

# Diabetes Prevention and Management

## Assessing the sustainable impact of VDH-led work from 2018-2023.

This work was made possible by cooperative agreement DP18-1815 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

### Team-Based Care

Engaged healthcare extenders in referrals to evidence-based lifestyle change programs.

#### Pharmacies



59 Vermont pharmacists completed the 2022 [Vermont Chronic Disease Pharmacy Services Assessment](#).



Results informed a chronic disease [resource summary](#) in 2024.

#### Community Health Workers (CHW)

Statewide peer leadership partnership to define and advance the profession led to:

- The establishment of a professional identity (2019) and development of [Core Competencies](#) (2020).
- 89 CHWs enrolling in a [certificate program](#) with the Community College of Vermont (2021-2023).

### Quality Improvement

Supported the development of [tools to identify](#) people with prediabetes or diabetes.

#### Protocols for Disease Management

In 2018, 11% of health systems had a diabetes or prediabetes **organization-specific protocol**.

By 2023, 100% had a diabetes and 78% a prediabetes **expanded disease-specific protocol**.

All partnering health systems are **very** to **moderately** confident in their ability to sustain the routine implementation of their disease specific protocols.

33%

67%



50% of partnering health systems increased their ability to monitor disease rates among target populations.

### Self-Management Program (SMP) Delivery

Developed strategies to increase enrollment in evidenced-based lifestyle change programs.

In 2018, all **My Healthy Vermont (MHVT)** workshops held in-person with regional recruitment.

In 2020, accelerated by the COVID-19 pandemic, virtual options were added. A mixture of in-person and virtual options continue today allowing for statewide recruitment.

#### Data in Action

Identifying regions for in-person vs. online Diabetes Management Workshops.



(Click to expand)

#### More programs. More Support.

MY HEALTHY VERMONT  
HIGH BLOOD PRESSURE WORKSHOPS

Added to MHVT in 2021.

From 2021 to 2024, **42** workshops were held with **329** Vermonters enrolled.

August 2024

Learn more at [HealthVermont.gov/wellness/diabetes](https://HealthVermont.gov/wellness/diabetes)

MY HEALTHY VERMONT



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