

Virginia Center for Diabetes Prevention & Education

Annual Report: July 2022- June 2023

VCDPE Mission



- Provide evidence-based, high-quality education and training focused on diabetes prevention and self-management to healthcare providers and health educators
- Improve accessibility and quality of prediabetes and diabetes education using innovative models of care

2022-2023 Projects



Diabetes Tele-Education



Medical Education



Virginia Diabetes Prevention Program Marketing Hub



Statewide Diabetes Referral Network



National Diabetes Prevention Program Lifestyle Coach & Advanced Training



National DPP Medicaid Demonstration Projects



Setting up a Virginia DSMES and National DPP Umbrella Hub

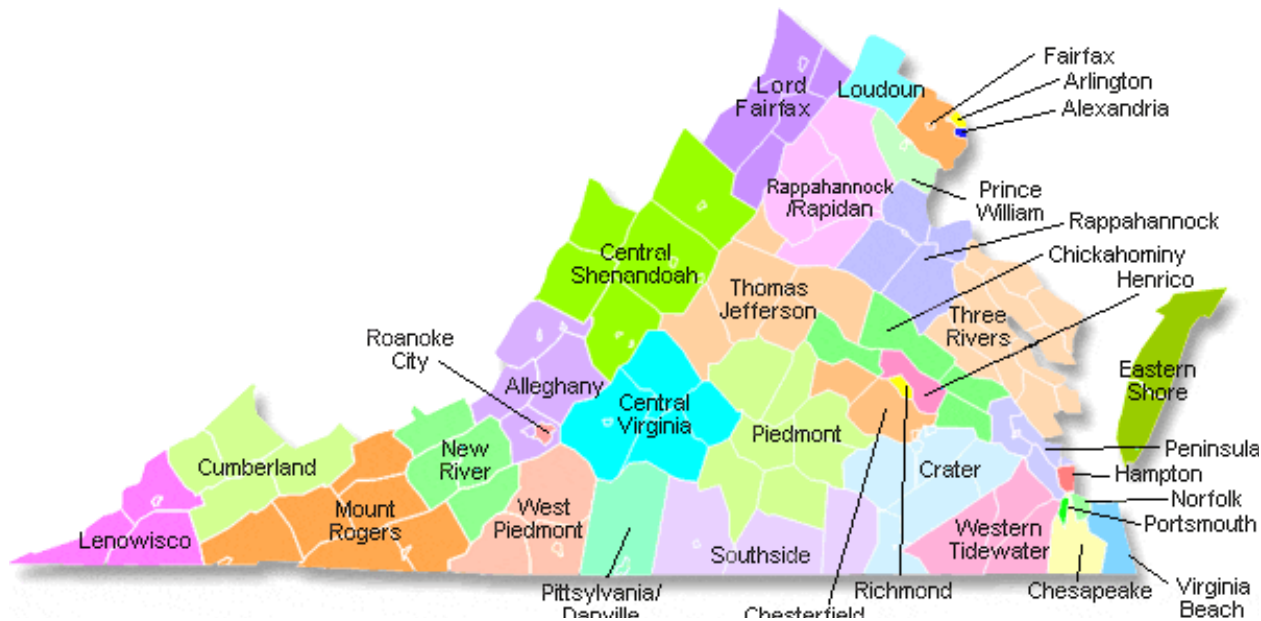


Technical Assistance to Support and Build Diabetes Prevention Capacity in Virginia



Community Service

Diabetes Tele-Education in Virginia



- **DELIVERED** three series (12 classes)
- **PROVIDED ACCESS** to people with diabetes in Virginia by a certified diabetes educator
- **EXPANDED** to allow home access
- **CREATED** On-Demand version to allow people with diabetes to view at a time that is convenient to them.

