



2025

# Donna Tomky Award for Clinical Excellence

**Lucia Novak**

MSN, ANP-BC, BC-ADM

ADCES is proud to announce **Lucia Novak** as the recipient of the **2025 Donna Tomky Award for Clinical Excellence**. This award is given to a nurse practitioner whose work advances the integration of self-management behaviors with clinical management through practice, health plan or health system innovation.

Lucia brings over 30 years of clinical expertise to the field of diabetes and obesity care, blending deep knowledge of therapeutics, technology, and complication management with a truly person-centered approach.

As President and Founder of Diabetesity, and Co-Executive Director of the Capital Health and Metabolic Center, she's been on the front lines of addressing not only diabetes but the full spectrum of metabolic health challenges, including obesity and its related comorbidities.

Her passion for education—both for patients and fellow professionals—shines through in everything she does. She holds a Certificate of Advanced Education in Obesity Medicine and remains committed to advancing research and improving clinical outcomes across diverse populations.

Lucia's remarkable 33-year nursing career also includes distinguished service as a Commissioned Officer in the U.S. Army Nurse Corps—an experience she holds close to her heart, and where she proudly provided the highest level of care to the men and women of our military.

What sets Lucia apart isn't just her expertise—it's her unwavering commitment to advocacy, education, and elevating our profession. The Awards Committee was especially inspired by her ongoing volunteer contributions to ADCES, her leadership in clinical practice, and her tireless advocacy on behalf of people living with diabetes.