



2017-2018

Annual Report

OUR VISION

To become Virginia's leading collaborative voice for diabetes awareness, education and treatment

OUR MISSION

Virginia Diabetes Council: Raise Awareness. Build Collaboration.
Promote Excellence in Education and Treatment.

WHY

To engage and strengthen connections among collaborators so that there is a positive impact on the lives of those affected by diabetes.

www.virginiadiabetes.org

Letter from the Chair

Dear Volunteers of the Virginia Diabetes Council (VDC),

This last year has been exciting and challenging with much work spent on structuring and restructuring process and procedures. Technology has taken us by storm requiring us to take a close look at options “to work smarter and not harder”. Embracing technology comes with its own share of learning for our members and volunteers. I am confident to say we met the challenge head on and have made great strides in progressing to becoming a VDC that is keeping up with the times.

The Virginia Department of Health continued to be supportive of our work through Diabetes Prevention, (DPP), Increase Capacity of Diabetes Self-management Education Services (DSMES) and Diabetes in Schools. We also had increase awareness of advocacy issues that is faced by Virginia through the addition of Becky Lanier-Bowles as our representative for advocacy. Becky was certainly able to keep her finger on the pulse of advocacy in Virginia and provided great insight to provide VDC with needed information regarding legislative activities and has been a great asset to the team.

DPP made significant leaps and accomplished significant work in providing stakeholders across Virginia information regarding the new diabetes prevention services and benefits. The Virginia Center for Diabetes Prevention and Education provided guidance and tools to DPP sites across the state through its Technical Resource Services. VCDPE has increased the awareness of DPP initiatives across the state by providing opportunities for DPP sites to share stories and collaborate on successes and barriers in establishing DPP. VDC will continue with collaborative efforts in the coming year.

DSME initiated efforts in increasing awareness with resulting expansion of VDC reach through media which included television, radio and social media. Analyzing results of these opportunities provided a greater understanding of the need of marketing to assist VDC in growth and sustainability.

Much was done this year to increase visibility of the VDC through participation at other events throughout the state including: National Diabetes Prevention Program State Engagement Outcomes Summit in Atlanta Georgia, Virginia Pharmacist Association Midyear meeting in Roanoke, VA, AADE presentations in Baltimore, Maryland to name a few. These were supported through efforts of active members of VDC.

In closing although there is still much work to be done; we have solid foundation to continue the work set forth and continue to grow. It has been a pleasure and honor to serve the board and the VDC in this very important work.

Sincerely,
Susan De Abate, RN, MSN/ED, CDE

Letter from Anne M Wolf, Incoming Chair

It is an honor to become Chair of the Virginia Diabetes Council for our 2018 – 2019 year. Our board has accomplished so much last year that it has put the VDC on sure footing for the next five years. I am grateful and humbled to follow the footsteps of Susan DeAbate, RN, MSN/ED, CDE who has served the VDC board and members tirelessly in 2017-2018.

The VDC has established a solid board and committee infrastructure that will enable us to become more diverse and function from a much broader perspective. We have already filled three board positions with phenomenal leaders - Joyce Green Pastors, MS, RD, CDE, Becky Bowers-Lanier, EdD, MPH, MSN, RD and Evan Sisson, PharmD, MSHA, CDE, FAADE. Board members are chosen with great care and consideration toward diversity, ability and vision.

I look forward to our work this year to renew VDC's look and feel. While VDC volunteers are the heart of VDC, the face of VDC is our website, and our website was old and tired. We have revitalized our Mission and discovered WHY VDC has such an important role to play in Virginia diabetes. But we also needed a fresh look and a better organized website that will serve our volunteers and visitors interested in all that we are doing.

VDC has three active committees-Diabetes Self-Management & Education Support (DSMES), Diabetes Prevention (DPP) and Diabetes in Schools. We welcome a fourth and vital committee- Advocacy- that is such a needed part of what VDC does. Led by our Board member Becky Bowers-Lanier, the Advocacy group will grow to new heights this year to seek additional funding for diabetes initiatives in Virginia.

