



VIRGINIA CENTER FOR DIABETES PREVENTION AND EDUCATION

ANNUAL REPORT 2024-2025

An overview of the Virginia Center for Diabetes Prevention and Education's key initiatives, and accomplishments for the year.

VCDPE MISSION

Empowering organizations to provide effective, evidence-based diabetes prevention and self-management programs through comprehensive training, technical assistance, and collaborative efforts.



Training



Technical Assistance



Collaboration

2024 - 2025 PROJECTS

1. DSMES Umbrella Hub Arrangement (UHA)

Support Virginia DSMES programs within an UHA to reduce administrative burden, improve quality and access.

2. DPP Umbrella Hub Arrangement (UHA)

Enhance sustainability of the National DPP in Virginia by providing a UHA framework.

3. Technical Assistance

Identify areas & populations at high risk for diabetes and provide assistance to establish evidence-based DPP, DSMES and diabetes education programs.

4. National DPP Lifestyle Coach Training

Train Lifestyle Coaches to lead the National Diabetes Prevention Program (DPP).

5. Advanced Coach Training

Offer a suite of Advanced Coach Trainings to enhance the skills of DPP Lifestyle Coaches.

6. Training Healthcare Professionals

Provide educational opportunities and training for healthcare professionals.

7. Continuous Glucose Monitor (CGM) Education & Training for Primary Care Clinics

Educate and train primary care providers on effective use of CGMs to improve diabetes management.

8. Community Education & Service

Educational programming on diabetes, prediabetes and nutrition for the community.

9. Online Diabetes Education for People with diabetes

On-demand, virtual diabetes education and resources to improve access to evidence-based diabetes education.

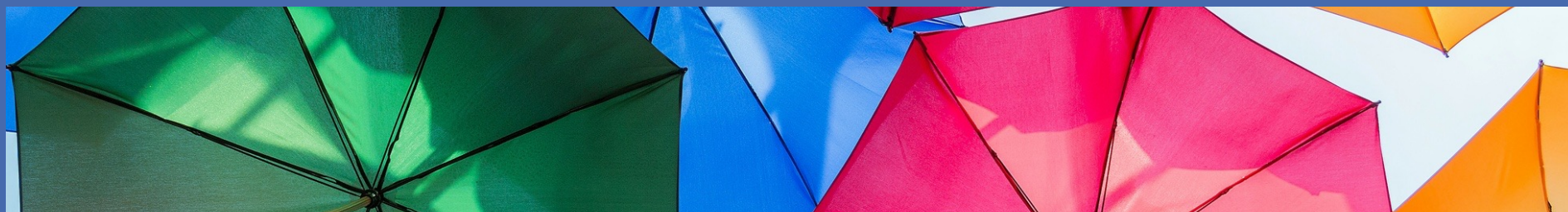
10. Professional Engagement

Actively engaged in professional organizations.

EXPANDING DIABETES EDUCATION PROGRAMS ACROSS VIRGINIA

VCDPE has taken a proactive approach to expanding Diabetes Self-Management Education and Support (DSMES) programs across Virginia by identifying areas with high rates of diabetes:

- VCDPE has educated local Federally Qualified Health Centers, Community Health Centers, Clinics, and Pharmacies on the benefits and options for DSMES programs.
- This collaborative effort has guided five DSMES programs to obtain Diabetes Education Accreditation, ensuring the delivery of high-quality services.
- VCDPE has reduced the administrative burden on these programs by acting as an Umbrella Quality Coordinator, providing subject matter expertise to new DSMES initiatives.



STRENGTHENING DIABETES PREVENTION PROGRAMS ACROSS VIRGINIA

TECHNICAL ASSISTANCE

All National DPPs in Virginia receive ongoing support through individualized TA, monthly networking meetings, and a monthly newsletter.

DPP UMBRELLA HUB ARRANGEMENT (UHA)

Onboarded 4 new DPP subsidiaries to Virginia's UHA. Provided financial support to pay for delivery, data and billing platform to reduce administrative burden & support sustainability.

MENTORING

Identified populations at high-risk for diabetes. Providing seed funding and in-depth mentoring to 3 new DPPs in these high-risk populations.

MEDICARE DPP (MDPP)

Through Virginia's DPP UHA, 7 organizations have access to a billing platform and specialist with the goal of making the DPP financially sustainable.

