



# Diabetes Prevention in Virginia: Current and Future Endeavors

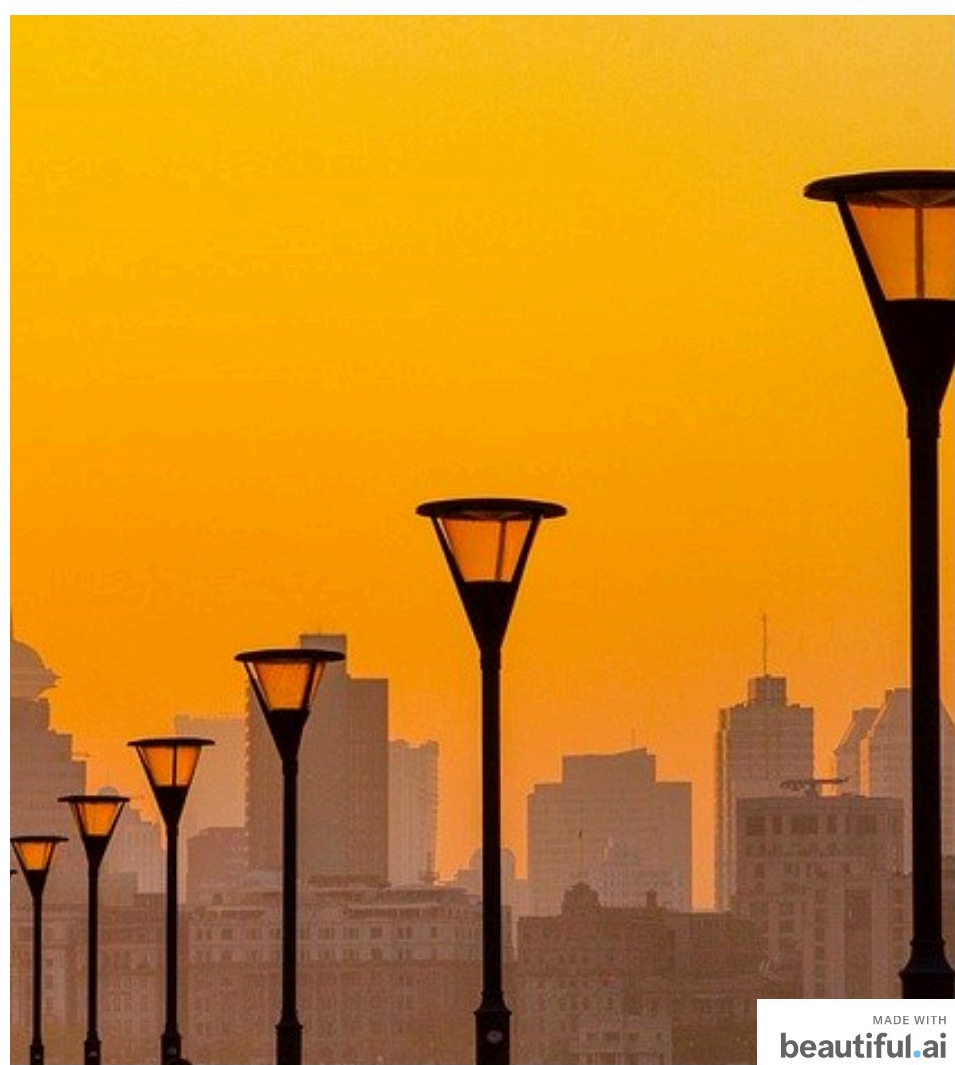
Funded through CDC Cooperative Agreement NU58DP006535 in partnership with the Virginia Department of Health. The content is solely the responsibility of the authors and does not necessarily represent the official views of the Centers for Disease Control and Prevention or Virginia Department of Health.



