

LivingWell and InnoVate: *Reducing Diabetes, Heart Disease, and Stroke Burden Across the Commonwealth*

Jennie Dinh, MBA
Telehealth Specialist
Virginia Department of Health

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Overview

DIABETES, HEART DISEASE, AND STROKE PREVENTION AND MANAGEMENT

LivingWell (1815)
&
Innovate (1817)

In Virginia...

The Goals

30% have prediabetes
90% of those with prediabetes are unaware
10% have type 2 diabetes
33% have high blood pressure
39% have high blood cholesterol
54% of the deaths are related to these chronic conditions

Decreased proportion of people with diabetes with an A1C > 9
Increased control among adults with known high blood pressure and high blood cholesterol
Increased cholesterol management among patients at high risk of cardiovascular events

Preventing and controlling diabetes and heart disease in high-burden populations

1. Implementing and evaluating a set of evidence-based strategies (LivingWell)
2. Design, testing, and evaluation of novel approaches (e.g. telehealth, telemedicine, remote patient monitoring, etc.) to address evidence-based strategies that reduce risks, complications, and barriers (InnoVate)

Strategies



Clinical Setting

- Data: predictive analytics
- Z-codes for social determinants of health
- Hospital dashboard
- Team-based care
- Hospital and clinic activation EHR / HIT / clinical decision supports
- Early detection of chronic kidney disease

Clinical-Community

- Data: hot spot analysis, geographic forecasting
- Clinical-community partnerships
- Bi-directional referral systems and communication
- Community Health Workers (CHWs)
- Telehealth, mobile health
- Remote patient monitoring
- Community pharmacies
- Diabetic retinopathy screening

Community Setting

- Data: Health Opportunity Index
- Health equity initiatives
- Build capacity among CBOs
- Health programs (NDPP, DSMES, SMBP)
- Reduce barriers to programs
- Marketing
- Faith-based organizations
- Resource guides

Contact

Jennie Dinh, MBA

Telehealth Specialist

Virginia Department of Health

o: 804-864-7752

[Jennie.dinh@vdh.virginia.gov](mailto:jennie.dinh@vdh.virginia.gov)