

# Virginia Center for Diabetes Prevention & Education

Annual Report: July 2023- June 2024

# VCDPE Mission



- Provide training and technical assistance to organizations in Virginia and Nationwide that are interested in providing evidence-based Diabetes Prevention and Diabetes Self-Management Education & Support Programs.
- We improve the quality and accessibility of diabetes education and diabetes prevention programs through collaboration, evidence and innovation.

# 2023-2024 Projects



Establishing the Virginia Diabetes Self-Management, Education and Support (DSMES) Program Umbrella Hub



Establishing the Virginia Diabetes Prevention Program Umbrella Hub



National Diabetes Prevention Program Lifestyle Coach & Advanced Training and, Technical Assistance



Medical Education



Community Education and Training



Provide Subject Matter Expertise on Prediabetes and the National DPP for Virginia Medicaid



Maintain a Virginia DPP Marketing Hub

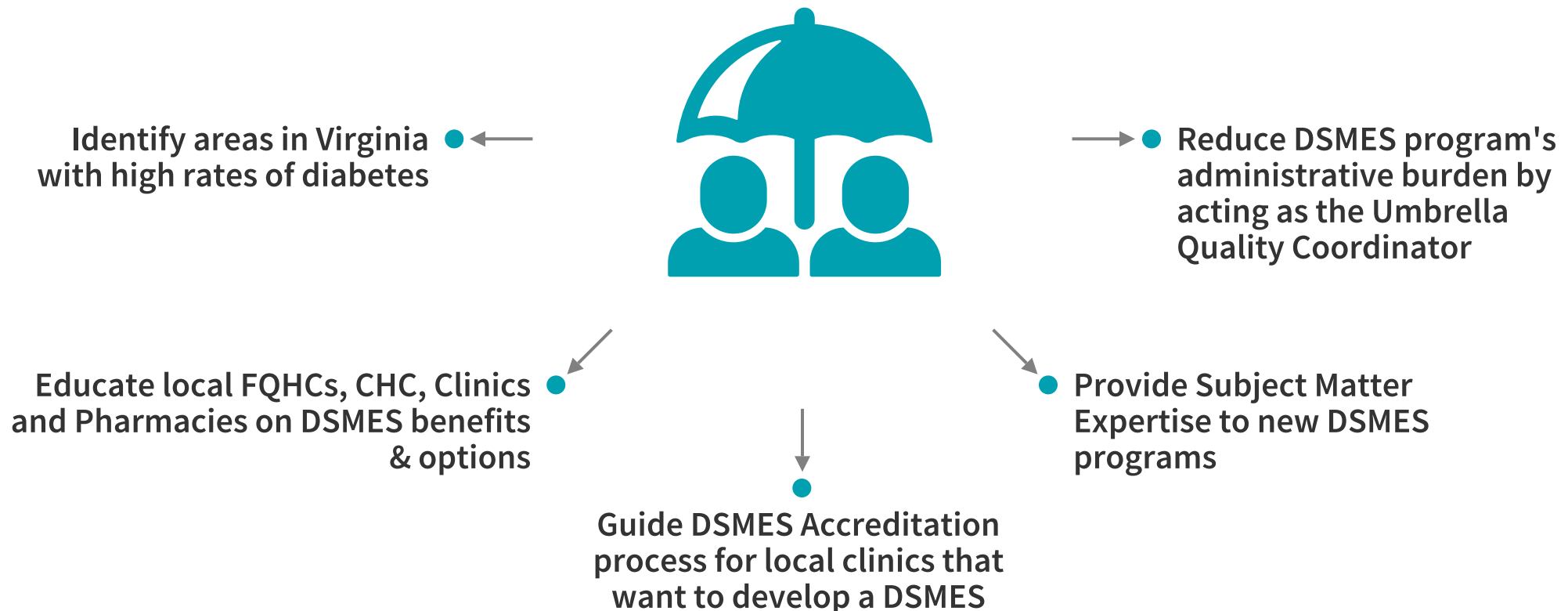


Provide Access to Online Diabetes Education for People with Diabetes

# Established Virginia's DSMES\* Umbrella Hub

## \*Diabetes Self-Management Education and Support

Setting up new DSMES programs in Virginia's areas with high prevalence of diabetes to improve access to evidence-based diabetes education to populations in need.



