

# **Virginia Center for Diabetes Prevention and Education**

## **ANNUAL REPORT 2019**

## MISSION STATEMENT

The Virginia Center for Diabetes Prevention and Education (VCDPE) strives to provide evidence-based, high-quality education and training focusing on diabetes prevention and self-management to health care providers.

Our goal is to improve quality and accessibility through innovative models of care for persons at risk for or with diabetes. VCDPE has been a unique provider of educational programming in Virginia since 1987, and is affiliated with the UVA Division of Endocrinology and Metabolism.



UNIVERSITY  
*of*  
VIRGINIA

# MISSION AND GOALS



**LIFESTYLE  
COACH  
TRAINING**



**MEDICAL  
EDUCATION**



**DIABETES  
PREVENTION**

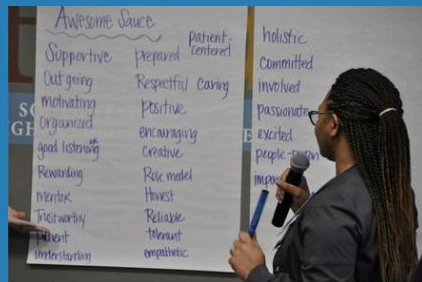


**TELE-HEALTH**

# Lifestyle Coach Training for the CDC's National Diabetes Prevention Program



Created and developed an *online version* of the Lifestyle Coach Training.



In 2019 trained over 150 coaches from Virginia and throughout the United States in our online and in-person trainings.



Delivered Lifestyle Coach Training in high diabetes risk areas of Southwest VA, and TN.



Provided free Lifestyle Coach Training to 30 participants in VA through grant funding.

TELEHEALTHVILLAGE  
BARRIERS  
MARKETPLACE  
TELEHEALTH  
WELLNESS  
DIABETES  
SUVA  
TESTING  
VIRGINIA  
DSMES  
COACH  
VCDPE  
NDPP  
NON-PERSON  
TRAINING  
TELE-ED  
NETWORKING  
MEDICAL  
SUPPORT  
PREVENTION  
BEHAVIOR  
FACILITATE  
EDUCATION  
LIFESTYLE  
CHANGE  
HEALTH  
KEYS  
PREDIABETES  
ASSISTANCE  
REFERRAL  
VIDEOS  
ONLINE

# MEDICAL EDUCATION

*Health Professional Higher Education and Training - Talks and Learning Series given by VCDPE*

- UVA Dietetic Interns - Diabetes Day
- Virginia American Association of Diabetes Meeting - Nutritional & Lifestyle Management of Obesity
- Va Community Healthcare Association - Screening, Testing and Referral for Prediabetes
- UVA Residents - 4 week series on Chronic Disease and Diabetes Management
- UVA Medical Students - Obesity and Lifestyle Management
- UVA Student Health - Nutritional Management of PCOS
- CDC - Telehealth for Diabetes Education and Prevention
- Endocrinology Fellows - Lifestyle Management of Diabetes
- Endocrinology Fellows - Nutritional Management of Diabetes
- Endocrinology Fellows - Lifestyle Behavior Change
- MRAADE - Nutritional and Lifestyle Management of Obesity and Diabetes
- American Diabetes Association Members in VA - Prediabetes



