



EXECUTIVE OVERVIEW

Presenter

Dr. Julia Sheen

October 2, 2024



SECTION 1

Introduction of Dr. Julia Sheen



DR. SHEEN'S EDUCATION AND CREDENTIALS



- **Doctor of Public Health (DrPH), 2018 – Concentration in Public Policy**
MORGAN STATE UNIVERSITY – Baltimore, Maryland
- **Master of Science in Public Health (MPH), 2001 – Concentration in Prevention Science**
EMORY UNIVERSITY – Atlanta, Georgia
- **Graduate Certificate in Public Health, 2000**
UNIVERSITY OF WASHINGTON – Seattle, Washington
- **Bachelor of Science in Management, 1991**
MORGAN STATE UNIVERSITY – Baltimore, Maryland

DR. SHEEN'S MAJOR ACCOMPLISHMENTS

Major Accomplishments

- **25+ Years of Public Health, Business, Grants and Project Management Experience**
- **Governors Policy Advisor on Health & Human Services**
- **Deputy Director, Bureau of Primary Healthcare, Health Resources and Services Administration (HRSA)**
- **Branch Chief, Division of Behavioral & Public Health, HRSA**
- **Policy Advisor, National Partnership for Action (NPA) to Eliminate Health Disparities**
- **Commissioner of Health**
- **JSA Consulting, LLC**



Jahwill Dailey

03/22/1988-11/17/2021



SECTION 2

WHAT IS DIABETES?



WHAT IS DIABETES MELLITUS?

If the answer to any of the following is “no”, then we have a case of **diabetes**.



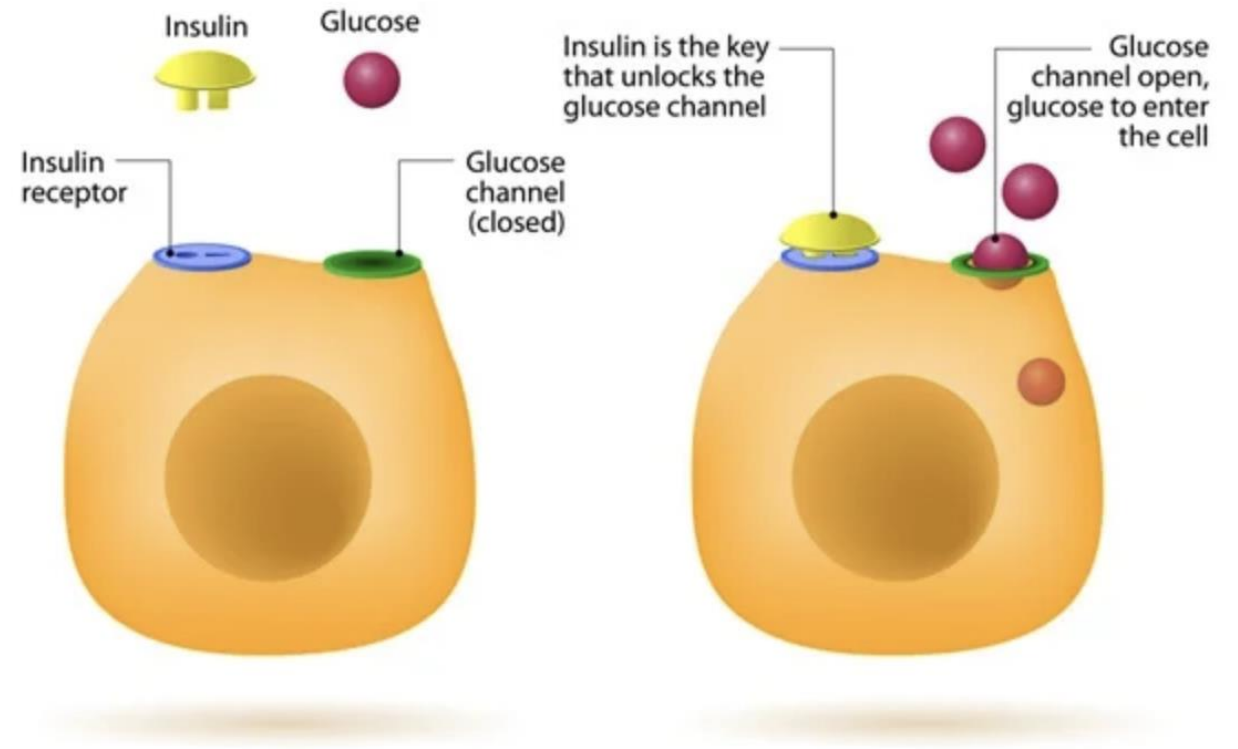
Is the body *making* insulin?



Is the body *making enough* insulin?



Is the body *efficiently using* insulin?