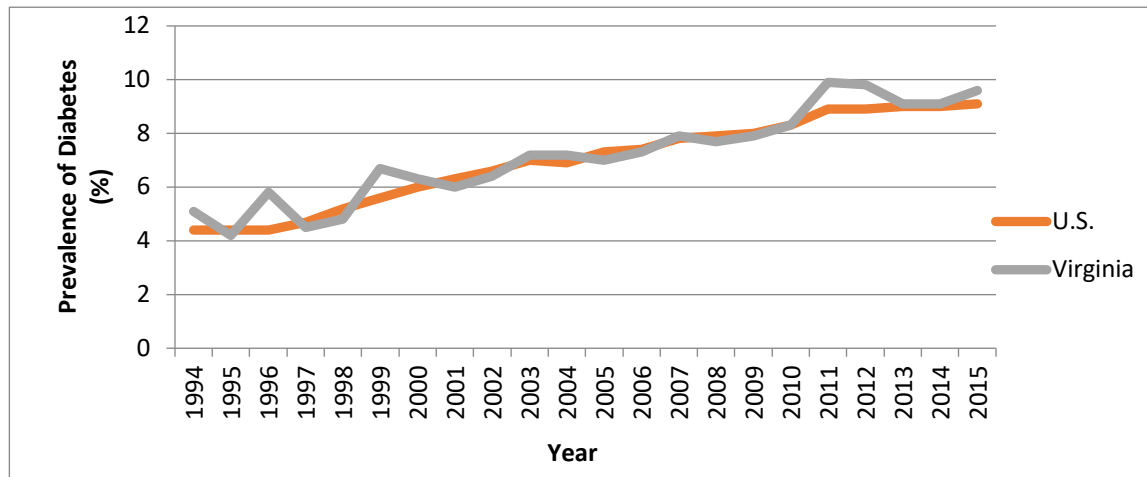
VDC's DSMES committee was hugely successful in their marketing and mentoring campaigns last year with the goal of increasing referrals to DSMES programs across the State. Our Diabetes in Schools committee too is working hard to serve the parents, teachers and school nurses to support improved care of children with diabetes. Their DMMP form is valued across State lines because of its usefulness. This coming year, VDC will highlight diabetes prevention in Virginia. The diabetes prevention committee is actively engaged and moving forward with both a marketing campaign to increase public awareness of prediabetes and mini-grants to critically needed diabetes prevention programs. VDC is also supporting diabetes prevention through funding increased technical assistance, an annual meeting for NDPP's in Virginia, lifestyle coach training in underserved areas and continued support to increase screening, testing and referrals throughout the Commonwealth. We anticipate increased awareness from providers and people in Virginia around prediabetes and diabetes prevention.

In closing, thank you for this opportunity to serve you and the people of Virginia who are affected by diabetes. VDC's mission is to "Raise Awareness. Build Collaboration. Promote Excellence in Education and Treatment" speaks to the dedication of our Board and volunteers. It is an honor to serve such a diligent, helpful and collaborative council.

Anne Wolf, MS, RD

Introduction

According to the 2017-2018 *Diabetes Burden in Virginia Report* More than 29 million Americans are living with diabetes, and 86 million are living with prediabetes, In Virginia, 631,194 people have diabetes that is 9.6% or nearly one in every ten Virginians. The rate of new cases of diabetes is 7.3 per 1,000 people. It is estimated that one of every three Virginians have prediabetes and most of these individuals are undiagnosed.



The VDC increased membership participation with attendance at 2 webinars February 16th and June 15th 2018. The VDC also had 2 membership face to face meetings this year April 20th and September 21st 2018, which provided opportunity for all VDC members to network, hear VDC updates, and workgroups to have a breakout session to plan for the upcoming funding cycle.

VDC Accomplishments November June 2017- August 2018

We continue to work with the Department of Health and facilitating Scope of Work with focus on Diabetes Prevention and Diabetes Self-Management. We also have been actively aware of legislative issues and lending our voice as needed. We continued our ongoing effort of working with the Department of Education and the Department of Health to ensure the best care for children living with diabetes in the schools and are looking towards obtaining a grant from the Lion's Club to help facilitate training of school nurses and school personnel managing children with diabetes and insulin pumps.

VDC Accomplishments June 2017 – June 2018

Diabetes Prevention Committee

The work accomplished in Diabetes Prevention was completed through the Diabetes Prevention committee as well as through a subcontract with the Virginia Center for Diabetes Prevention and Education at the University of Virginia. Both groups worked in concert to achieve the goals set forth in the 2017 Diabetes Prevention Strategic Plan, which are to:

- Increase awareness of prediabetes in Virginia
- Increase screening and testing of prediabetes and increase referral of people with prediabetes to qualified Diabetes Prevention Programs (NDPP) throughout Virginia
- Increase the number of NDPP and lifestyle coaches in Virginia through training, mentoring and programmatic support.