DIABETES PREVENTION LIFESTYLE COACH TRAINING



Lifestyle Coaching

- Delivered 5 Lifestyle Coach Trainings via distance learning, training 37 coaches



Advanced Coach Training

- Facilitated CDC's 6-month Group Coaching Certificate Program for 25 people
- Offered On-Demand Advanced Training
- Created custom training options for organizations



Annual DPP Meeting

- Hosted Virginia's 8th Annual DPP Meeting with 97% program participation - 81 attendees



Scholarships

- Awarded 10 Lifestyle Coach Training scholarships to organizations in high-risk areas

CLINICAL & ACADEMIC TRAINING

Presentation/Engagement	Audience	Date
Nutrition & Lifestyle Counseling Tips	UVA Endocrinology Fellows	Sep 2024
Integrating the National DPP into Food Bank Services	Federation of Virginia Food Banks	Oct 2024
Prediabetes Efforts & Strategies	Virginia Chapter: American Diabetes Association	Oct 2024
Lifestyle Behavior Change in Disease Management	UVA Medical Students	Nov 2024
MDPP Program Update	Virginia Diabetes Council	Nov 2024
Telehealth Ninja Training: Diabetes Education	National Telehealth Resource Centers	May 2025
Group Coaching Certificate Program Overview	DTTAC National DPP Convening	Jun 2025
Diabetes Basics for the Community Health Worker	Community Health Workers in Virginia	2024-2025
Article Contributor- "Expanding Access to DSMES: Getting Familiar with the DSMES Umbrella Model"	In Practice Magazine - Association of Diabetes Care & Education Specialists	April 2025



Continuous Glucose Monitor Education and Training for Primary Care

**UVA- Edward W. Hook, Jr, MD Recent Advances in Clinical Medicine Conference
presentation (Nov 2024)**

Telehealth Proposal - Virtual CGM Initiation Service for Primary Care (vCGM) (Dec 2024)

Virginia Pharmacy Association (VPhA) Annual Conference (Feb 2025)

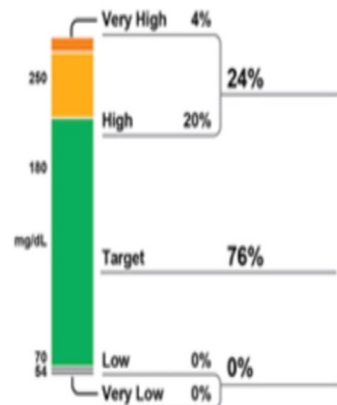
UVA - Primary Care APP Fellowship (PCAPPF) Insulin/ Diabetes Technology (Dec 2024)

UVA Resident & Staff: Multiple CGM Trainings:

- **University Medical Associates (UMA) (May 2024)**
- **Stoney Creek Family Medicine (Oct 2024)**
- **UVA Family Medicine (Nov 2024)**
- **UMA Resident CGM training series (*six trainings in 2024-25*)**

AGP Report: Blood Glucose Monitoring

Percent BGM Readings in Ranges



COMMUNITY EDUCATION & SERVICE

Fluvanna Rotary Club

Presented on 'Metabolic Health' to the Fluvanna Rotary Club in April 2025.

Kindlewood Community Center

Delivered a tele-education presentation on diabetes prevention and diabetes self-management education programs to the Kindlewood Community Center in October 2024.

UVA DPP Participant CGM/Biosensors

Provided a presentation on the use of continuous glucose monitors and other diabetes-related biosensors to participants of the UVA Diabetes Prevention Program in December 2024.

Community Outreach and Education

Actively engaged with local communities across Virginia to raise awareness about diabetes prevention and management, reaching underserved populations through a variety of educational initiatives and events.



DIABETES TELE-EDUCATION IN VIRGINIA

VCDPE has developed an On-Demand Diabetes Education video series, providing flexible and accessible diabetes education to patients across Virginia.

This virtual platform has expanded the reach of diabetes education to rural and underserved areas with limited access to in-person programs.

PROFESSIONAL ENGAGEMENT



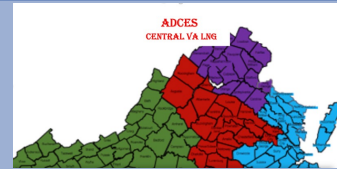
Co-Chair

Diabetes Prevention
Workgroup, Virginia
Diabetes Council



Chair

UVA Diabetes Education
Collaborative



Chair

Central Virginia Local
Networking Group,
Association of Diabetes
Care and Education
Specialists (ADCES)



Committee Member

ADCES Virginia
Collaborative Workgroup



VCDPE TEAM

Left to Right

Jaelyn Munson, MS Diabetes Prevention Specialist, Lead Lifestyle Coach Trainer

Lorrie Rilko, DNP, CDCES, BC-ADM Diabetes Specialist, DSMES & CGM Lead

Anne Wolf, MS, RD Director, Nutrition & Behavior Change

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SCHOOL *of* MEDICINE

The Virginia Center for
Diabetes Prevention & Education