Three Ways to Diagnose Diabetes

Diabetes Indicators

	Hemoglobin A1C	Fasting Plasma Glucose	Oral Glucose Tolerance Test
Normal	<5.7%	<100mg/dL	<140mg/dL
Prediabetes	5.7%-6.4%	100-125mg/dL	140-199mg/dL
Diabetes	≥6.5%	≥126mg/dL	≥200mg/dL

TYPES OF DIABETES



Type 1 – Autoimmune Disorder

- Insulin-producing cell destroyed
- Most **common in children** and adolescents
- **5%** of people with diabetes



Gestational – Pregnancy-related

- Glucose-intolerance in some pregnant women
- More **common in obese women**
- May lead to Type 2 diabetes



Type 2 - Insulin Resistance

- Most common in adults and children who are **overweight**
- **5,300** children and adolescents, ages 10 to 19, are affected



Other Types – Specific Cases from:

- Specific Genetic Conditions
- Surgery
- Drugs
- Malnutrition
- Infections
- **1% to 5%** of all diagnosed cases

SYMPTOMS OF DIABETES

Someone with diabetes may:

- need to **pee** a lot
- be **very thirsty** or **hungry** often
- **lose weight** without trying
- have **blurry vision**
- have **numb or tingling hands or feet**
- feel **very tired** often
- have very **dry skin**
- have **sores that heal slowly**
- have **more infections** than usual



Managing High Blood Sugar

- Diabetic blood sugar goals
 - Fasting: 70-130mg/dL
 - 1-2 hours after eating: <180mg/dL
- Monitoring
- Exercise
- Diet changes
- Medication alterations
- Stress management



Diabetes Complications & Treatment

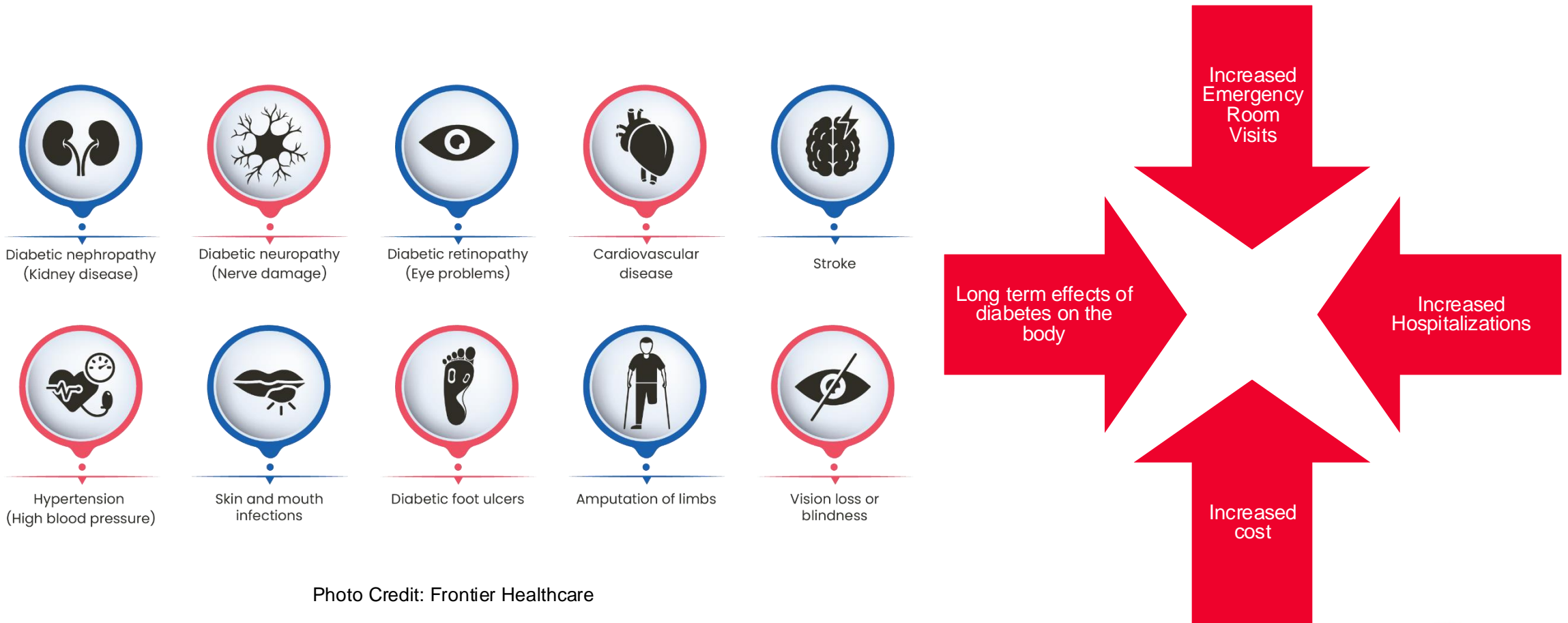


Photo Credit: Frontier Healthcare



SECTION 3

DIABETES BURDEN



DIABETES AROUND THE WORLD IN 2021



IDF 2021 REPORT SHOWS: Diabetes is a global 'burden'.

537

million adults were living with diabetes in 2021.

6.7

million deaths were due to diabetes in 2021.

966

billion USD \$\$\$ were spent on diabetes in 2021.

643

million adults are expected to be affected by 2030.

Diabetes Burden in the U.S.

- Diabetes is the 7th leading cause of Death affecting an estimated 38 million people.
- Annual cost of \$412.9 billion.
- Minority populations account for 25% of adults living with diabetes.
- 38.4 million people of all ages had diabetes in 2021 (diagnosed/undiagnosed).
- 29.7 million people had diagnosed diabetes.
- In 2021, an estimated 1.2 million new cases of diabetes were diagnosed.

SECTION 3: DIABETES BURDEN

DIABETES IN THE USVI

PROBLEM STATEMENT

Managing diabetes is a significant public health challenge in the United States Virgin Islands (USVI).

- Diabetes is the 6th leading cause of death
- The prevalence of diabetes in 2021 was 14.9% vs 12.0% U.S.
- More females (86.8%) than males (13.2%) had diabetes in 2021.
- Blacks/non-Hispanics had the highest prevalence of diabetes.
- Persons with less education had the highest prevalence of diabetes.
- Persons with lower household incomes had the highest prevalence of diabetes.