# Oversee Virginia Diabetes Prevention Umbrella Hub

Designed to connect smaller National Diabetes Prevention Program organizations with administrative support and health care payment systems to achieve sustainable reimbursement & delivery

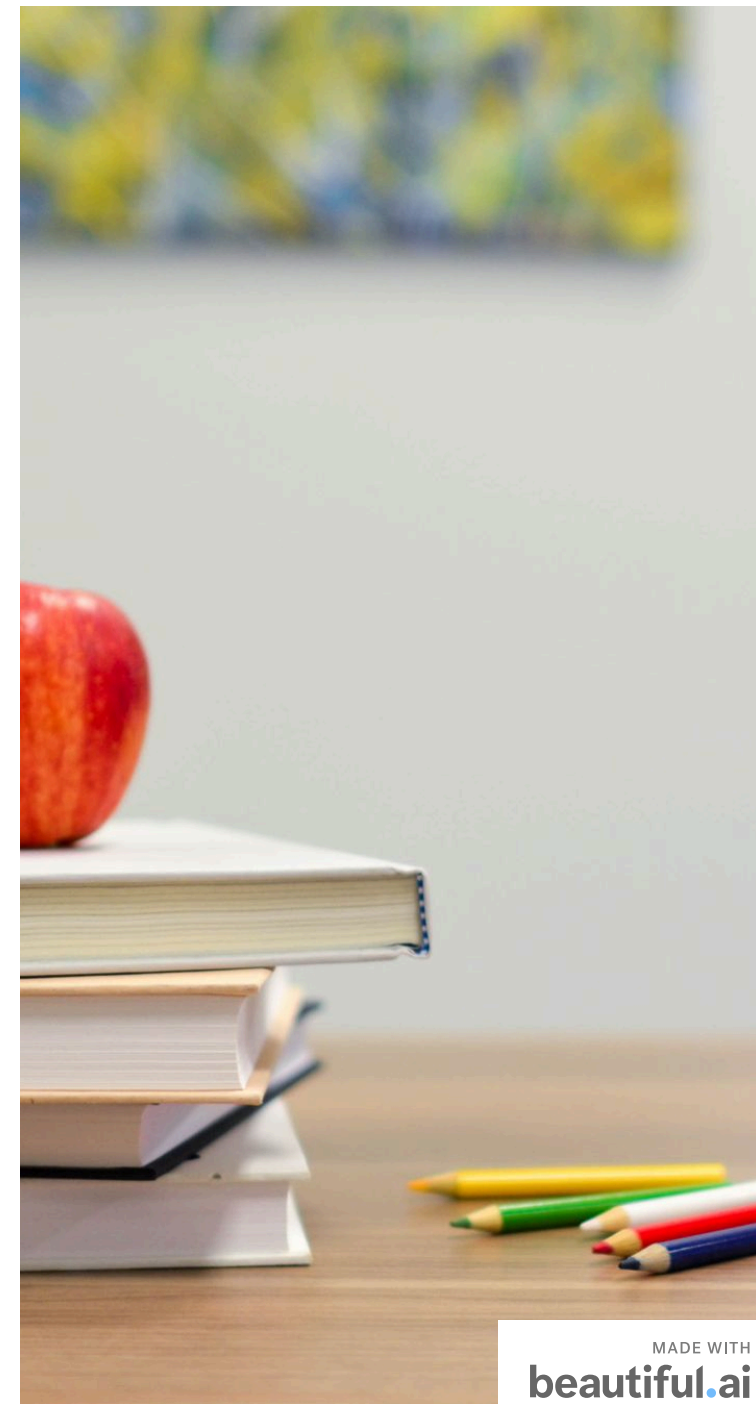
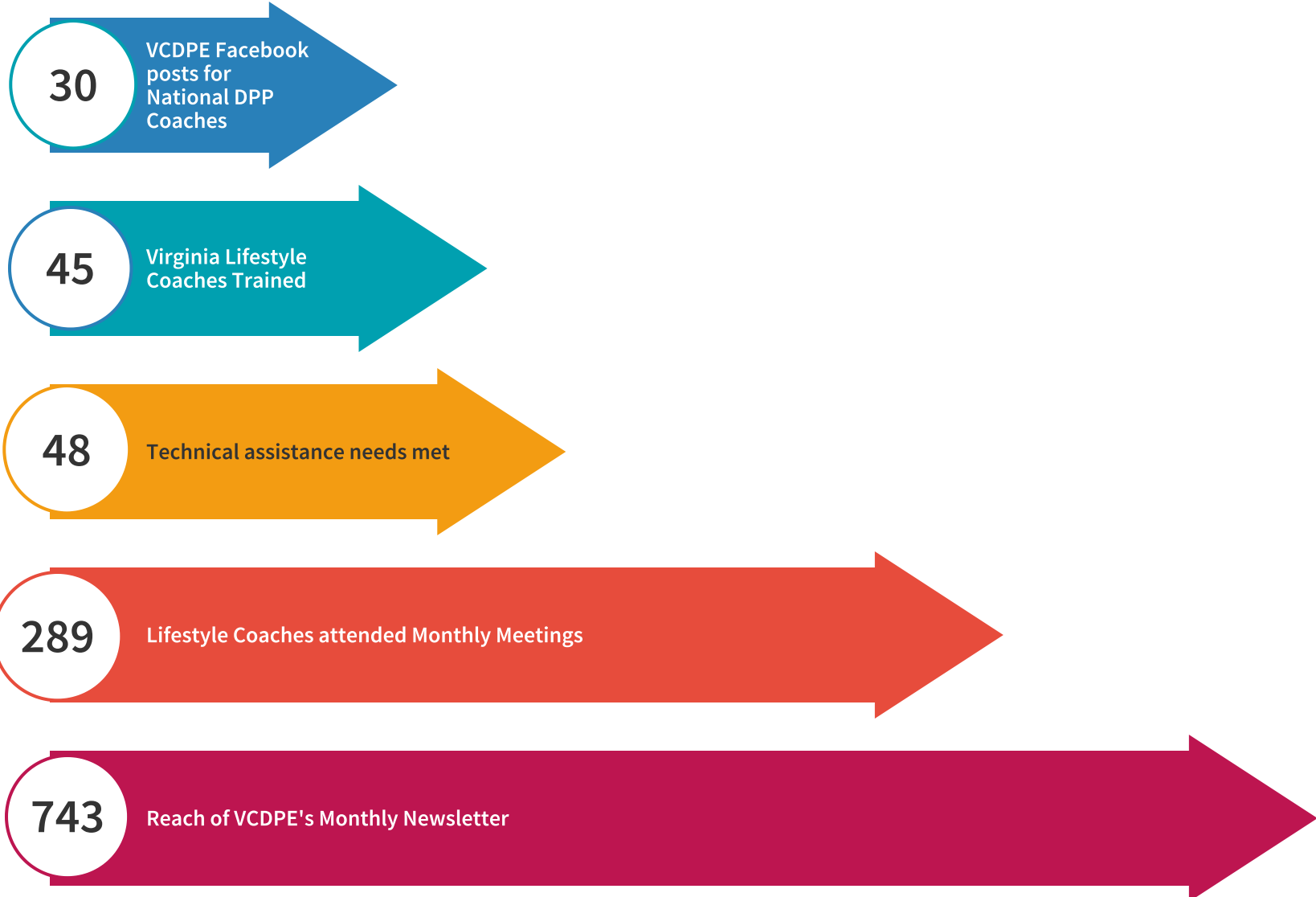


