AHEAD Care vs. Standard of Care

ACTIVITY	Adult Standard Care	AHEAD PROGRAM	Pediatric Standard Care
Medical visits	Quarterly visits with diabetes medical provider	Quarterly visits with diabetes medical provider with expertise in EA care.	Quarterly visits with diabetes medical provider
Caregiver involvement	Rare	First visit only (if >18-years-old) and limited involvement thereafter	Regular involvement
Self-assessment of diabetes knowledge and self-management skills	None	Every visit. EA completes the Transition Readiness Assessment of Emerging Adults with Diabetes Diagnosed in Youth (READDY) tool.	None
Diabetes education	As needed based on discussion with provider	Most visits. Tailored education provided based on self-identified diabetes knowledge and self-management gaps on READDY tool.	As needed based on discussion with provider
Screening of mental health comorbidities	None	Every visit screening for diabetes distress, depression, anxiety, and disordered eating	Depression screening only
Mental health support	No embedded mental health support available	First visit and then as needed until graduation. Embedded psychologist delivers tailored mental health support based on screening results and provides brief intervention support when appropriate.	Limited embedded mental health support
Self-assessment of nutrition skills and disordered eating behaviors	Provider dependent assessment	Every visit	Provider dependent assessment
Nutrition education and disordered eating behavior support	As needed support	Every 3-6 months. Embedded dietitian delivers tailored nutrition education based on self-identified.	As needed support
Self-assessment of healthcare transition skills	None	Every visit. EA completes the READDY tool.	None
Health care navigation support	As needed assistance by RN team	First visit and then as needed until graduation. Embedded social worker provides tailored health care navigation support.	None



AHEAD RCT

- Seattle Children's Hospital: 3 locations
- Funded by Breakthrough T1D
- AHEAD care vs. Standard of care
- 5 provider AHEAD visits + multidisciplinary team visits
- Outcomes of interest
 - Demonstrate program effectiveness: HbA1c and Diabetes distress
 - Evaluate costs and cost effectiveness
- Enrollment goal 306
- Study started Jan 2026
- PI: Dr. Faisal Malik

Questions?

Discussion: Journal Article Review

Jordan Ross, MD | Work group Co-chair

- Capture the group's thoughts on using a different publication each meeting.
- Help ground our work in what is being done nationally while matching that work with the work group's direct experiences.
- [The Transition of Youth With Diabetes From Pediatric to Adult Diabetes Care Services: A Consensus Report of the Joint Working Group of the International Society for Pediatric and Adolescent Diabetes \(ISPAD\), the European Association for the Study of Diabetes \(EASD\), and the American Diabetes Association \(ADA\) | Diabetes Care | American Diabetes Association](#)

Closeout and Upcoming Scheduled Presentations



- **December 4, 2026:**
 - No presenter scheduled
- Please reach out to Tim if you are interested in sharing your work with the group: tbol@t1dexchange.org

Thank you for your participation in the Healthcare Transitions Work Group