RISK FACTORS OF DIABETES IN THE USVI



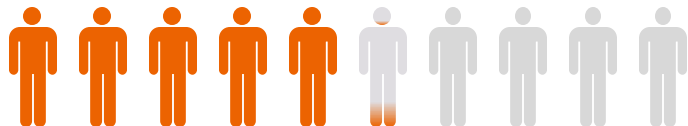
71.4% report **consuming less than 5 or more servings of fruits and vegetables** on a daily basis.



57.3% **Do not** engage in 30 minutes of moderate **physical activity** five or more days per week.



35.6% of adults were **Obese** or had a **BMI of 30 - 99.8**.



31.8% of adults have been told they had high blood pressure.





SECTION 4

ABOUT VIDCOE



ABOUT VIDCOE

A leader in Diabetes
education and treatment
in the Virgin Islands

- 501(c)3 Non-Profit Organization
- Headquartered at 4040 LaGrande
Princesse, Christiansted, St. Croix, USVI



OUR MISSION

To prevent diabetes and reduce its complications through health promotion, patient education, treatment and research.



OUR GOAL

Reduce the burden of diabetes and improve the quality of life for individuals living with diabetes or those at-risk for diabetes.

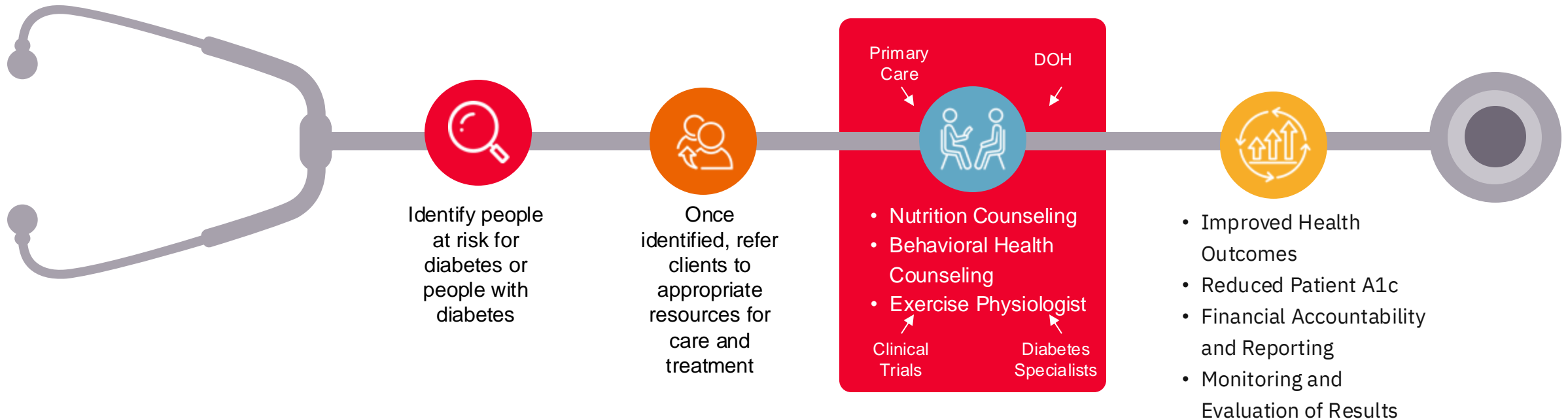
VIDCOE PATIENT-CENTERED APPROACH



MULTI-DISCIPLINARY APPROACH



- Bi-Lingual Culturally Sensitive Providers
- Diabetes and Metabolism Specialist
- Diabetes Caribbean Certified Educators





SECTION 4: ABOUT VIDCOE

VIDCOE SERVICES

1

Rural Health Outreach Program

- Community-based services
- Access to diabetes specialists
- Rapid A1Cs

3

Case Management & Chronic Care Management

- 3-month follow-up visits
- Medication adherence
- Leveraging the expertise of VIDCOE diabetes specialists

2

Diabetes Clinical Services

- In-person visits
- Telehealth/telemedicine visits
- Hybrid diabetes self-management education courses
- Consultations with a registered dietician

4

Outreach, Education, and Awareness

- Certified diabetes education and care specialists
- CDC-approved curriculum
- Behavioral health counseling
- Cooking demonstrations
- Exercise and physical activity

VIDCOE + Healthy Horizons Initiative = Increased Access to Healthcare

VIDCOE'S WEEKLY SCHEDULE



M

Clinical
Assessments

Rapid A1Cs



T

Clinical
Assessments

Rapid A1Cs

Diabetes Self-
Management Education
and Support (DSMES)



W

Clinical
Assessments

Rapid A1Cs

Endocrinology Visits



R

Clinical
Assessments

Rapid A1Cs



F

Endocrinology Visits

Rapid A1Cs

VIDCOE'S TARGET POPULATION

- Type 2 diabetes
- Children/Adolescents
- Men
- Private Insurance/Medicare/Medicaid
- High school education/College grads
- Worksite wellness
- Public Housing communities in partnership with Housing Authority





SECTION 4: ABOUT VIDCOE

OUR STAFF

Over **100** years of experience combined with specialties in:

- Emergency, Family, Pediatric Medicine
- Public Health
- Diabetes Education Specialists
- Nutrition
- Endocrinology
- Pharmacy
- Marketing
- Nursing