# Diabetes Prevention Lifestyle Coach & Advanced Training

- Conducted 7 Lifestyle Coach Trainings (LCT) via distance learning delivery
- Provided 49 scholarships for LCT to organizations serving high risk, priority populations and those in high risk geographic areas
- Funded by CDC to "Build Medicare DPP Lifestyle Coach Capacity among DSMES programs"
- Provide On Demand, Advanced Training site that with 10 trainings
- Delivered CDC's Advanced Training in Group Coaching Skills, a six month course
- Orchestrated Virginia's 7th Annual Diabetes Prevention Program Meeting with 95% of DPPs in Virginia attending.



# VCDPE's Technical Assistance provided to DPPs in Virginia



# 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 (DSMES)*
- UVA Medical Students: *Obesity and Lifestyle Management*
- Endocrinology Fellow: *Nutrition and Lifestyle Counseling: Tips and Tricks to help Patient's Change*
- UVA Primary Care Residents: *Continuous Glucose Monitors in Primary Care*
- UVA Cells to Society for Medical Students: *Diabetes Prevention & Education in Virginia: A Public Health Approach*
- CHWET of Virginia: *Diabetes Basics for the Community Health Worker (three trainings in 2023-24)*
- Webinars to Virginia Community Pharmacies about developing a DSMES program
- Rockbridge Area Health Clinic: *Continuous Glucose Monitors in Primary Care*
- Oversaw two UVA dietetic interns for diabetes and community rotation