Diabetes prevention efforts are at an early stage in Virginia and therefore in 2017-18, we decided to not address reimbursement until Medicare DPP was more firmly established.

Increasing Awareness of Prediabetes in Virginia

- Committee focused on increasing provider awareness of prediabetes. Completed two Virginia centric, one-page handouts for providers about prediabetes,
 - “Evidence Base for Prevention of Diabetes through Lifestyle Change Interventions Document”
 - “You Can Prevent Type 2 Diabetes”
- Develop list of professional organizations that can help advocate for DPP awareness, and provide a forum (annual meetings) where VDC volunteers can speak.
- Developed professional slide deck, “Diabetes Prevention in Virginia”, that can be used by any health care professional to educate other health care professionals about prediabetes and diabetes prevention.
- Gave two professional presentations on “Diabetes Prevention in Virginia” to:
 - Community Care Network in Virginia, November 16, 2017, Richmond, VA
 - Virginia Pharmacists Association, March 24, 2018 Roanoke, VA

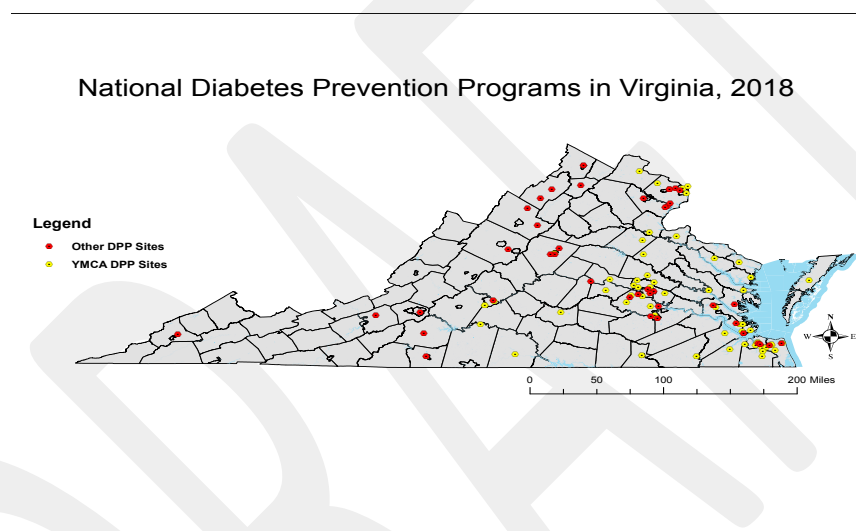
Increasing Screening, Testing and Referral to Qualified Diabetes Prevention Programs

- Worked with Central Virginia Health System, a 19-clinic community based non-profit that serves the rural and underserved areas in Central Virginia. Goal was to form a committee and help them develop a system-wide screening, testing and referral workflow. The group met bimonthly; American Medical Association mentored efforts. The following was accomplished in 2017-18.
 - Developed workflow which was reviewed and accepted by PCP
 - Completed a retrospective identification to estimate burden of prediabetes by clinic.
 - Worked with CCNV and eClinicalWorks (EHR of FQHC in VA) to discuss building templates.
 - Started working on order set template.
- This project is requested to be continued in 2018-19 in order to develop the eClinicalWork templates and share with other FQHC in VA, educate PCP of CVHS, pilot test process.

Increase the number of NDPP and lifestyle coaches in Virginia through training, mentoring and programmatic support

Increasing the number of NDPP in Virginia

- Prior to 2016, there were only 8 qualified lifestyle change programs in Virginia. As of June 2018, there were 46 programs, many being multi-site programs, hence there are 111 qualified sites throughout Virginia (see map below).
- Four DPPs in Virginia now have full recognition, including the YMCA Of South Hampton Roads which has many sites.
- Five DPPs in Virginia now have preliminary recognition, including the YMCA of Richmond which has many sites.
- Preliminary and Full recognition are required by CMS in order to be eligible to provide and be reimbursed for the Medicare DPP.



Increasing the number of lifestyle coaches in Virginia

- The VDC supports the Virginia Center for Diabetes Prevention and Education (VCDPE) in training lifestyle coaches in order to contain the cost of training. In 2017-18, the VCDPE held four NDPP lifestyle coach trainings and trained 56 lifestyle coaches which included licensed health professionals (RN, RD, Pharm D, MD, PT, LPN) as well as certified health educators, certified exercise trainers, certified wellness coaches and employees of FQHC, Agency on Aging and other organizations.