<https://vidcoe.org/core-team/>

VIDCOE'S CORE TEAM



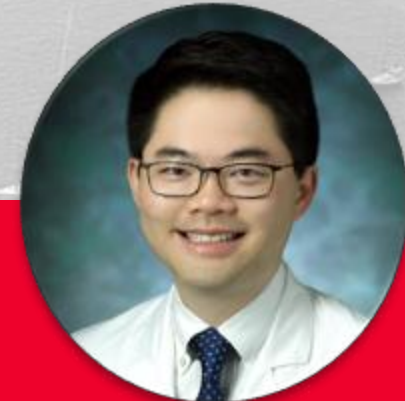
Dr. Julia Sheen
Executive Director



Dr. Anthony Oliva
Medical Director



Dr. Gail Nunlee Bland
Endocrinologist



Dr. Yan Tin Liu
Ophthalmologist



Shamera Robinson
Dietitian



Carlos Castillo
Nurse Practitioner



Dr. Ebony Evans
Pharmacist



Dr. Michelle Adams, PhD
Dietitian

OUR PARTNERS







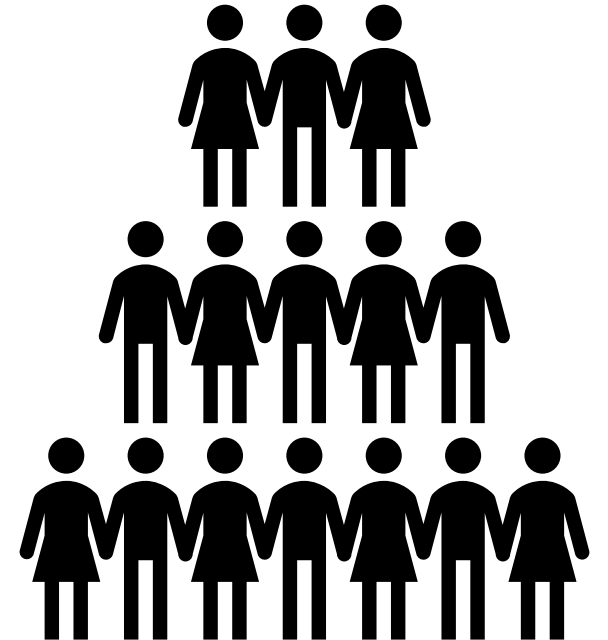
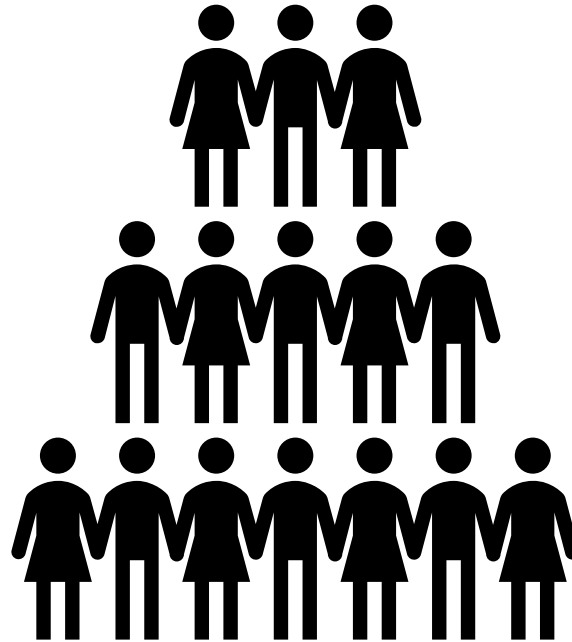
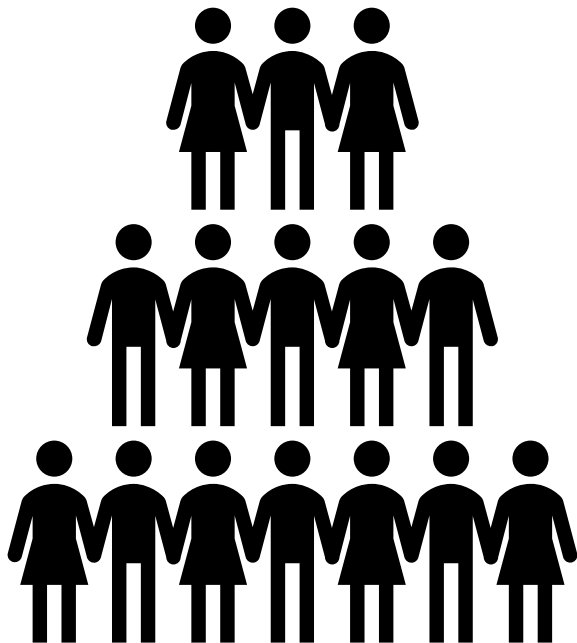
SECTION 5

