LivingWell in Virginia and InnoVAtE
DP18-1815 and DP18-1817
The Health and Well Being of Virginia

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# Overview

## Diabetes, Heart Disease, and Stroke Prevention and Management

### In Virginia...

- **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

### The Goals

- 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)
Diabetes Burden and DPP/DSMES locations

- Blacks have disproportionately higher diabetes hospitalization and prevalence rates compared to Whites (17.6% vs 10.2% - 2020 prevalence from the BRFSS)
- The central, eastern, and southwestern regions of Virginia are affected the most by diabetes (all around 13% - 2020 BRFSS)
- Nearly 60% of diabetics in 2019 were obese (BRFSS)
- The prevalence of diabetes is highest amongst those with the lowest education and income levels
LivingWell in Virginia (CDC DP18-1815): Improving the Health of Americans Through Prevention and Management of Diabetes and Heart Disease and Stroke supports public health investments that strengthen and expand evidence-based strategies and activities resulting in improved care coordination, increased participation in self-management and preventive behaviors, and sustainability of care models and clinical reporting that prevent and manage cardiovascular and diabetes disease outcomes.

InnoVAte (CDC DP18-1817): Innovative State and Local Public Health Strategies to Prevent and Manage Diabetes and Heart Disease and Stroke provides the framework for implementing novel approaches to reducing prediabetes, diabetes, diabetic retinopathy, chronic kidney disease, hypertension, high blood cholesterol, cardiovascular disease, and stroke in Virginia.