

# Virginia Center for Diabetes Prevention and Education

Your source for Diabetes Care Resources & Referrals

## DID YOU KNOW....

- 1 in 10 Virginians have diabetes.
- 1 in 4 Virginians who have diabetes do not know it!
- 1 in every 3 Virginians have pre-diabetes.

[\(Diabetes Burden in Virginia\)](#)

## MISSION

To provide evidence-based, high quality education, training, and technical assistance for diabetes prevention and self-management.

## Diabetes Self-Management Education & Support

It is recommended that individuals with diabetes be referred for diabetes self-management education & support (DSMES) to improve outcomes and reduce the burden of diabetes. DSMES has been shown to decrease A1C levels by as much as 2.3%!

### *What is DSMES?*

DSMES helps the person with diabetes develop problem-solving skills and attain ongoing support to self-manage diabetes. DSMES is the ongoing process of facilitating the knowledge, skill, and ability necessary for diabetes self-care. This process incorporates the needs, goals, and life experiences of the person with diabetes and is guided by evidence-based standards.

### *How do patients benefit from DSMES?*

DSMES helps patients: lower A1c, lipids, & blood pressure; increases medication adherence; reduces complications or the severity; enhances self-efficacy and healthy lifestyle modifications; reduce hospital admissions and readmissions related to diabetes.

### *Who provides DSMES?*

DSMES is provided by Certified Diabetes Care & Education Specialists (CDCES), who are healthcare providers, specially trained in the care of patients with diabetes and related conditions. CDCES work at DSMES accredited/recognized programs that are usually affiliated with a hospital or pharmacy. Medicare and most private insurances offer coverage for DSMES services.

### *How are patients referred to DSMES programs?*

The provider treating the patient's diabetes needs to send a referral to the DSMES. At the bottom of this page are links to find an education program in your area. Also, as part of the site-specific guide that VCDPE has developed for your facility, below are contacts for programs in your area.

## DSMES

**Diabetes Self-Management Education and Support Program:  
Contact for more information on how to refer patients.**

**INOVA Endocrine Fair Oaks- 3580 Joseph Siewick Dr. Fairfax VA 22033 (877) 511-4625  
Reston Hospital Diabetes Center - 1850 Town Center Pkwy, Reston, Virginia 20190 (703) 689-9164**

Search and connect to support: financial assistance, food pantries, medical care, and other free or reduced-cost.

### **Help starts here:**

- <https://www.findhelp.org/>

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## Diabetes Programs near you:

### Diabetes Tele-education Program

Evidence-based diabetes education can help reduce A1c levels, decrease the risk of diabetes-associated complications, and lower healthcare costs.

This program is a series of 4 diabetes tele-education classes offered for free to patients and their families. Classes can be broadcast to your site, or patients can attend from home. Learn more about the program and how to register, <https://med.virginia.edu/vcdpe/diabetes-tele-education-programs/>

### Diabetes Prevention Program

Individuals with prediabetes who participate in a lifestyle change program can reduce their risk of developing type 2 diabetes by 58%.

Would your clinic like to become a [National Diabetes Prevention Program](#) and deliver a Lifestyle Change Program? We can provide technical assistance with program set up, Lifestyle Coach Training, and delivery through distance learning.

Virginia Cooperative Extension (540) 665-5699, [vsantiago@vt.edu](mailto:vsantiago@vt.edu)  
INOVA Center for Wellness and Metabolic Health - 2740 Prosperity Ave, Fairfax, VA 22031  
(877) 511-4625

### Diabetic Retinopathy Screening

Diabetic retinopathy is the leading cause of preventable vision loss among people of age group 20-79 years.

DR screening can help to detect diabetic retinopathy early, even before any noticeable changes in vision. Patients with diabetes should have a dilated eye exam by an ophthalmologist or optometrist to screen for diabetic retinopathy, routinely.

Vision Works - 11903-L Lee Jackson Memorial Hwy G133, Fairfax, VA 22033 (703) 218-8036  
Fair Lakes Optometry - 13047 Fair Lakes Shopping Center, Fairfax, VA 22033 (703) 449-6739

### Additional Support

*Are you Interested in connecting with a Diabetes Self-Management Education & Support Program, National Diabetes Prevention Program, or the Diabetes Tele-education Program in your area for in-person and/or telehealth offerings for your patients? Or are you interested in learning steps to set-up your own program?*

We can assist you with options to meets your patient care needs.

Contact: Lorrie Rilko, [pap8fi@virginia.edu](mailto:pap8fi@virginia.edu) (434)982-0173