Mentoring and Programmatic Support of NDPP in Virginia

Many efforts were undertaken to support and sustain NDPPs in Virginia, including:

- Developing simplified NDPP provider material to explain Medicare DPP (MDPP) and the 2018 Diabetes Prevention Recognition Standards (DPRP).
 - MDPP Resource: Directions for meeting internally with organization about MDPP
 - MDPP Resource: Billing Codes
 - MDPP Resource: Pay for Performance
 - MDPP Resource: Steps to Becoming a Medicare Provider for MDPP
 - NDPP Resource: Resources (with weblinks) for DPP Providers

- NDPP Resource: 2018 DPRP Data Dictionary
- NDPP Resource: Transitions from Pending to Full Recognition
- Funding VCDPE as technical assistance and support center for DPPs in Virginia. This center fielded questions from NDPPs in Virginia in order to support their progress and ability to sustain their program. They conducted conference calls quarterly to discuss progress and challenges.
- Conducting survey of all NDPPs in Virginia. All but one NDPP in Virginia were interviewed with respect to their progress, challenges and needs. A 22-page report summarizes NDPP program's funding status, attendance, weight loss, types of coaches, participant demographics, program referral source and marketing efforts. Report can be viewed at.
- Held the first annual one-day Virginia Diabetes Prevention Networking meeting. There were 61 attendees comprising 95% of all NDPPs in Virginia. This program was a six-hour meeting and included the following educational sessions and a networking lunch so that NDPPs could network with other local NDPP providers:
 - Where are we with Diabetes Prevention in Virginia
 - What's Working with Partnership Engagement? A Discussion on Ways to Connect Your DPP for Success
 - Resources for Marketing Diabetes Prevention Programs in Virginia
 - Coaching Up: Facilitating Lifestyle Behavior Change
 - What's Working in Screening, Testing, & Referral?
 - Building Your DPP: Tips from the Pros

DSMES

Diabetes Educator Mentoring Program

The key direction for DSMES workgroup was really to keep the momentum going towards increasing capacity. The establishment of a very successful mentoring program led by Mary Albert and Kathy Gold was established. The mentoring program was very well received and we hope to be able to expand the program soon. Final mentee numbers: 44 plus 7 added after original pilot. In the new year we will look to evaluate the effectiveness of this approach to achieving our goal of providing opportunity to increase capacity. The reach of this program was truly state-wide and we heard such wonderful stories from individuals who were able to obtain much needed education that they may not have otherwise had access to.

Marketing

The Workgroup to Increase Capacity of DSMES has been very busy this past year. Two Public Service Announcements (30 seconds and 15 seconds) for television, radio, and the internet have been developed. Marketing Campaign: ran these ads in Richmond, Roanoke, and Northern Virginia on NBC stations. Facebook Campaign was completed this year with significant impact

as reflected by the Google analytics evaluation. Radio and online ads were done in the Tidewater and Roanoke areas.

Diabetes Tele-Education Project

The VDC/VCDPE has created a Webinar, “How to Deliver DSME Virtually” to provide education on the use of tele-education to increase capacity for diabetes self-management education. The presentation answers the questions, what is tele-education, is tele-education effective, and what is needed to implement a successful and sustainable diabetes tele-education program. The webinar was presented May 17th, 2018. CEU certificates were available. The presenters were Anne Wolf and Viola Holmes. A recording was posted on the VDC website.

Newsletter

The VDC continues to publish a monthly newsletter to be shared among all members as well as being distributed by the Oral Health Coalition to their network. Articles are then being disseminated by other organizations such as health systems, coalitions, federally qualified clinics and faith-based organizations to be used on social media or in newsletters. We are reviewing target audience to assure we are reaching across Virginia more completely. If you wish things to be included: announcements, programs, events, etc. Please contact Julia Groom our newsletter editor. See our website for contact information.

Diabetes in Schools

Our Diabetes in Schools Workgroup continued to work hard looking at opportunities for evaluating school nurse training with much time spent exploring options and opportunities with industry, other states and private companies. Of course they continued to work and have discussions with Department of Education. An informal survey of school nurses and during workgroup calls was conducted to elicit feedback. It was determined that online and ongoing support is needed instead of one-time events. After further evaluation of educational resources it was determined to form a sub-group primarily to work on a Lion’s Club Grant and to pilot Salus online materials in specific Northern Virginia counties. Additionally, a reference online to point school nurses to recommended sites was done.