PATIENT DEMOGRAPHICS



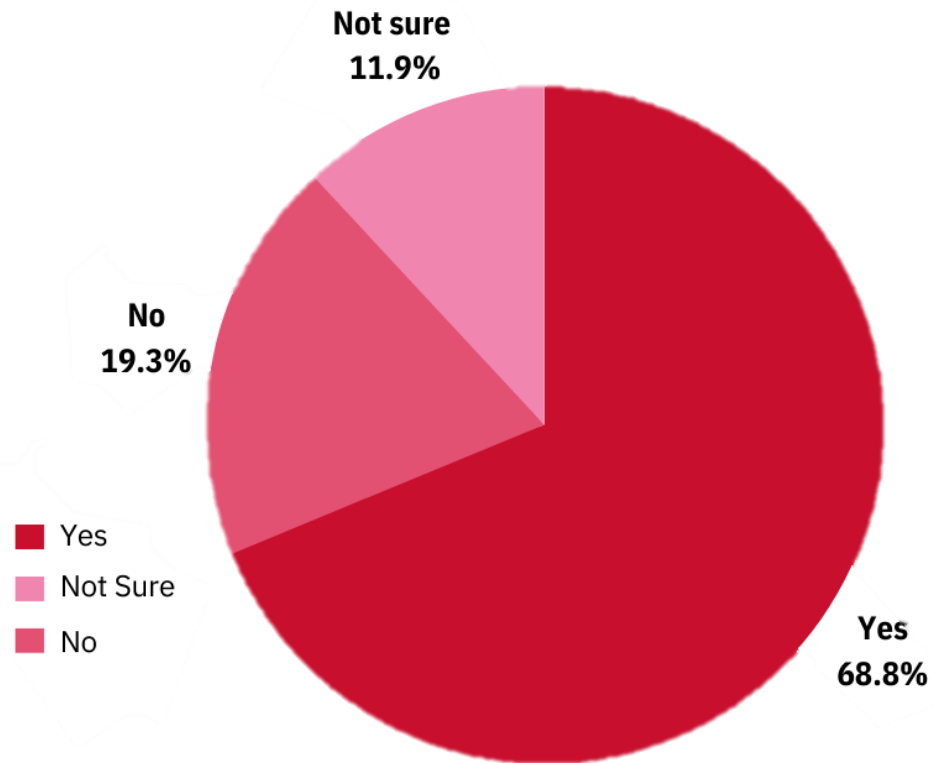
Patient Demographics:

Total Community Members Served = 2,210

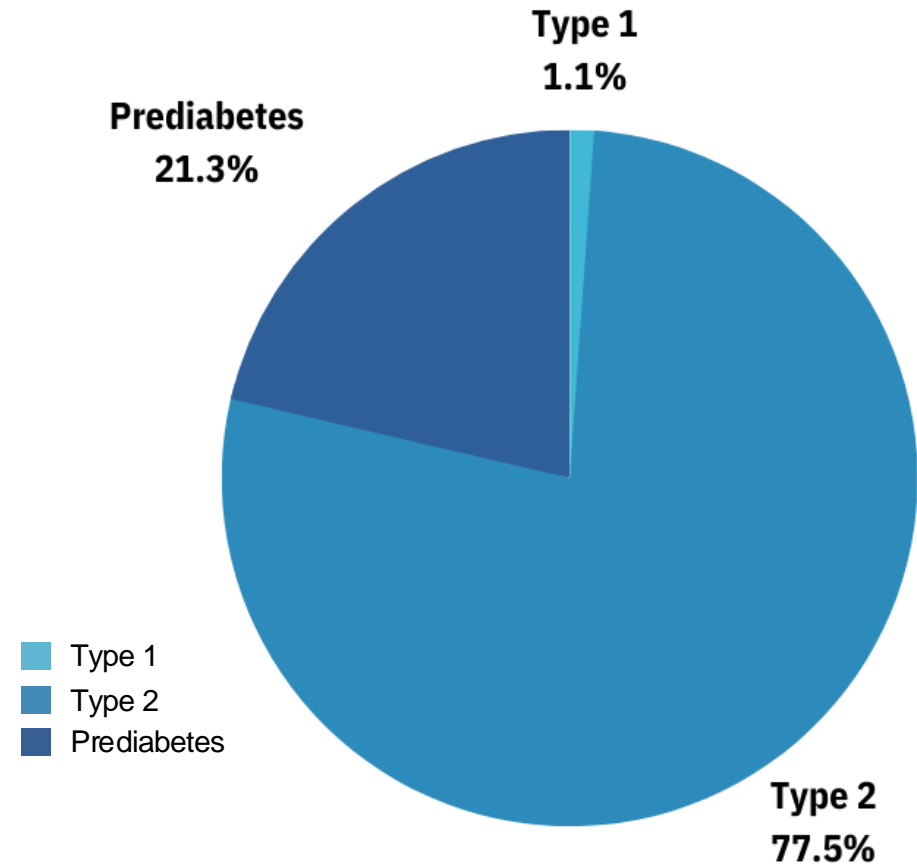


Patient Demographics:

