

# 2017 ANNUAL REPORT



*Virginia Center for Diabetes Prevention and Education*

450 Ray C. Hunt Drive

Charlottesville VA 22903

<https://med.virginia.edu/vcdpe>

*Mission:*

To provide evidence-based, high-quality education and training focusing on diabetes prevention and self-management to health care providers.

To improve quality and accessibility through innovative models of care for persons at risk for or with diabetes.

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# Executive Summary

The Virginia Center for Diabetes Prevention and Education (VCDPE), affiliated with the Division of Endocrinology and Metabolism, is led by director Joyce Green Pastors, RD, MS, CDE and employs two additional staff, Viola Holmes, RD, MS, CDE, Outreach and Education Manager, and Alexa Painter, MPH, Outreach and Education Coordinator. The VCDPE has been a consultant for and developer of unique diabetes patient and professional education programs since 1987 that benefit both patients and healthcare providers throughout the Commonwealth.

Diabetes Patient Tele-Education has been a large focus of the VCDPE since 2007. The program is a series of 4 classes that is offered four months a year (April, June, September, and November). The classes are: *The Basics of Diabetes & Medications, Nutrition Basics, Glucose Control, Activity, & Stress, and Eat Smart, Change Your Lifestyle*. On average the program reaches 400 Virginians a year, providing diabetes self-management education in underserved and high-risk areas of the State. The plan is to continue to find new ways to reach more individuals with diabetes in more locations using technology and innovations, such as recorded videos and an online education series.

The VCDPE has also been on the leading edge of diabetes prevention initiatives in Virginia. In early 2016, it subcontracted with the Virginia Department of Health to develop a strategic plan for diabetes prevention in the state, and conducted interviews with health plan providers, healthcare organizations, insurers, health districts, and others to assess current diabetes prevention efforts. The strategic plan, "Preventing Diabetes in Virginia", was completed in January 2017 and is now available on the VCDPE's website, at <https://med.virginia.edu/vcdpe/diabetes-preventionprograms/>.

In 2017, the VCDPE assisted to reconvene the Virginia Diabetes Council (VDC), a statewide 501c3 organization of diabetes stakeholders, to implement the priorities outlined in the *Preventing Diabetes in Virginia Strategic Plan*. The VDC received funds from the Virginia Department of Health to complete a scope of work focusing on increased capacity of diabetes prevention programs (DPP) and diabetes self-management education (DSME) programs in Virginia. Since April 2017, the VDC has formed DPP and DSME workgroups, established additional leadership, and recruited over 90 active members to be involved in workgroup activities. Key accomplishments to date include creation of a PSA to increase referrals to DSME programs, a mentorship program for individuals interested in facilitating a diabetes prevention program, and dissemination of articles about DPP and DSME to healthcare organizations and health plans. Information about the VDC can be found on their website at [www.virginiadiabetes.org](http://www.virginiadiabetes.org).

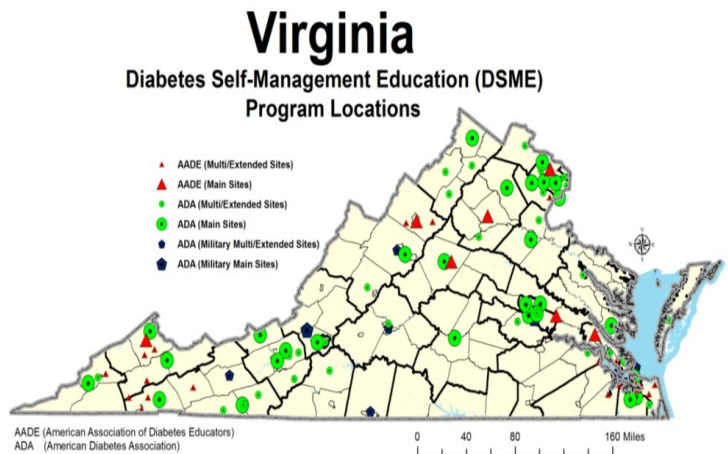
Medicare will begin providing funding for diabetes prevention programs in April 2018 and as a result, many organizations are preparing to offer the CDC's National Diabetes Prevention Program (NDPP) as a reimbursable service. VCDPE program staff have all completed training to become diabetes prevention lifestyle coaches. In August 2016, the VCDPE signed an agreement with the CDC as an approved site to provide Lifestyle Coach Training. Since December 2016, the VCDPE has provided five Lifestyle Coach training sessions in selected regions of Virginia and trained 61 participants. Additionally, the VCDPE provides technical assistance to organizations and agencies throughout Virginia to assist in successful implementation of the National Diabetes Prevention Program.