Diabetes Referral Network

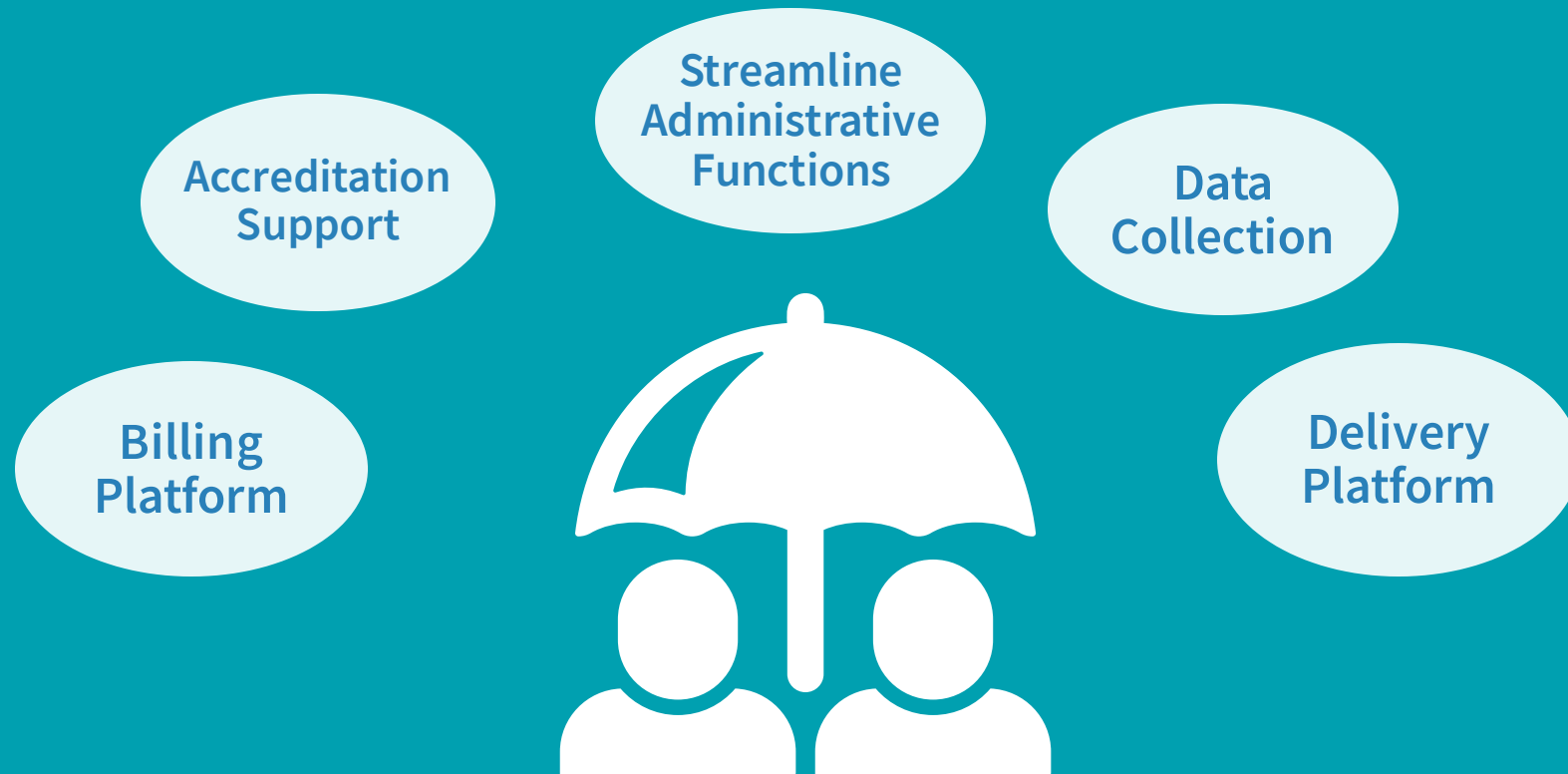
Helping Virginia Clinics to Address Diabetes more thoroughly and locally.

Provided Staff and patient resource for 25 Primary Care and Pharmacy Sites throughout Virginia



Virginia Umbrella Hub

Designed to connect smaller National DPP & DSMES organizations with administrative support and health care payment systems to achieve sustainable reimbursement & delivery



Medical Education

Health Professional and Community Health Worker Education given by VCDPE

- UVA Residents, 4-week series: *Chronic Care Model: Diabetes Self-Management Education & Support*
- UVA Dietetic Interns: *Diabetes Class Day*
- UVA Medical Students: *Obesity and Lifestyle Management*
- UVA Primary Care Residents: *Continuous Glucose Monitors in Primary Care*
- CHWET of Virginia: *Diabetes Basics for the Community Health Worker (three trainings in 2022-23)*
- Rockbridge Area Health Clinic: *Continuous Glucose Monitors in Primary Care*
Oversaw two UVA dietetic interns for diabetes and community rotation

Virginia Center for Diabetes Prevention & Education: Leader in Diabetes Prevention Efforts in Virginia