High Blood Pressure

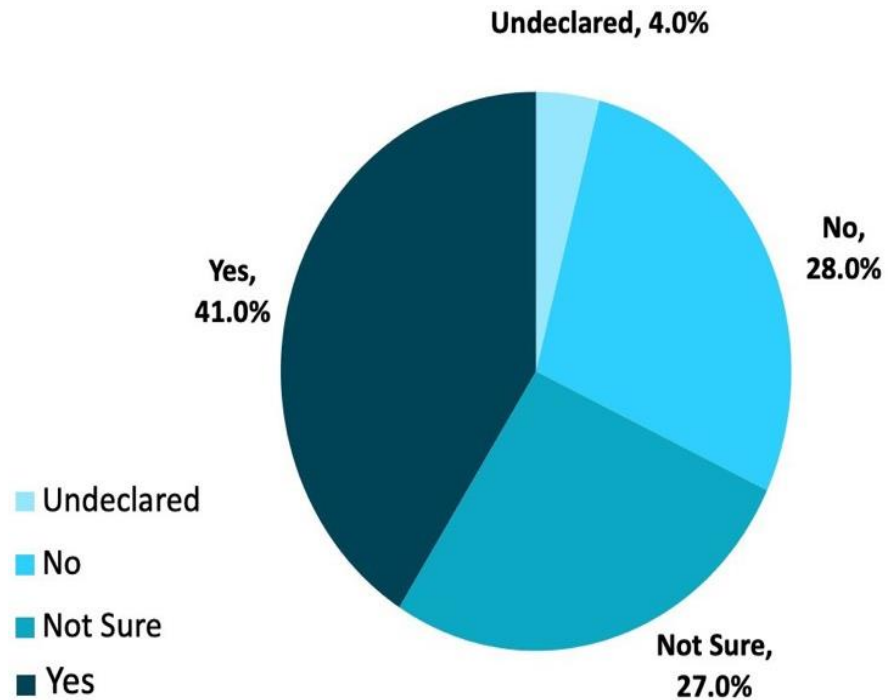
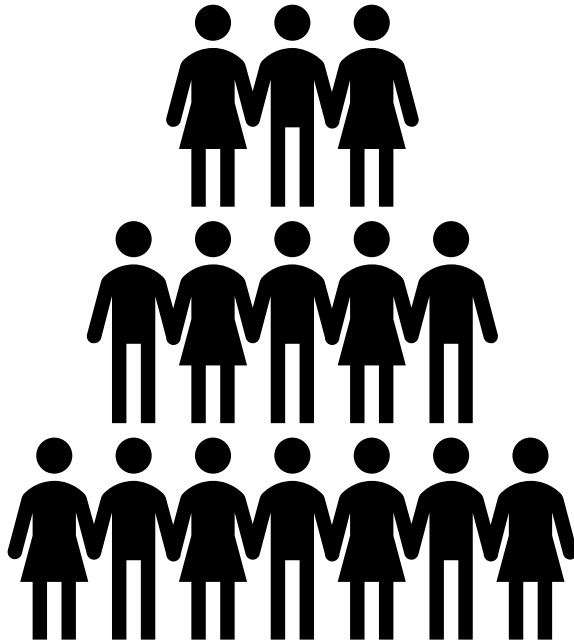


Diabetes Types



Patient Demographics:

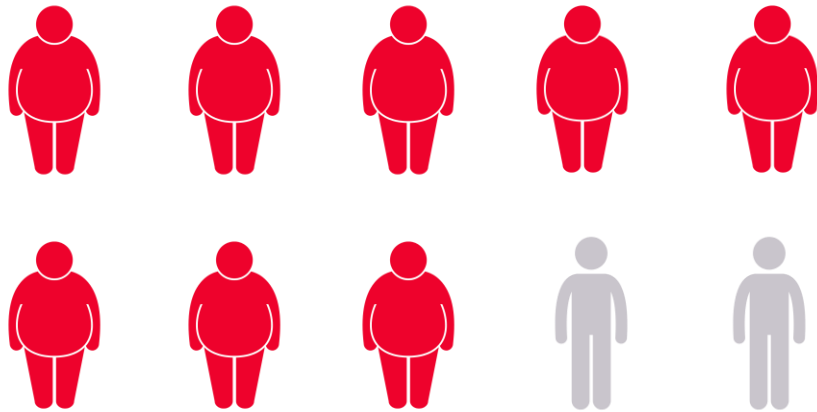
High Cholesterol



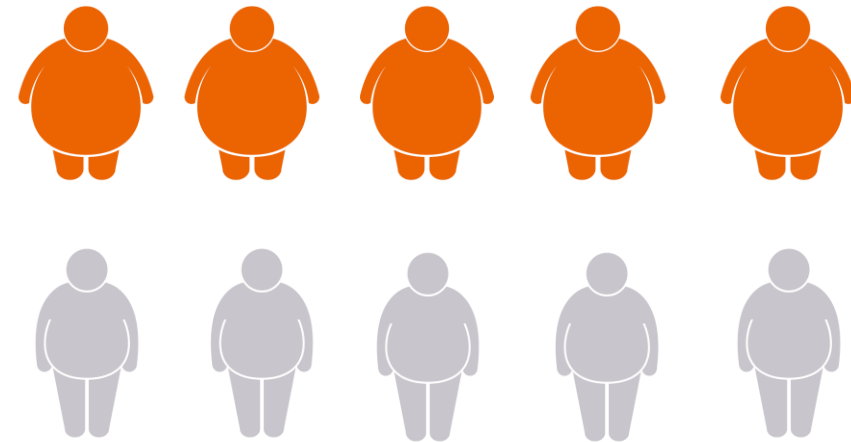
Patient Demographics:

BMI Connection to Type 2 Diabetes

■ Nearly **80%** of patients seen fall into the **overweight** category with a **BMI of 25 and above**