Also in 2016, the VCDPE applied for recognition as a CDC National Diabetes Prevention Program site. They established an agreement with the UVA Employee Wellness Plan, Hoo's Well, to offer a virtual Diabetes Prevention Program for employees at UVA Wise. Other participating partners include the UVA Office of Tele-Medicine for videoconferencing capabilities and Healthy Appalachia Institute at UVA Wise for onsite facilitation. *Weight Loss at Wise* sessions began April 2017 with fourteen participants and will offer 22 virtual sessions through March 2018. Goals of the program are for participants to lose 5-7% of their starting body weight and to engage in at least 150 minutes of moderate physical activity a week to reduce their risk of developing type 2 diabetes.

For more information about the VCDPE or its programs, visit the website at: <https://med.virginia.edu/vcdpe/>.

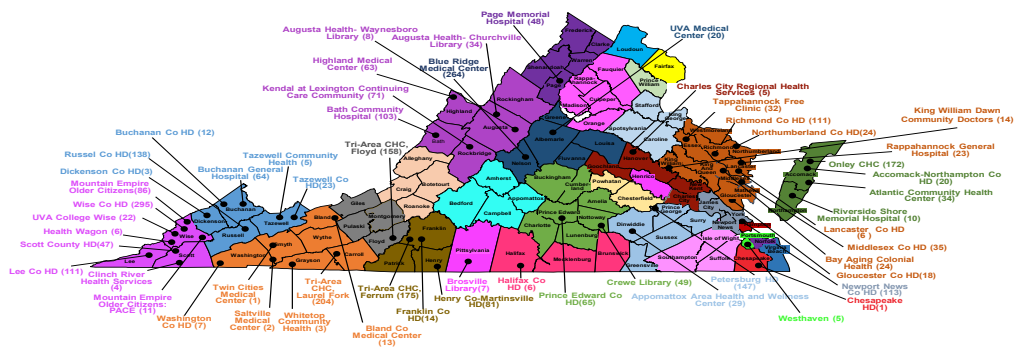
# Diabetes Tele-Education Program

Through a partnership with the Office of Telemedicine, the VCDPE has provided diabetes tele-education since 2008 using synchronous videoconferencing. This allows us to provide a live, interactive patient education program to several sites, primarily in underserved and limited access areas of the state. The map shows the locations of diabetes self-management education programs across the state and demonstrates the shortage of diabetes educators in the rural areas of Virginia.

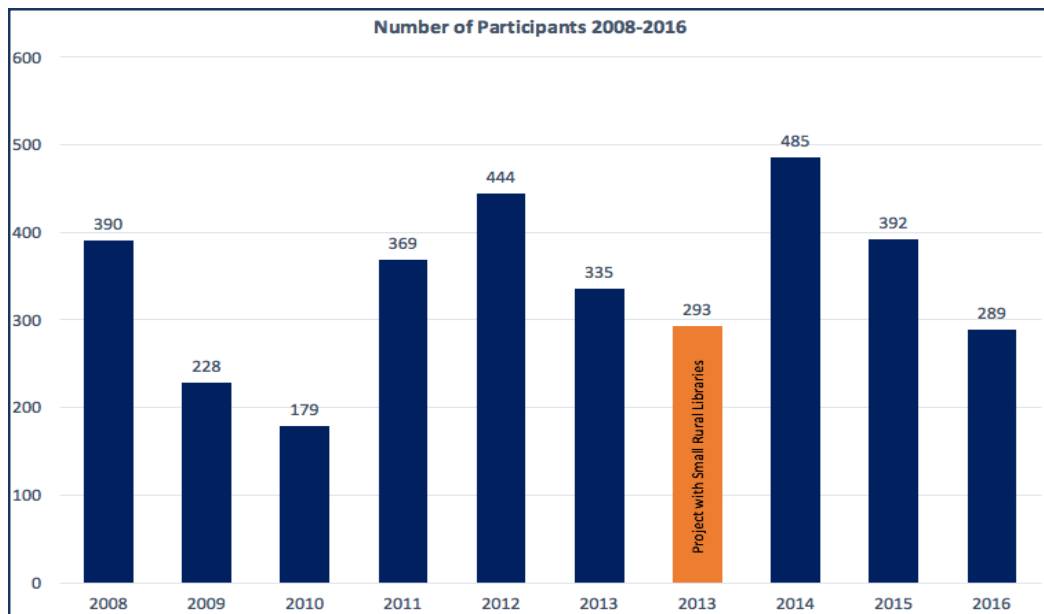


We have worked to increase our spread throughout the Commonwealth, specifically targeting health departments, Community Health Centers, and Free Clinics which are located in rural and underserved areas with access to teleconferencing.