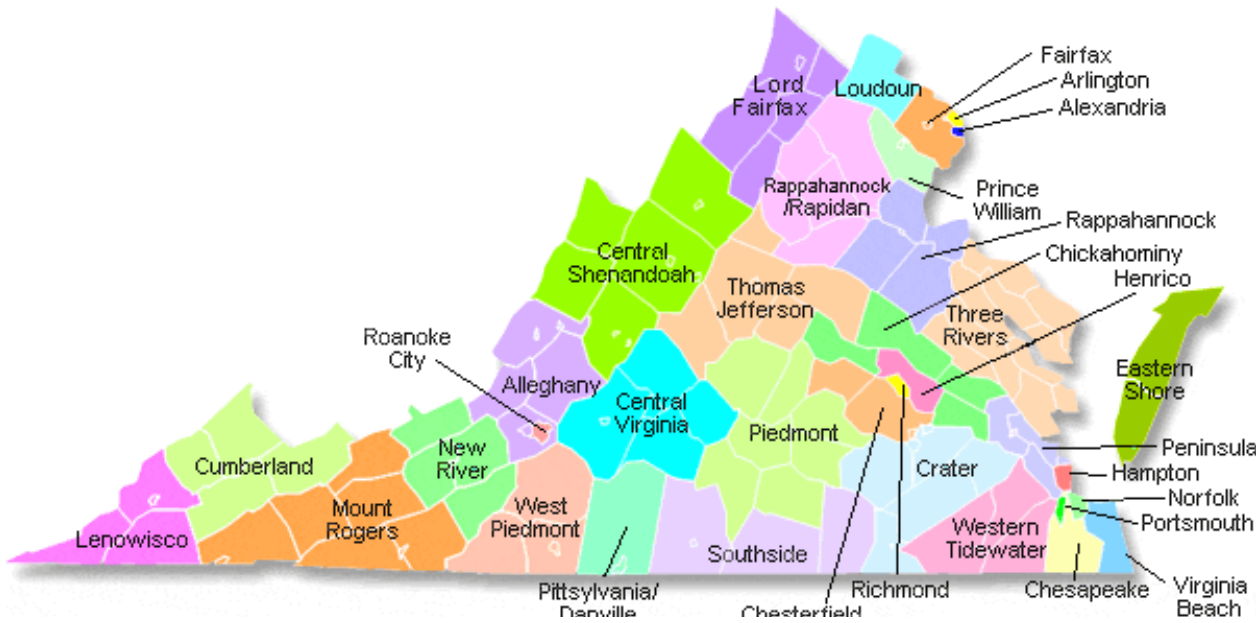


# Community Education & Service

- Virginia Diabetes Council
  - 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 - UVA Latino Health Initiative
- Collaborated UVA Latino Health Initiative on ways to meet growing need for diabetes education among the Latino population