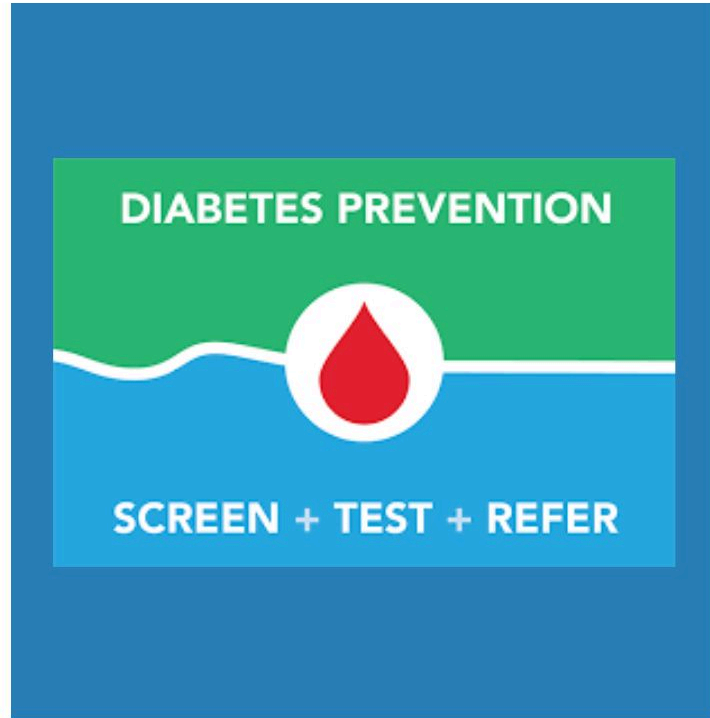


# Diabetes Prevention



# Screening, Testing and Referral

For Prediabetes using EPIC and eClinical Works



- **UVA EPIC:** Investigated bidirectional referral system for prediabetes.
- **UVA EPIC:** Developed prediabetes registry, identification, testing and referral to National DPP using EPIC at UVA. Set up pilot test at Waynesboro Primary Care.
- **UVA EPIC:** Initiated prediabetes clinical strategy team at UVA.
- **CVHS:** Worked to gain support for CVHS to gain grant funding to develop eClinicalWorks Smartset and to pilot test prediabetes identification, testing and referral process to CVHS.
- **CVHS:** Facilitated bimonthly meetings with Central Va Health System health educators to develop CVHS prediabetes screening, testing and referral workflows.
- **CVHS:** Facilitated grant funding for CVHS to develop eClinicalWorks online prediabetes screening test.

# Continuing Education Videos for National DPP Providers

Created 5 videos for National DPP Lifestyle Coaches.

Located on VCDPE website: <https://med.virginia.edu/vcdpe/educational-resources/>



**“Strategies to Sustain Weight Loss”** by Linda Delahanty, MS, RD



**“Nutrition 101 for Non-Health Professionals”** by Viola Holmes, MS, RD, CDE



**“Building Self-Efficacy among your National DPP Participants”** by Anne Wolf, MS, RD



**“Physical Activity and Weight Loss”** by Rebecca Jolin, MS



**“The 8 Keys in Establishing Rapport and Building Trust”** by Anne Wolf, MS, RD

# DIABETES PREVENTION

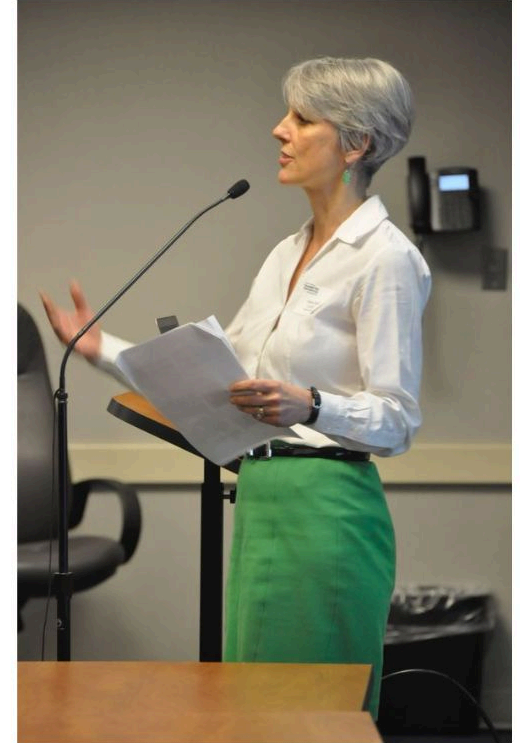
1 OUT OF 3 U.S. ADULTS  
HAS PREDIABETES,  
ONLY 10% KNOW THEY HAVE IT.

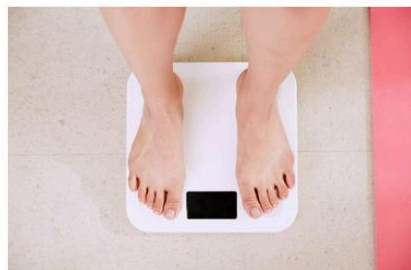
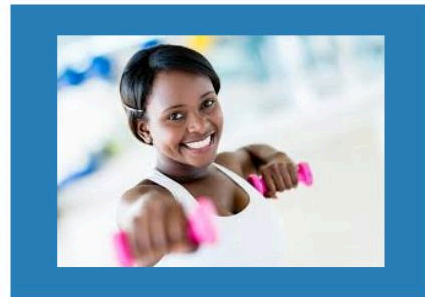