Sites and Number of Patients Participating from 2008-2016



Over the past 10 years, we have averaged 350 participants per year receiving diabetes education.



# Marketing and Classes

FREE  
Diabetes Patient  
Tele-Education  
Classes

*Insert Your Organization's  
Logo here*



Virginia Center for Diabetes Prevention & Education

Search this site...

Home Contact Us Faculty & Staff Diabetes Epidemic in VA Diabetes Prevention Resources Endocrinology & Metabolism

Home > Diabetes Tele-education Programs

## Diabetes Tele-education Programs

2017 Schedule of Classes

2017 Tele-education Programs

How to Participate

Marketing Resources

Participant Follow Up

Program Resources

Increasing Access to Diabetes Care and Education through Teleconferencing Technology

Teleconferencing technology has tremendous potential to reduce or eliminate the "diabetes education gap" in rural areas of Virginia. The same technology that makes it possible for physicians to diagnose and treat patients interactively through a remote video link is also adaptable, effective, and economical for patient and professional education purposes.

**The series of four classes is offered 4 times a year: April, June, September, and November.**

### **Basics of Diabetes and Medications**

This class covers areas identified by the American Diabetes Association as essential to successfully manage diabetes. Topics include definition, diagnosis, and types of diabetes, target glucose goals, oral and injectable medications for type 1 and type 2 diabetes, treatment of hypoglycemia, sick day guidelines, foot care, and diabetes complications. An in-depth discussion of insulin is covered in the Glucose Control, Activity, and Stress class.

### **Nutrition Basics**

This class provides up-to-date, helpful information that participants can readily use to plan meals that will improve their blood glucose control and are heart healthy. Topics include nutrient effects on blood glucose, healthy food choices, serving sizes, reading food labels, use of non-nutritive sweeteners, use of alcohol, recommendations for fats and fiber, and healthy snack choices.

### **Glucose Control, Activity, and Stress**

This class focuses on blood glucose control. Topics include an in-depth discussion of insulin management, case studies to understand and interpret daily glucose patterns, and a discussion of how eating, activity, and medication can be adjusted to improve glucose. The focus will then shift to interactive sessions on physical activity and managing stress. Activities include 20 minutes of stretching using resistance bands, provided free to participants, and practice with deep breathing and relaxation.

### **Eat Smart, Change Your Lifestyle**

This class focuses on the "how to" aspects of changing what you eat. Topics include tips about shopping for healthy meals, portion sizes, easy ways to cut calories, avoiding common eating traps, tips on how to eat healthier. The class will end with a discussion of how to set personal goals for improving your lifestyle.

# Preventing Diabetes in Virginia Strategic Plan 2017-2018

In 2016 VCDPE partnered with the Virginia Department of Health to publish a strategic plan on preventing type 2 diabetes in Virginia. In this plan, recommendations on best practices for diabetes prevention in Virginia are shown based on our research. During formative research VCDPE has formed partnerships with stakeholders across the state-including employee wellness programs, YMCA, health systems, and more.

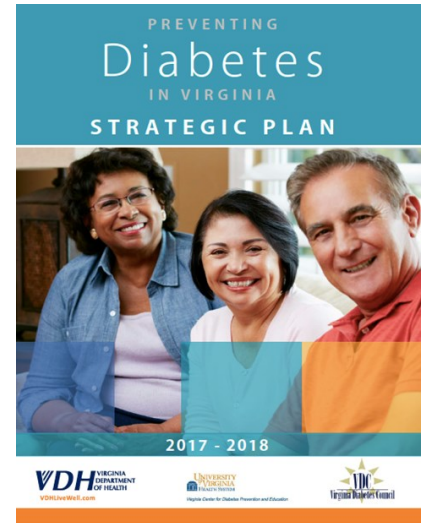
The strategic plan was developed by the project team at VCDPE, which consisted of Director Joyce Green Pastors, Education and Outreach Coordinator Alexa Painter, and consultants Hope Warshaw, MMSc, RD, CDE and Anne Wolf, MS, RD.