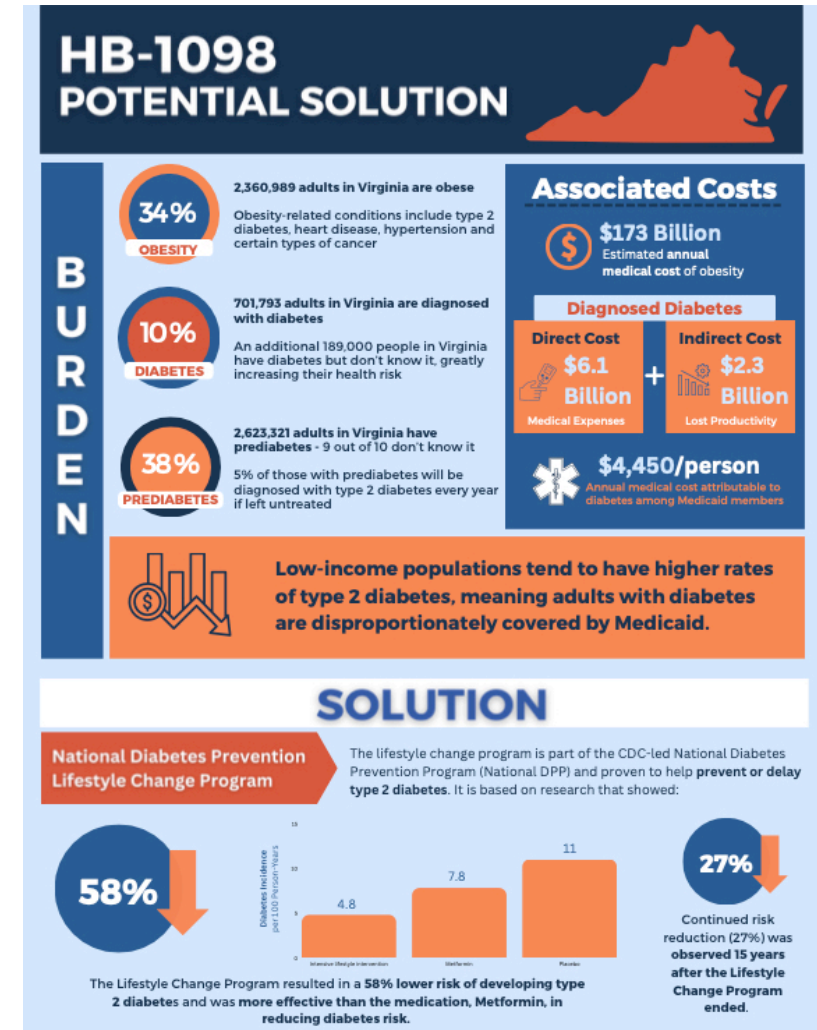
# Diabetes Tele-Education in Virginia



- **CREATED** On-Demand Diabetes Education series to allow people with diabetes to view at their convenience.
- Provided access to series to rural and areas in Virginia with limited access to diabetes education.

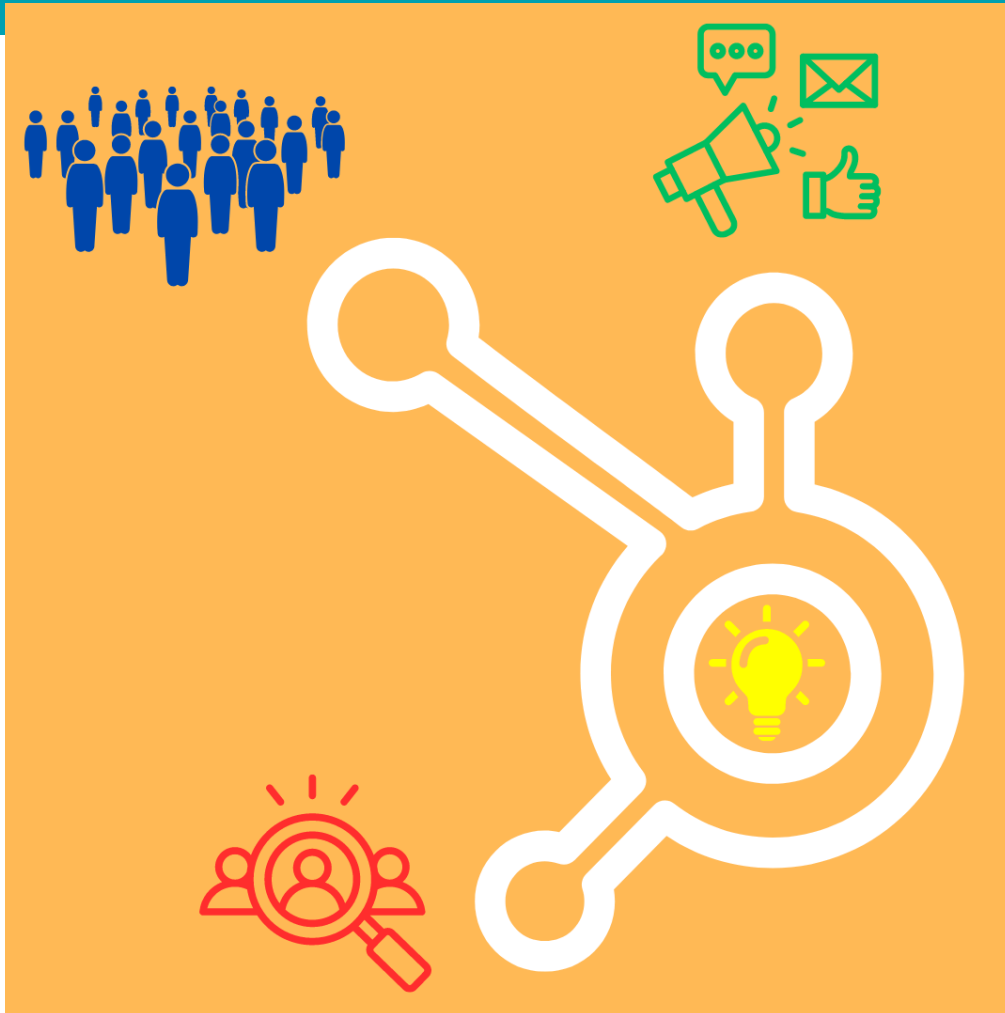
# Medicaid Diabetes Prevention Program Demonstration