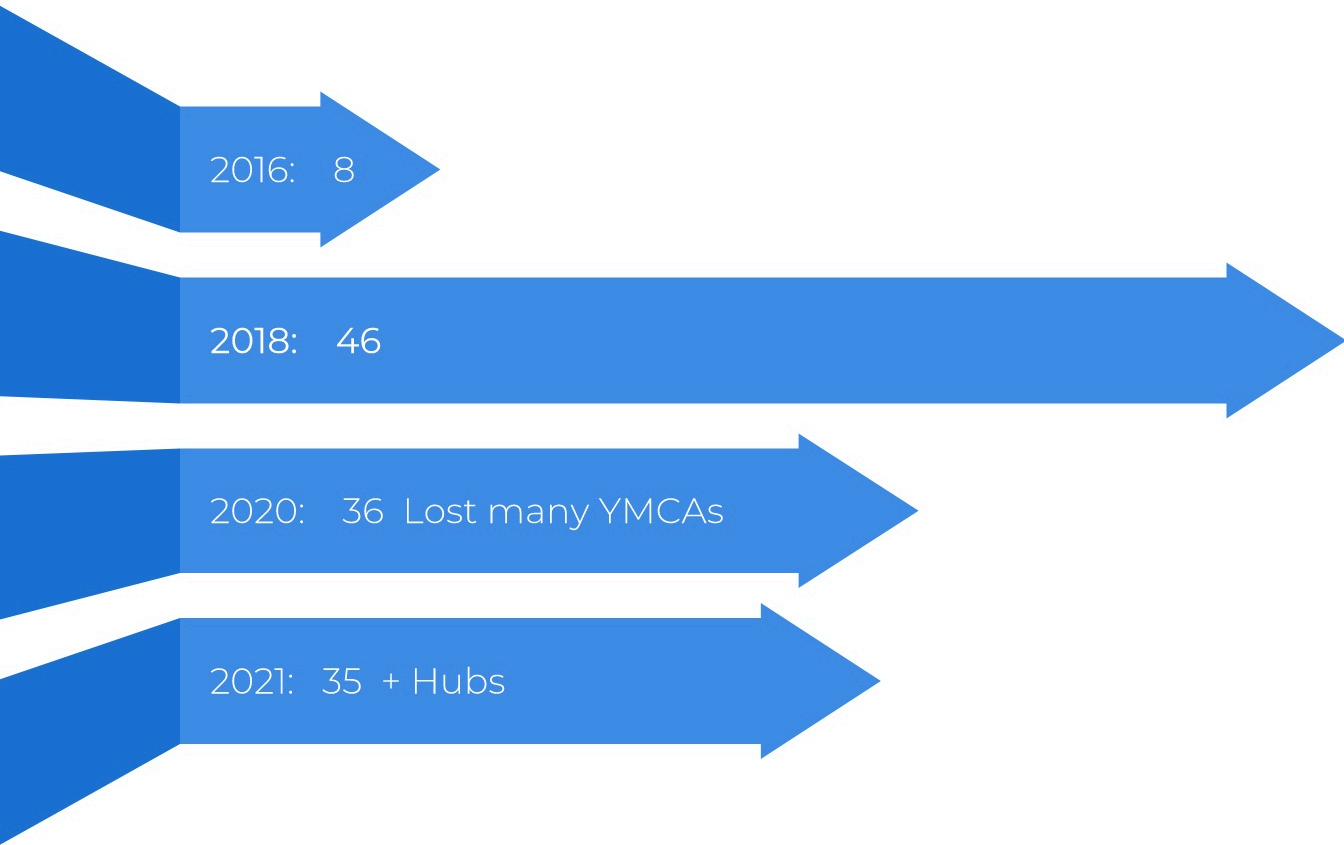
# Pillars of Building National DPP in Virginia

- Build Capacity
- Increase Reimbursement/Coverage
- Encourage HealthCare Providers to Screen, Test & Refer
- Increase Participation in the National DPP, Virginia