An electronic document is available on the following website links:

VCDPE: <https://med.virginia.edu/vcdpe/diabetes-prevention-programs/>

Virginia Diabetes Council: <http://virginiadiabetes.org>

Virginia Department of Health, Chronic Disease Division: <http://www.vdh.virginia.gov/diabetes>



## Lifestyle Coach Training

In December 2016, The VCDPE began offering lifestyle coach training course for person in Virginia who wish to implement a CDC NDPP-approved lifestyle change program. The lifestyle coach training is a 2 day in-person session that involves lecture and interactive training activities that will help prepare lifestyle coaches to successfully facilitate and implement a lifestyle change program. The course uses the CDC Prevent T2 curriculum, which was developed in early 2016. Each participant receives a Certificate of Completion for successful completion of the Lifestyle Coach Training.

To date, the VCDPE has offered seven trainings: December 2016 in Charlottesville, February 2017 in Fairfax, March 2017 in Tampa, Florida, April 2017 in Roanoke, June 2017 in Charlottesville, September 2017 in Williamsburg. The final program date for 2017 is November 30- December 1, 2017 and the lifestyle coach training will be offered in Charlottesville.



December 1-2, 2016 Lifestyle Coach Participants – Charlottesville, VA

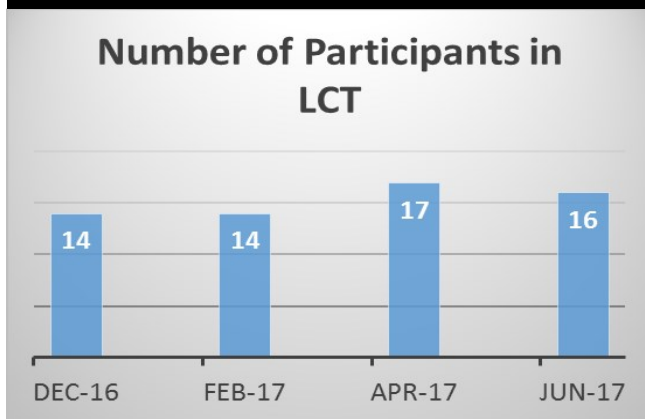


June 1-2, 2017 Lifestyle Coach Participants – Charlottesville, VA

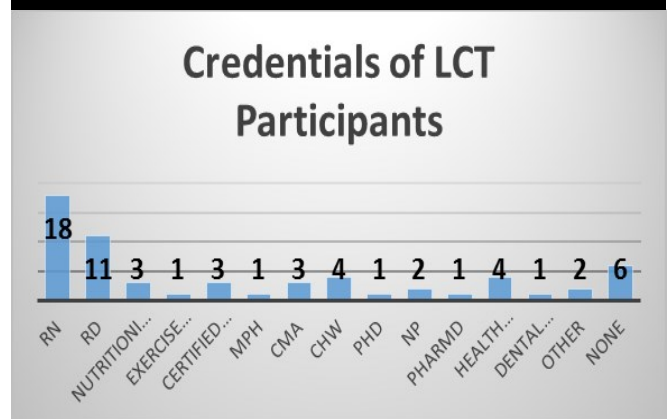
# Lifestyle Coach Training (cont.)

The following graphs and charts are data from VCDPE lifestyle coach trainings for the NDPP that occurred in Virginia since its inception in December 2016.

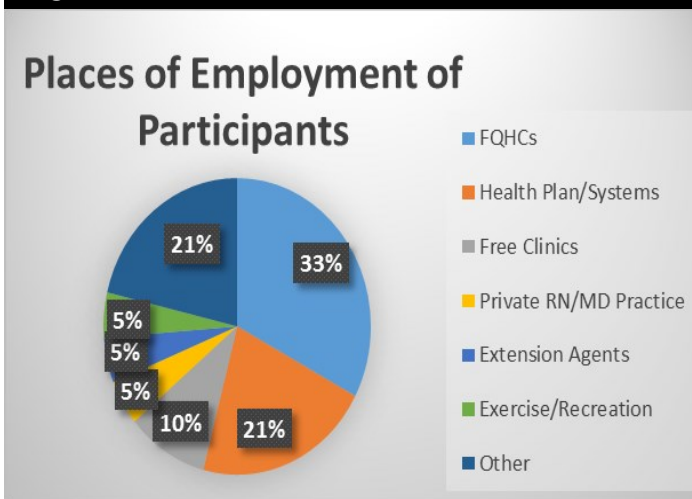
**Graph 1: Number of Participants Trained in Virginia from December 2016-June 2017**