- Supported the Virginia Cooperative Extension, VDH and 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



# Virginia's Diabetes Prevention Marketing Hub

Provided a central Canva Pro Marketing site for Virginia National DPPs to develop, share & modify recruitment materials



- 23 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



**Anne Wolf, MS, RD**

Director



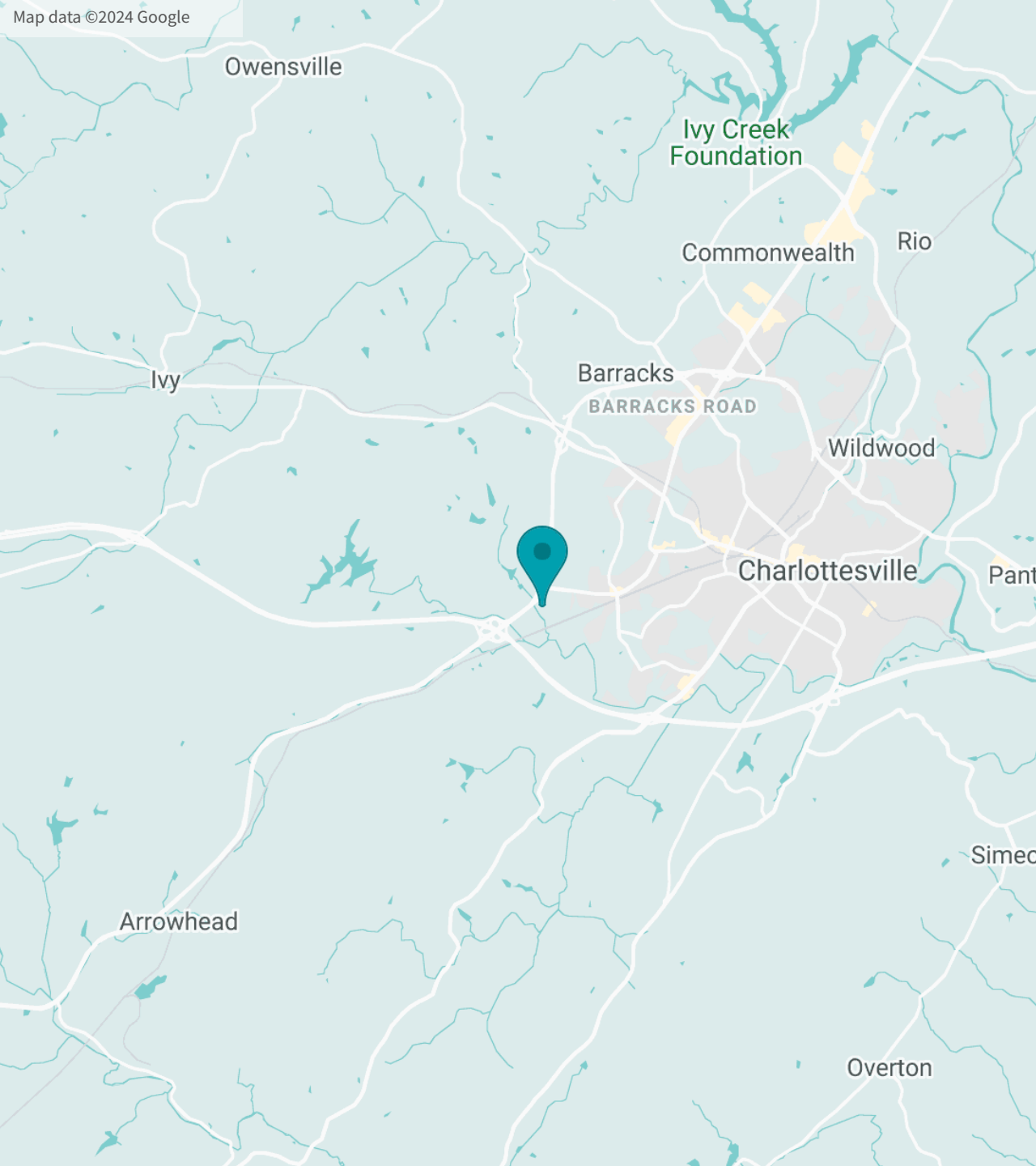
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