Administrative

The VDC has invested in the services of Madison & Main to assist with Website development, branding, and reach appropriate audience targets. As you know our website has been in use for many years without an update. We are looking forward to a new look along with a new

branding of the VDC. Significant work has been done internally to improve upon process and structure. The foundation has been strongly laid and reinforced to this end. Communication has always been a challenge; but we continue to keep up to date with new technologies to find best solutions for our members.

Website - www.VirginiaDiabetes.org

The VDC website is designed to be the hub of all VDC documents, a communication channel for upcoming VDC events, and a resource for the public and professionals. The Diabetes State Plan along with links to educational resources and diabetes related organizations are provided. In the next year we hope to update the website and enable communication on the site. There is also a place to donate funds to the VDC. The new website will incorporate current documents and resources but we will purge outdated resources. Our mailing list continues to be a work in progress in terms of updating partners and friends of VDC.

Event Highlights

National Diabetes Prevention Program State Engagement Outcomes Summit Atlanta, GA at the Courtyard Atlanta Decatur Downtown/Emory on February 21-22, 2018 was attended by Joyce Green Pastors representing VDC and VCDPE as the technical center for DPP

Virginia Pharmacist Association 2018 March 24-25th in Roanoke VA Speaker was **Anna Peoples Pharmacist** representing VDC.

VDC Retreat held July 12th through July 13th for board members and interested individuals to help identify strengths and weaknesses of VDC members in efforts to look to the future of VDC work including specific work on “Why”, “Vision” and “Mission”. Building the board is essential to our success so defining our strengths and looking for individuals that meet the needs of VDC will continue to help grow VDC.

VDC representation at AADE18 at the Baltimore Convention Center from Joyce Green-Pastors and Kayla Craddock; “Representing Building Statewide Partnerships to Support Infrastructure and Medicaid Reimbursement: Opportunities for the National DPP. Susan De Abate also presented from a health care perspective and also included VDC acknowledgements in a program entitled “Let’s Get Started: Implementing a Successful National Diabetes Prevention Program”

Financial Report July 2017-June 2018

The 2017-2018 fiscal year was a time of transition for the Virginia Diabetes Council. Fortunately, due to the diligent and thoughtful efforts of the board, all of the transitions were good, and made a positive impact on the operations of the Council.

Some of the financial highlights of the year include:

- Receiving increased grant revenues from the Centers for Disease Control via the Virginia Department of Health. These funds allowed us to provide the professional oversight needed in many areas of our organization, including financial.
- Transitioning from one volunteer treasurer to another is always a challenge, but thanks to the dedication of our previous treasurer, Kathy Gold, and the willingness of our new treasurer, Dee Brown, to take the responsibility of managing the finances, we have greater financial clarity than we have had in the past.
- Working with a new financial institution, SONA Bank, who specializes in the needs of not-for-profit organizations and women-owned businesses. They are committed to making banking both easy and affordable, with excellent customer service. It was a perfect fit for us.
- Updating and streamlining our internal procedures, including invoicing, to ensure a clearer, efficient, and transparent financial operation.
- We have hired a new accountant to prepare our taxes, and to support our growth and development of Quickbooks.

Financially, we began the fiscal year with a surplus of \$xxxx and ended with \$xxxx.

Thanks to all the volunteers who have made this year a great success. As Susan has stated many times, we have learned how to work smarter, not harder, and to come to terms with the fact that accepting the status quo is just not part of who we are as an organization!

We look forward to what the new year brings!

VDC Board

The following were the VDC Board Members July 1 2017 – August 31, 2018 we did have some additional changes later in the year which are indicated by an asterisk.

Susan M. De Abate

VDC Chair

Anne Wolf

VDC Chair-Elect

***Mary Albert**

VDC Incoming Chair Elect

***Dee Brown**

VDC Treasurer

Diabetes Prevention Work group Co-Chairs

Carlin Rafie

Jana Smith

***Kayla Craddock, Virginia DOH**

Increase Capacity DSME Workgroup Co-Chairs

JULIE A PIERANTONI

Lauren Gray

***Mary Albert**

VDC Board Member At-Large

Joyce-Green Pastors Member At-Large

Becky Lanier-Bowles

Advocacy

Member At_Large

DRAFT