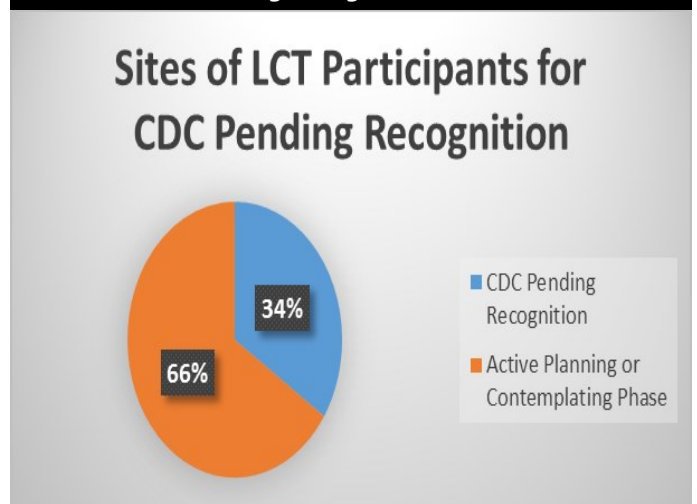
**Graph 2: Credentials of Participants Trained in Virginia from December 2016-June 2017**



**Chart 1: Places of Employment of Participants Trained in Virginia from December 2016-June 2017**



**Chart 2: Sites of Participants Trained in Virginia that have received Pending Recognition from December 2016**



Based on the data VCDPE learned valuable insights of the training course offered. Some insights include various academic preparation and variability of knowledge of concepts of group facilitation and coaching skills. VCDPE is currently in discussion with the Virginia Diabetes Council to make changes and gather more data, including development of a Readiness to Coach Survey for potential participants, requirement of continuing education, options for mentoring, and offering a two-track training program.

# Technical Assistance

## The National Diabetes Prevention Program

Beginning in 2017, the VCDPE began offering diabetes prevention program technical assistance to participants that completed our lifestyle coach training as well as program managers and other interested persons. VCDPE began forming the technical assistance program by offering an online portal called UVA Collab. UVA Collab includes a discussion forum, resources, and method of constant contact with participants to assist in implementing and sustaining their diabetes prevention programs.

In addition to UVA Collab, VCDPE offers quarterly conference calls to participants of the lifestyle coach trainings as well as invited program managers. The invited participants depended on when they participated in our course. During these calls participants provide us updates on how they are progressing with their programs, discuss any issues with program implementation, and to brainstorm solutions. The calls were approximately one hour in length.

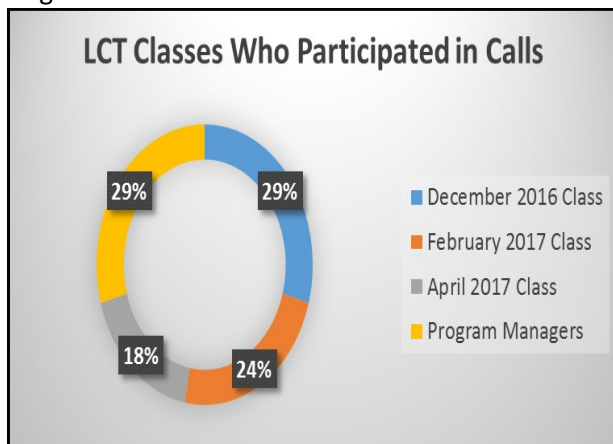


Chart 3: Program Participants that have Participated in Quarterly Conference Calls

A brief summary of information indicates that programs such as Sentara Hampton Roads started their program with success, while other programs were just starting their diabetes prevention program. VCDPE also participated in individual conference calls with organizations such as Aviant Health.

In addition to the online format and conference calls, VCDPE has participated in in-person meetings throughout Virginia regarding diabetes prevention programs. The meetings include consultations with Community Care Network of Virginia (CCNV), Coomes Recreation Center, Johnston-Memorial Hospital, Food City Distribution Center, Crater Health District, and the Prince William Health District.