NATIONAL  
DIABETES  
PREVENTION  
PROGRAM

# Annual Diabetes Prevention Networking Meeting of VA

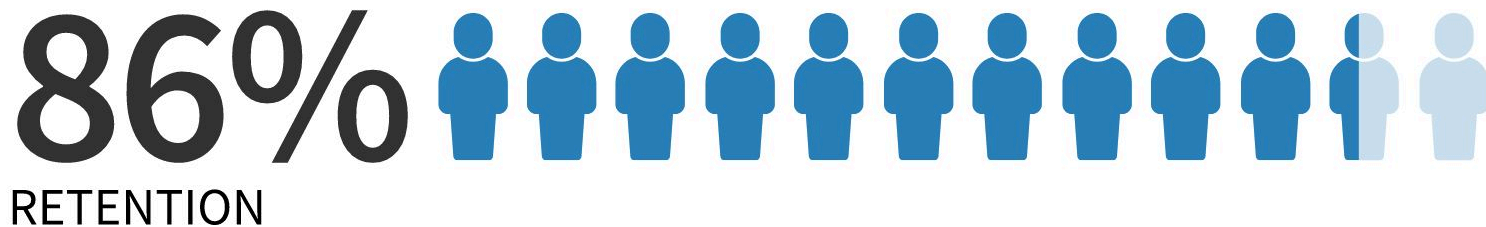
- **Organized day long meeting for National DPPs in Virginia**  
April 12, 2019, Perimeter Center, Richmond, VA
- **79% of CDC registered VA National DPP sites attended.**
- **66 Lifestyle Coaches from all 4 regions of the of state attended - Central, Tidewater, Northern and Southwest**





# WEIGHT LOSS AT WISE PROGRAM

Telehealth Distance Learning delivery of the National DPP to UVA employees at WISE campus



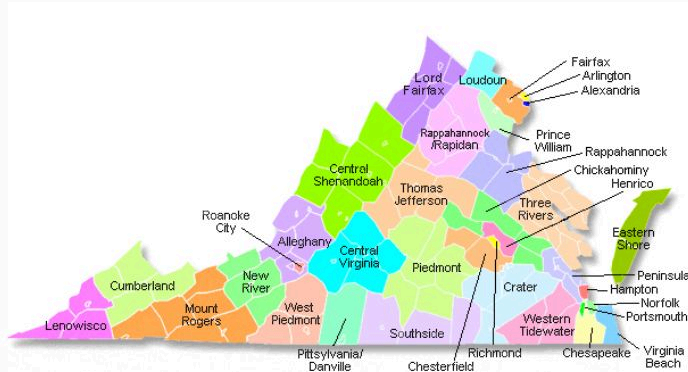
AVERAGE WEIGHT LOSS = 8.1%

# TELE-HEALTH



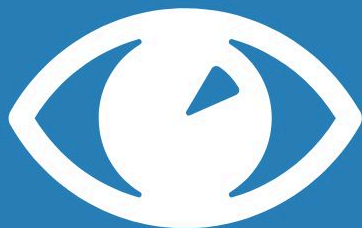


# Diabetes Management Tele-Education in VIRGINIA



- **EXPANDED** reach - 4 new clinics joined the DM series from around the state.
- **DELIVERED** three series = 12 CLASSES
- **PROVIDED ACCESS** to certified diabetes education to over 90 people with diabetes.
- **ZOOM** live video-conferencing used as the platform for delivery.
- **UPDATED** curriculum, and registration process for participating sites.
- **PRESENTED** at Russell County Diabetes Coalition Meeting.
- **ORGANIZED** iPad initiative for DSMES programming in Southwest VA. Pilot test Spring 2020.

# DSMES and National DPP Telehealth Survey



- A Virginia state-wide survey to better understand the use, interest in, and barriers around using telehealth delivery for programming.
- 97% response rate for National DPP providers, and an 80% response rate for DSMES providers across the state.

# And the survey says.....

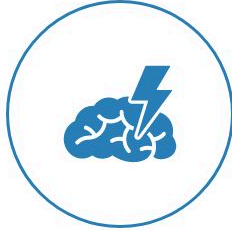


- Few programs in Virginia are using Telehealth to deliver the National DPP (8%) or DSMES (14%).
- A minority of the programs use mHealth apps to engage patients (22% DPP; 8% DSMES) and only 1 DSMES used remote monitoring of blood glucose.
- Lack of reimbursement and perceived cost of technology are the primary barriers to using technology.
- Both groups of providers were “interested” in using telehealth as a delivery mode, but interest was subdued.
- Majority of both sets of providers report a lack of training in telehealth but the majority.
- 75% of National DPPs and 97% of DSMES would like further support and training.

# Diabetes Prevention *Technical Assistance*



**CREATED and DISTRIBUTED:** bi-monthly newsletter for 300+ National DPP coaches in Virginia. Topics include coaching tips and strategies, diabetes prevention related events from CDC, announcements, up-to-date recognition status for DPR, training dates, etc.



**MENTORED:** the following National DPP sites: Eastern Shore Rural Health Center, La Casa de la Salud, Ballad Health, Stone Mountain, Central VA Health System, Clinch River Health Center, Riverside, Martinsville/Henry Co. Health Coalition, CHC of New River Valley. Topics including - marketing, DPRP Standards, coaching and facilitating, relationship building.



