

Virginia Diabetes Council Newsletter

MAY 23, 2017

VOLUME 1, NUMBER 1

VDC Updates

Diabetes Prevention Strategic Plan

Prescription Assistance for Medicare Patients

Do You Know Where to Go for Diabetes Education?

School Diabetes Medical Management Plan Updated

Take Five Challenge

VDC Updates

It is exciting times for the Virginia Diabetes Council. We have established three workgroups – Diabetes Prevention, Diabetes Self-Management Education and our long-standing Children in School workgroup has been especially active in recent months in advocacy and in the adoption of a new form to be used in the school systems. We are working closely with the Virginia Department of Health to raise awareness of the importance of diabetes self-management education. Our new workgroup chairs Julie Pierantoni, MSN, RN, CDE, brings over 30 years of nursing experience and 17 years as a Certified Diabetes Educator experience to the group. Her work at Sentara RMH Medical Center in Harrisonburg, VA is extensive, not only does she have a program at the hospital she has expanded the program to four community sites. Julie has also been a leader in prevention launching a Diabetes Prevention Program in September 2016.

VDC is all about building partnerships and our other co-chair Lauren Gray, MPH, MSW is the Program and Engagement Manager for the Virginia Oral Health Coalition. Lauren diagnosed with diabetes in 2009, has chosen to pursue a career in Public Health. Her work with the Oral Health Coalition has forged alliances with hundreds of partners across the Commonwealth seeking to ensure access to affordable, comprehensive health care for all Virginians.

Our Diabetes Prevention Workgroup offers equally impressive leadership. Jana Smith is the Association Director of Community Health, YMCA of Greater Richmond. Her responsibilities include: providing program quality oversight to drive positive health outcomes, developing community partnerships, providing leadership for program data analysis and quality control and providing budget & grant oversight to ensure good stewardship of resources. She provides leadership to the YMCAs of Virginia State Alliance for Diabetes Prevention Programs and the YMCA's community partnerships supporting health living for those with chronic diseases and/or diverse abilities.

Carlin Rafie, PhD, RD also brings experience from her current position as an Assistant Professor and Extension Specialist in Human Nutrition at Virginia Tech, Dr. Rafie is leading an effort to create capacity with Virginia Cooperative Extension to implement the National Diabetes Prevention Program statewide. Extension Agent

Interested in joining the Virginia Diabetes Council? We are seeking energetic volunteers to help us reduce the risk of diabetes and its complications. For more information contact admin@virginiadiabetes.org

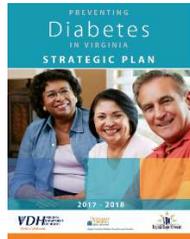
Virginia Diabetes Council

www.virginiadiabetes.org

training and quality control and support systems are being developed, as are the mechanisms for sustainability of the program. Carlin also served as past Chair of the Cancer Action Coalition of Virginia during which time she participated in the production of the 5-year Cancer Plan for Virginia, and statewide programs to address the Plan recommendations.

We are very fortunate to have such talented leadership as we move forward.