## Diabetes Tele-Education Project

The VCDPE has created a PowerPoint presentation, *Diabetes Tele-Education Opportunities*, to provide education on the use of tele-education to increase capacity for diabetes self-management education. The presentation answers the questions, *what is tele-education, is tele-education effective, and what is needed to implement a successful and sustainable diabetes tele-education program*. VCDPE will offer a webinar of the presentation.



# Weight Loss at Wise

The Weight Loss at Wise is a virtual model of the National Diabetes Prevention Program (NDPP) using the mode of distance learning. It utilizes audiovisual telecommunication technology and high-speed broadband connections for a live, two-way interaction between the employee group at UVA Wise and the Lifestyle Coaches at UVA Charlottesville.



Weight Loss at Wise is a 3-way partnership involving two centers at UVA Health System in Charlottesville, UVA Wise employees, and the UVA Health Plan through Aetna.



## Marketing the Program:

Email blasts to employees

Article in the UVA Wise Campus employee newsletter

On-grounds orientation



## Program Logistics

- ◆ A program facilitator at the participating site:
  - Set-up the technology for sessions
  - Make copies of materials in advance
  - Conduct weigh-ins and send log to the coaches
- ◆ Means of communicating with participants' in-between sessions:
  - UVA Box Accounts for uploading food and fitness logs (HIPAA compliant)
  - Coaches provide feedback and comments in participants Box folders
- ◆ A password protected area of our website for participants to access additional resources
  - Use of technology for tracking behaviors

## Program Impacts

- ◆ Removes geographical barriers increasing access to care and an expanded reach
- ◆ Can be conveniently facilitated from any office or location with internet access
- ◆ Sessions can be recorded and used for participants' viewing at a later time
- ◆ Another tele-education application that preliminary data shows that using teleconferencing is just as effective as in-person groups

## Program Sustainability

- ◆ Our business agreement with UVA Aetna includes payment for training another Lifestyle Coach this year to increase our staff capacity to offer the program
- ◆ UVA Wellness Plan to evaluate WLAW outcomes and consider offering the program for UVA employees at other satellite locations

# VCDPE Faculty and Staff

## **Joyce Green Pastors, RD, MS, CDE: Director**



Director of the Virginia Center for Diabetes Prevention and Education. She is a Diabetes Nutrition Specialist and Assistant Professor of Medical Education in Internal Medicine at the University of Virginia School of Medicine. She received her B.S. degree in Food Science and Nutrition from Colorado State University, completed a dietetic internship at the University of Arkansas Medical Center, and received her M.S. degree in Human Nutrition from the University of Missouri. She has been at the VCDPE since 1982 and has worked in the area of diabetes for over 35 years.

## **Viola F. Holmes, MS, RD, CDE: Education & Outreach Manager**

Education and Outreach Manager for Virginia Center for Diabetes Prevention and Education. Viola is a registered dietitian and certified diabetes educator, and also has a Certification in Adult Weight Management from the Academy of Nutrition and Dietetics. Viola holds a B.S. in Dietetics and an M.S. in Health Sciences, both from James Madison University. Viola's diverse work experience has included: acute care clinical dietitian, outpatient dietitian, director of nutrition services, corporate consultant dietitian, research nutritionist, adjunct faculty, and family and consumer sciences extension agent. In 2007 Viola began her specialty in diabetes care at the UVA Diabetes Education and Management Program, where she continues to maintain practice hours, providing individualize and group diabetes self-management education and medical nutrition therapy.



## **Alexa J. Painter, MPH: Education & Outreach Coordinator**



Education and Outreach Coordinator for the Virginia Center for Diabetes Prevention and Education. Alexa received her bachelor of science degree in Health Sciences from James Madison University. She received her Master of Public Health degree and graduate certificate of healthcare management from Liberty University. She has lived with type one diabetes for 25 years, and is a certified pump and continuous glucose monitoring (CGM) trainer. She was featured in publications such as the *Newsweek* Magazine, *Better Homes and Gardens' Diabetic Living* magazine, and held the world record for highest blood sugar level in the Guinness World Records.

## **Tina Turner – Cabell: Program Support Technician**

VCDPE's Program Support Technician. She handles general inquiries about the Center, registration for educational programs, purchasing, billing, and travel arrangements.