**HOST:** All-State and individual Central/ Tidewater/South/North/ Regional Calls for National DPP's in Virginia. To assist with referral, retention and recruitment.

# The Marketplace - Telehealth Village

A virtual place clinicians can share and educate about their use case clinical interventions for mHealth technology.

*The overall goal of Marketplace is to increase clinical use of mHealth.*



- Developed overall vision, goals and timeline for The Marketplace
- Completed a Beta test of the online screening form at UVA.
- Developed the Screening Criteria for Mobile Applications, Devices and Delivery Platforms
- Established relationships with “Clinical Champions” for the apps / devices / platforms to share their clinical use stories.

# Telehealth Village Learning Series

Telehealth Village: Accredited Online Education for the Connected Healthcare Community

Completed “National DPP through Telehealth” Learning Series - 5 modules.

Completed “DSMES through Telehealth” Learning Series - 6 modules.

# Project Endo ECHO

Extension for Community Healthcare Outcomes

A collaborative model for Endocrinology healthcare education for rural health centers in Virginia using telehealth



**Connected high risk rural  
clinics with UVA Endo  
ECHO team.**



**Provided 3 talks**

Diabetes Nutrition

Obesity and Lifestyle

Motivational Interviewing



# VCDPE Team Members



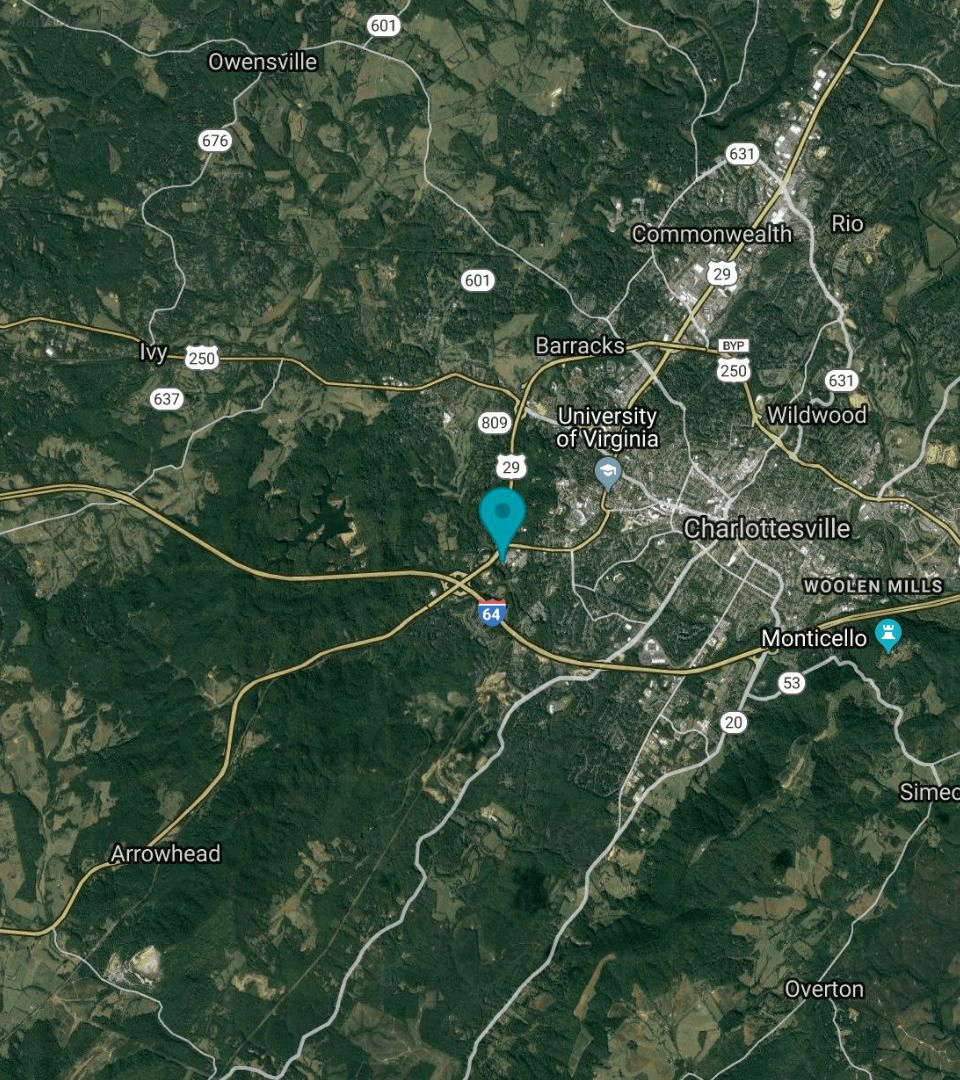
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