96 million American
adults—**more than 1 in 3**
—have prediabetes



More than 8 in 10
adults with prediabetes
don't know they have it

- Supported all Diabetes Prevention Program (DPP) Organizations in Virginia through direct availability for questions, monthly newsletter, biweekly Facebook posts, monthly VDC meeting
- Instrumental in orchestrating two Medicaid DPP demonstration projects
- Organized Medicare DPP Learning Collaborative in Virginia
- Created a Virginia DPP Marketing Hub to support providers marketing capabilities
- Supported Virginia Diabetes Council's Diabetes Prevention Committee by providing National and State Updates monthly

Successfully organized and oversaw Diabetes Prevention Annual meeting in Virginia with 94% of DPPs in State attending; 98% rated talks valuable to highly valuable

Diabetes Prevention Lifestyle Coach & Advanced Training

- Conducted 7 Lifestyle Coach Trainings (LCT) via distance learning & in-person delivery
- Provided 49 scholarships for LCT to organizations serving high risk, priority populations and those in high risk geographic areas
- Received funding from CDC to "Build National DPP Lifestyle Coach Capacity to Address Health Equity"
- Created an On Demand, Advanced Training site that includes 10 trainings
- Collaborated with CDC on delivering the Group Coaching Skills Advanced Training, a six month course



VCDPE's Technical Assistance provided to DPPs in Virginia

45

Virginia Lifestyle
Coaches Trained

90

VCDPE Facebook posts for
National DPP Coaches

90

Technical assistance needs
met

289

Lifestyle Coaches attended Monthly Meetings

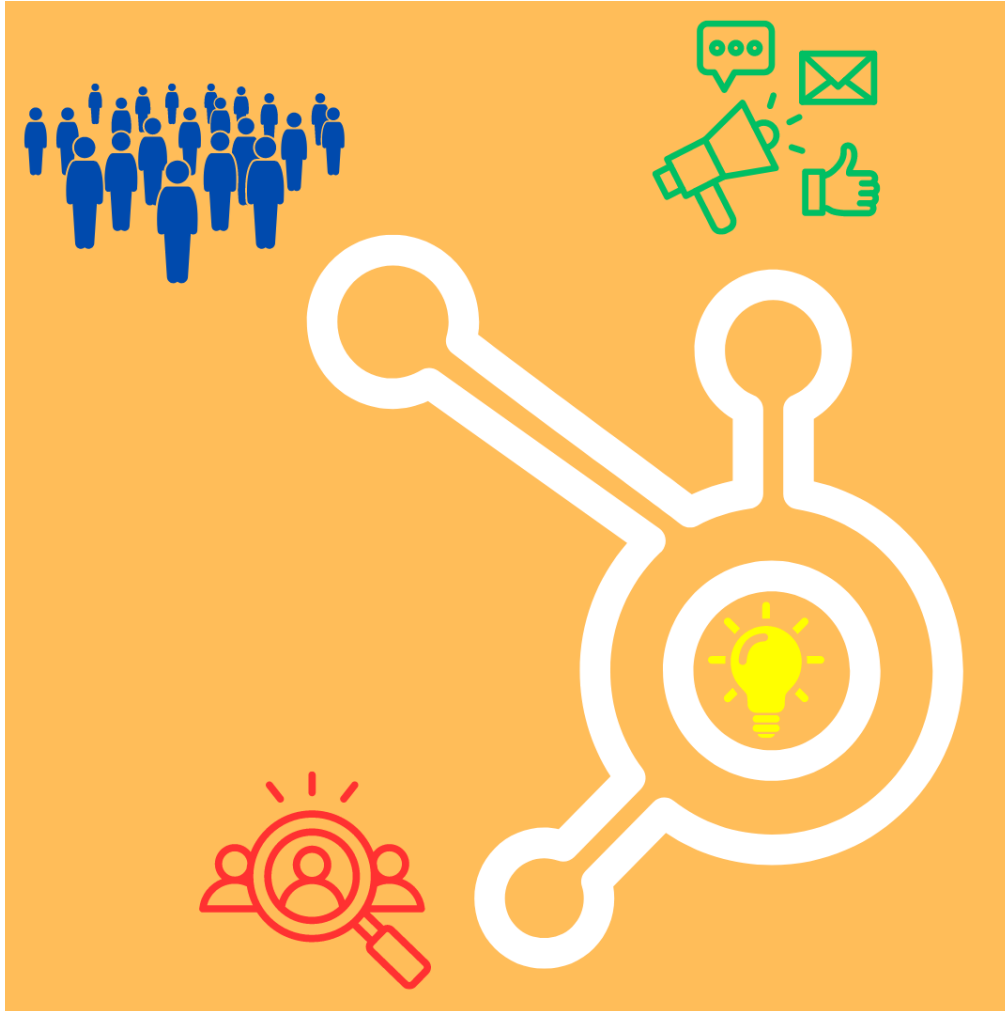
665

Reach of VCDPE's Monthly Newsletter



Virginia's Diabetes Prevention Marketing Hub

Central Canva site for Virginia National DPPs to develop, share & modify marketing & recruitment materials