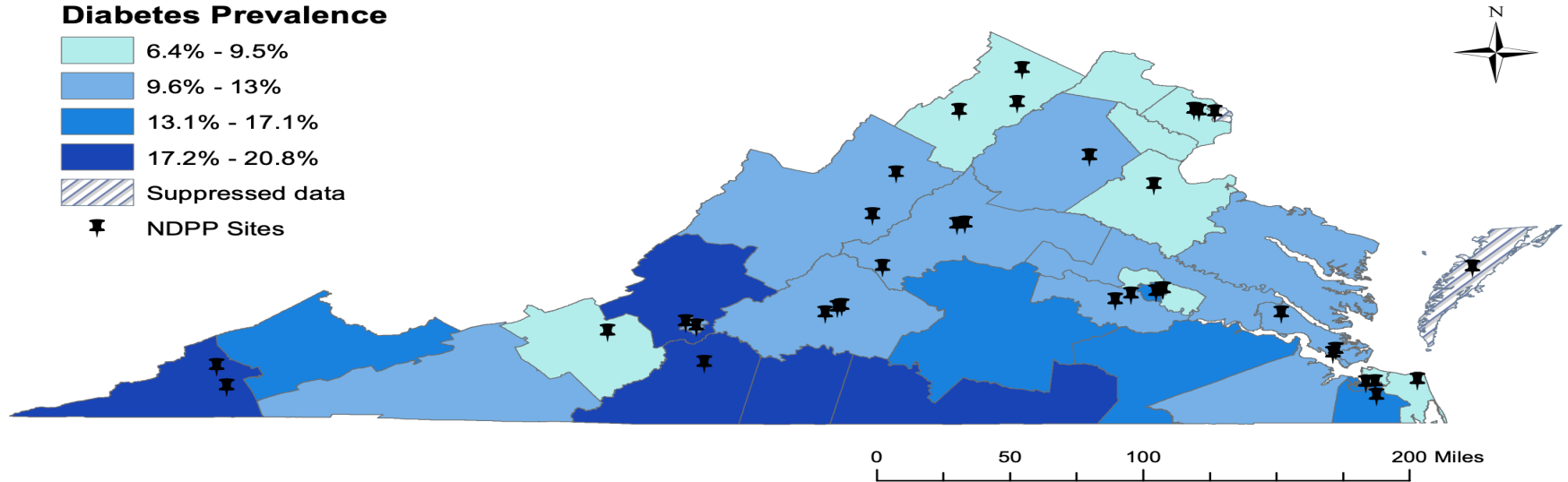
# Build Capacity



# Number of National DPPs in Virginia



## Diabetes Prevalence by Health Districts (BRFSS, 2019) and NDPP Sites



Note: Data were suppressed for any unweighted sample size that was <20.  
Source - Virginia Behavioral Risk Factor Surveillance System



# Distance Learning Delivery to Fill the Gap



Advanced  
Training and TA  
in Distance  
Learning  
VCDPE



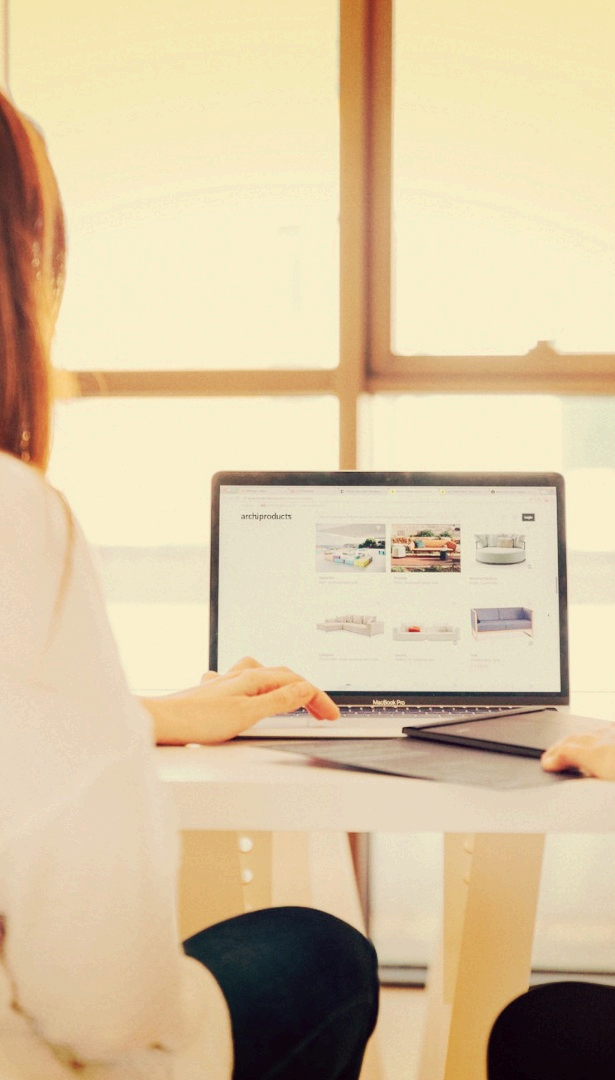
Statewide  
Distance  
Learning  
National DPP  
Virginia Cooperative  
Extension



Increase  
Programs to  
Underserved in  
Richmond  
VCU Health Hub



Mini-Grants to  
support Distance  
Learning  
Virginia Diabetes  
Council



# VDC Mini-Grants to High Risk Areas & Populations



- 1 Starting New DPP in High Risk Populations and Hot Spot Areas

**Spanish Speaking Program** - Virginia Hospital Center & La Casa

**Rural SW Virginia** - Carilion Health

**Eastern Shore** - Riverside Health & Eastern Shore Rural Health System

**Martinsville** - Balm in Gilead

**Petersburg** - La Casa de la Salud & Fit to Go

**Hampton Roads** - Sentara Princess Anne

**Caroline and Spotsylvania Counties** - Rappahonock YMCA

**Low Income population, Culpepper** - Remington Pharmacy

- 2 NEW in 2020-2021 : 1817 VDC Mini-grants to support Distance Learning

**Spanish Speaking DL program** - Virginia Hospital Center

**Brunswick Co DL program** - Balm in Gilead

**Hampton Roads area** - Sentara Virginia Beach Hub

# Improve Reimbursement







# Medicaid Coverage of National DPP in VA

Statewide Coverage  
through DMAS

Pilot  
Projects



State Plan  
Amendment



1115 Waiver



Value-Based  
Payment

Sentara RMH

New Horizon's

Balm in Gilead



MCO Pilot

Optima

Virginia Premier

Anthem

# Medicare (MDPP) Learning Collaborative

VCDPE



Virginia  
Hospital  
Center



Sentara VA  
Beach Hub



Virginia  
Cooperative  
Extension



Balm in  
Gilead



New  
Horizons



Sentara  
RMH



Chesapeake  
HC



Carilion HS



Increase  
Screening,  
Testing &  
Referral

# Prediabetes Screening, Testing, Referral

## Prediabetes Risk Test

## NATIONAL DIABETES PREVENTION PROGRAM

**1. How old are you?** Write your score in the boxes below

Younger than 40 years (0 points)

