

# 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

LivingWell (1815)  
&  
InnoVAte (1817)

### 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

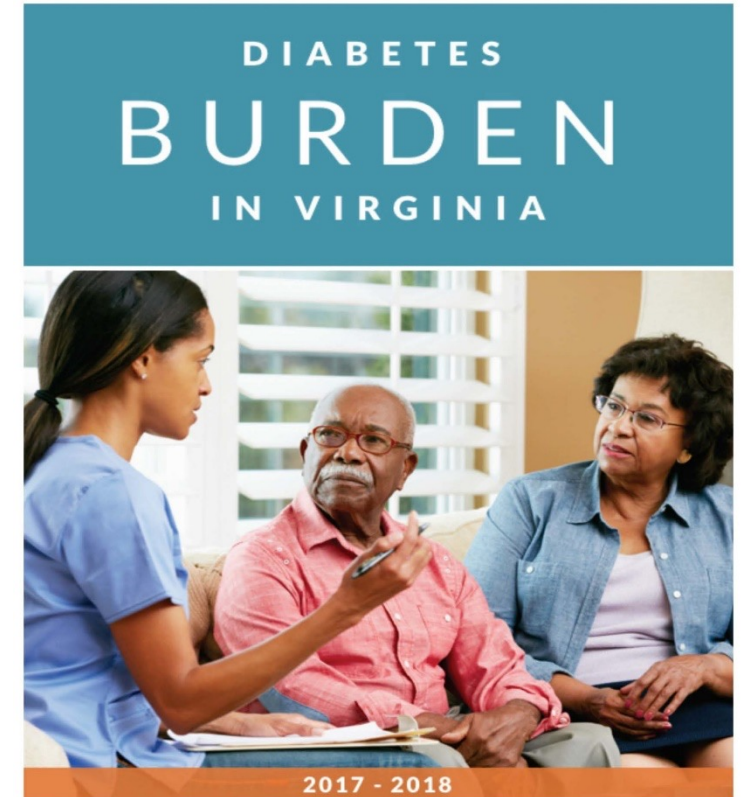
- Decreased proportion of people with diabetes with an A1C > 9
- Increased control among adults with known high blood pressure and high blood cholesterol
- Increased cholesterol management among patients at high risk of cardiovascular events

### 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



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## LivingWell in Virginia and InnoVAte Overview

**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.