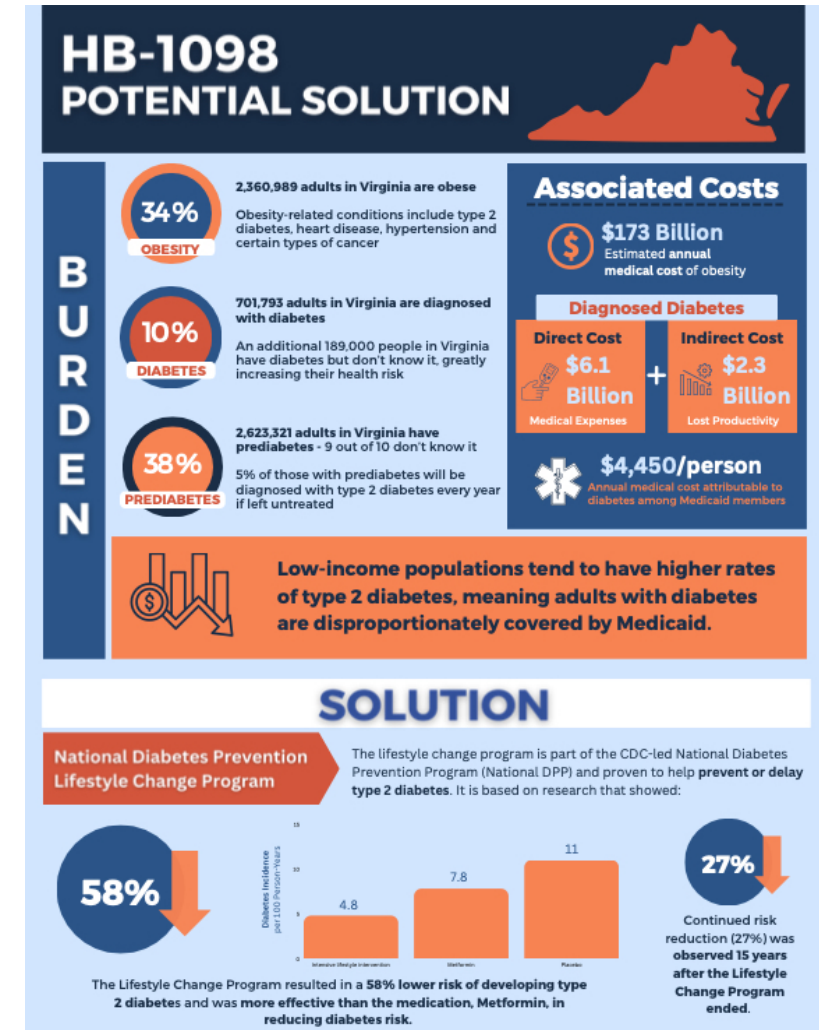
- 22 DPP organizations joined marketing hub
- VCDPE front-loaded 284 marketing pieces from CDC and made them fully adaptable
- 415 designs published; 60 shares
- Monthly office hours to provide guidance and support

Medicaid Diabetes Prevention Program Demonstration

- Completed Medicaid value-based payment pilot of three sites and 35 people
- Worked with Department of Medical Assistance Services (DMAS) and Virginia Department of Health to complete Virginia's Medicaid MCO Demonstration Project
- Supported Virginia Cooperative Extension, VDH, DMAS in Virginia's Community Medicaid Project
- Created Infographic for HB1098 that illustrates that the National DPP Lifestyle Change Program is a good treatment option for adult obesity

Value-Based Payment Pilot

100% attended 1 Core Session
100% attended 4 Core Sessions
80% attended 9 Core Sessions
50% attended 5 Core Maintenance Sessions
26% lost >= 5% weight loss
Average per person cost: \$430 (\$780 with SDoH program supports)



