

# VIRGINIA'S 8<sup>TH</sup> ANNUAL

---

## NATIONAL DPP MEETING

---

FRIDAY, MAY 2ND, 2025



SCHOOL *of* MEDICINE  
The Virginia Center for  
Diabetes Prevention & Education

# VCDPE



**Anne Wolf**  
amw6n@virginia.edu



**Jaelyn Munson**  
am6nf@virginia.edu



**Lorrie Rilko**  
pap8fj@virginia.edu

# AGENDA

9:00 – 9:15	<b>Welcome</b> Jaelyn Munson, MS, Virginia Center for Diabetes Prevention & Education Nina Rodriguez, MPH, RN, CDCES, Virginia Department of Health
9:15 – 10:15	<b>Tips for Stress Management and Stress Eating</b> Speaker: Cynthia Moore, MS, RDN, CDCES, FAND, NBC-HWC, c-IAYT
10:15 – 11:15	<b>Best Practices on Motivating Participants on Healthy Lifestyle Behaviors (Panel Discussion)</b> Moderator: Jaelyn Munson – Virginia Center for Diabetes Prevention & Education Panelists: <ul style="list-style-type: none"><li>• Madison Shepard – Central Virginia Health District</li><li>• Paige Annis – Eastern Shore Rural Health</li><li>• April Payne and Jessica Jones – Virginia Cooperative Extension</li></ul>
11:15 – 12:15	<b>Beyond the Plate: Cultural Considerations When Working with Diverse Populations</b> <ul style="list-style-type: none"><li>• Heritage and Health: Culturally Inclusive Approaches to Diabetes Prevention Education for Asian and Asian Americans: Cara Harbstreet, MS, RD, LD</li><li>• The Indigenous Plate: Balancing Tradition and Health: Tara John, RDN</li></ul>
12:15 – 12:30	<b>Meeting Wrap-up &amp; Survey</b> Jaelyn Munson



# Housekeeping

---



Keep microphone muted,  
unless asking a question



Q&A after each  
presentation



Please use chat box  
for questions

**\* Take Breaks As Needed \***

# Wrap Up

---

## A few things before we depart

- **Thank you** to our speakers, facilitators, participants, and funder!
- 2 hours of National DPP Lifestyle Coach **Advanced Training** & 2 hours of VCDPE **CEUs**
- Participants Satisfaction Survey – please **complete after the meeting**

# Have a great afternoon!



SCHOOL *of* MEDICINE  
The Virginia Center for  
Diabetes Prevention & Education