40-49 years (1 point)

50-59 years (2 points)

60 years or older (3 points)

**2. Are you a man or a woman?**

Man (1 point)  Women (0 points)

**3. If you are a woman, have you ever been diagnosed with gestational diabetes?**

Yes (1 point)  No (0 points)

**4. Do you have a mother, father, sister, or brother with diabetes?**

Yes (1 point)  No (0 points)

**5. Have you ever been diagnosed with high blood pressure?**

Yes (1 point)  No (0 points)

**6. Are you physically active?**

Yes (0 points)  No (1 point)

**7. What is your weight category?**

(See chart at right)

**Total score:**

Height	Weight (lbs.)
4'10"	119-142 143-190 191+
4'11"	124-147 148-197 198+
5'0"	128-152 153-203 204+
5'1"	132-157 158-210 211+
5'2"	136-163 164-217 218+
5'3"	141-168 169-224 225+
5'4"	145-173 174-231 232+
5'5"	150-179 180-239 240+
5'6"	155-185 186-246 247+
5'7"	159-190 191-254 255+
5'8"	164-196 197-261 262+
5'9"	169-202 203-269 270+
5'10"	174-208 209-277 278+
5'11"	179-214 215-285 286+
6'0"	184-220 221-293 294+
6'1"	189-226 227-301 302+
6'2"	194-232 233-310 311+
6'3"	200-239 240-318 319+
6'4"	205-245 246-327 328+
	1 Point 2 Points 3 Points

Adapted from Song et al., Ann Intern Med 131(7):763, 2001. Original algorithm was validated in 6000 gestational diabetes as part of the trial.

**If you scored 5 or higher**

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

**You can reduce your risk for type 2 diabetes**

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.



### #1: VDC Mini-Grants

- Blue Ridge Medical Center
- Central Virginia Health System
- Lloyd Moss Free Clinic



### #2: UVA EPIC Build & SHARE

- All UVA Clinics
- All EPIC Users in Virginia: Valley Health, Carilion, Sentara, Virginia Hospital Center, Ballad Health, Mary Washington Hospital, INOVA, Riverside Health System



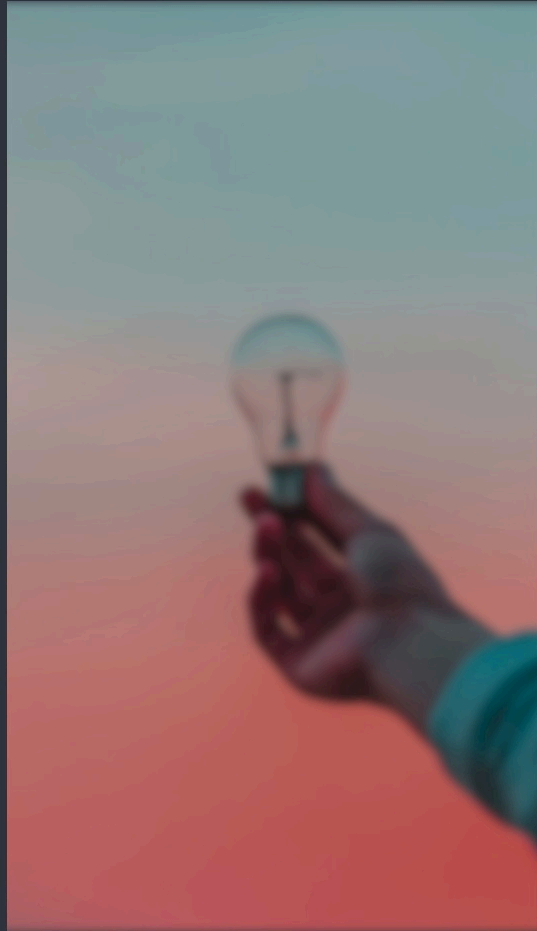
### #3: eClinical Works

- VDH grant to CVHS
- Open TA for all FQHCs

# Increase Number of Participants in Program







### VDC Mini-Grants - Marketing

2018-19: **52%** funding  
for Marketing

2019-20: **54%** funding  
for Marketing

2020-21: 50% funded for  
Marketing

### 2019 VDC Social Media Marketing

Facebook ads-regionally

### 2020 Market Research

**Retention**

**Recruitment**

**Referral**

# A Journey Worth Taking