Diabetes Prevention Strategic Plan

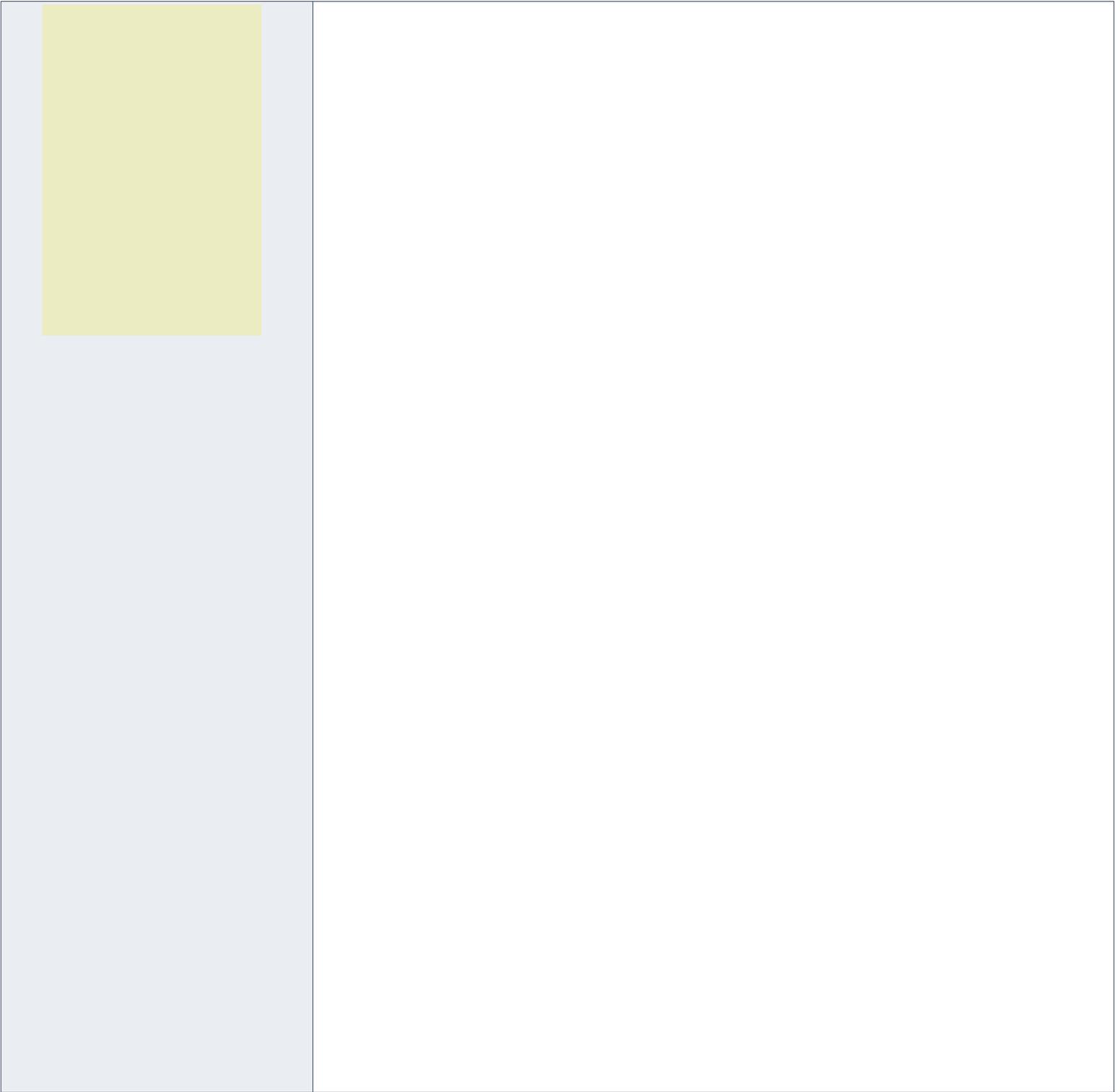


It is estimated that 631,194 or 9% of Virginians have type 1 or type 2 diabetes. That is one out of every 11 people. Approximately, 25% of these individuals are undiagnosed. One out of every three Virginians is estimated to have prediabetes. Most of these individuals are undiagnosed. In 2016 the Virginia Center for Diabetes Prevention and Education, Division of Endocrinology and Metabolism at the University of Virginia Health System was tasked by the Virginia Department of Health to develop a strategic plan to prevent diabetes. The Virginia Diabetes Council encourages you to read this plan and identify how your practice or organization can participate. For a copy of the plan go to: [Strategic Plan](#)

Prescription Assistance for Medicare Clients

Are you patients with Medicare beginning to enter the doughnut hole? Following are some resources that may be helpful.

- [Medicare Extra Help Program](#) if you have Part D and need help with prescription drug costs [t](#)
- [NeedyMeds Drug Discount Card](#) may be downloaded, accepted by most pharmacies, may be used instead of insurance, up to an 80% discount on all medications. Larger discount for more expensive medications. Also their website provides a comprehensive listing of a variety of discounts for medications, supplies, free clinics.
- **Walmart and Target** both have discounted generic drug programs.
- [Medicare.gov](#) offers a listing of medications that may be discounted for patients on Medicare or without insurance. Search for medication to see details.
- [LillyCares](#) covers medications made by Lilly, need to meet requirements and complete application. May apply even if you have Part D
- [RX Outreach](#) provides a 90 – 180 day supply of generic medications at a discounted rate. Must complete an application
- [National Council on Aging](#) provides a listing of programs you may qualify for based on your zip code,
- [Virginia Department of Health](#) provides information on prescription drug assistance programs available to Virginians



Do You Know Where to go for Diabetes Education?

[Diabetes Self-management Education and Support in Type 2 Diabetes A Joint Position Statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics](#) states that "Diabetes self-management education and support (DSME/S) provides the foundation to help people with diabetes to navigate these decisions and activities and has been shown to improve health outcomes."



To locate a recognized diabetes education program go to DiabetesLocal.org enter the zip code and a listing of diabetes education programs in your area will be displayed.

School Diabetes Medical Management Plan Updated

The Diabetes Medical Management form has been updated by a devoted committee of school nurses and pediatric diabetes educators. Using the National Diabetes Education Program School Guide and Medical Management Form they have adapted a form that can be used in the state of Virginia that is based on best practice and research. We applaud their efforts.

To obtain the form for the school year 2017 -2018 go to : [Virginia Diabetes School Form](#) or <http://www.vdh.virginia.gov/school-age-health-and-forms/school-health-forms-and-action-plans/>

The [NDEP School Guide](#) educates school personnel about effective diabetes management and shares a set of practices that enable schools to ensure a safe learning environment for students with diabetes, particularly those who use insulin to manage the disease.

Take Five Challenge

The Virginia Nurses Association has issued a challenge to commit to improving health for five minutes a day for 21 days. Let's reverse the trend of nurses being less healthy than the average American. Research has shown that nurses have higher stress levels, are overweight, and get less sleep. A nurse who is healthy is going to be an effective role model for their patients.

The Virginia Diabetes Council encourages all to take the challenge spend at least 5 minutes a day to improving your health.

Virginia Diabetes Council

E-mail:
admin@virginiadiabetes.org

We're on the Web!
www.virginiadiabetes.org

