

Diabetes Prevention and Management

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

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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

MY HEALTHY
VERMONT



VERMONT
DEPARTMENT OF HEALTH