Community Service

- Virginia Diabetes Council
 - Board Member
 - Co-Chair of Diabetes Prevention Workgroup
 - Active member of DSMES Workgroup
- UVA Diabetes Education Collaborative
 - Committee Chair
- Association of Diabetes Care and Education Specialists
 - Central Virginia Local Network Group Chair
- Health Fairs - Green County and Seventh-Day Adventist Church health fairs
- Fluvanna Rotary Club - Presentation on Diabetes Prevention





Anne Wolf, MS, RD

Director



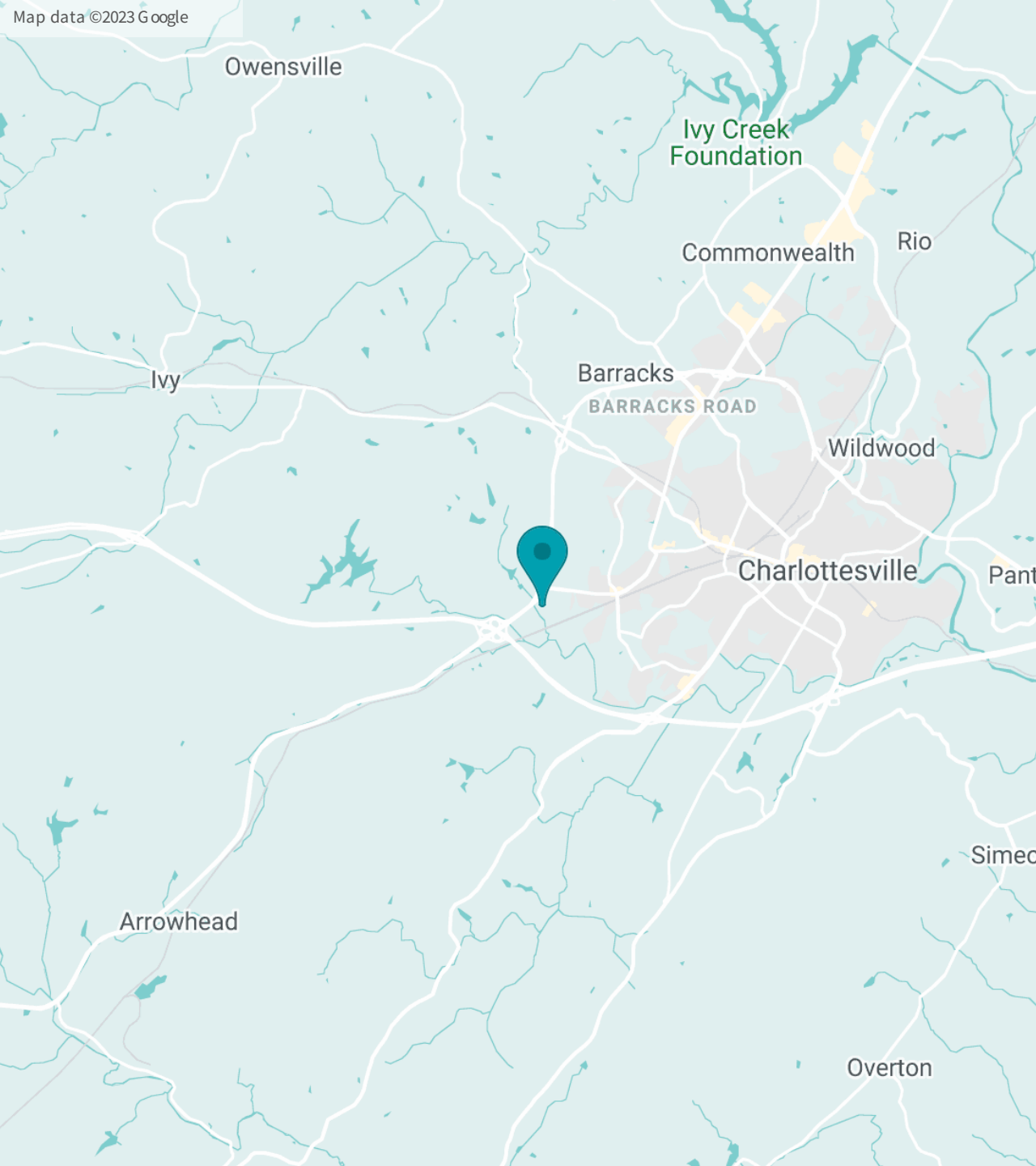
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