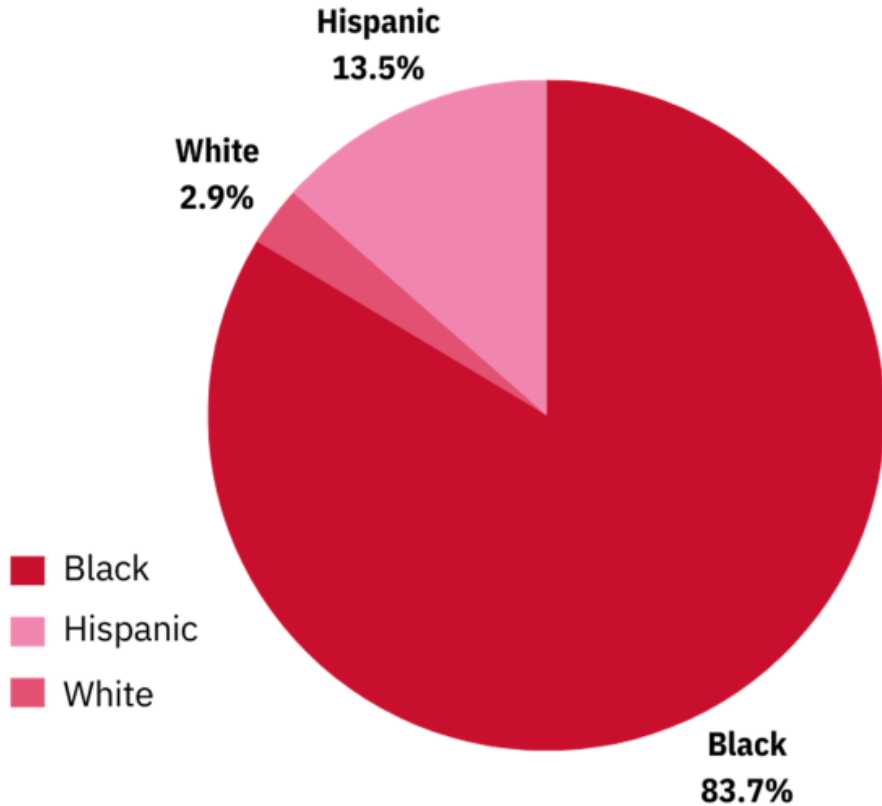


■ Of those that are overweight, about **50%** are considered **obese** with a **BMI of 30 and above**

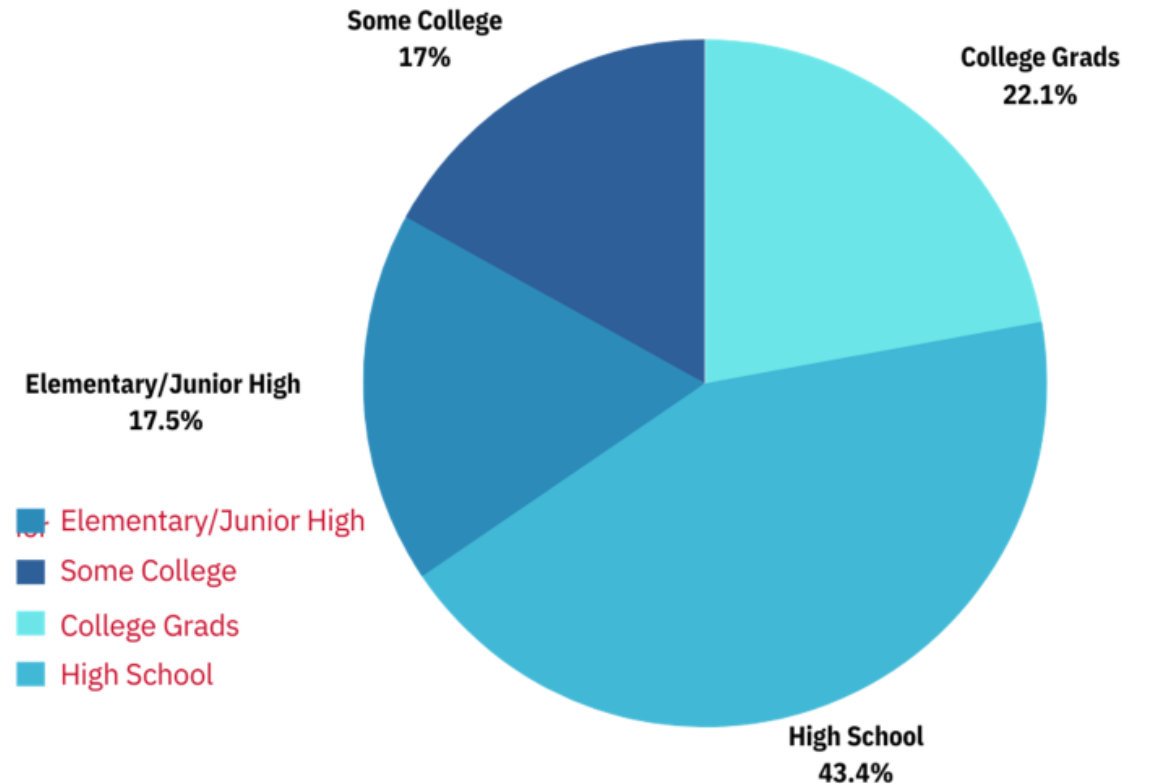


Patient Demographics:

Race

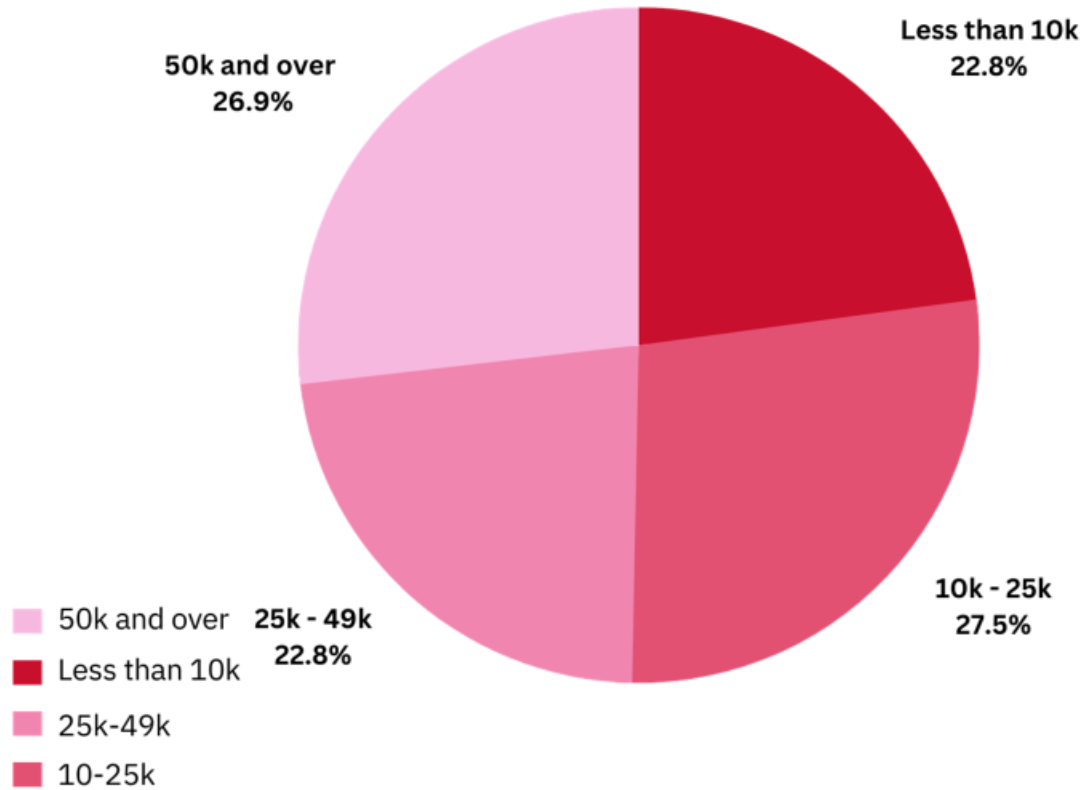


Education

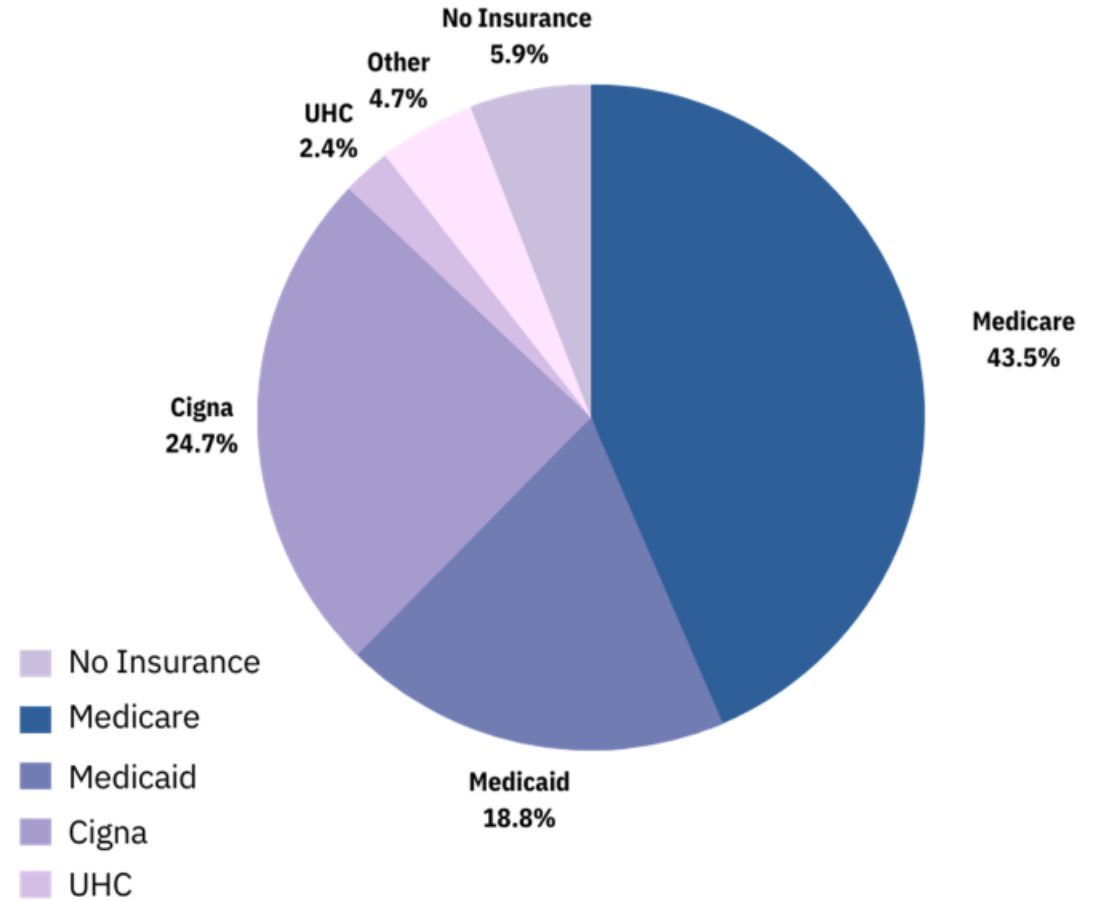


Patient Demographics:

Income



Insurance



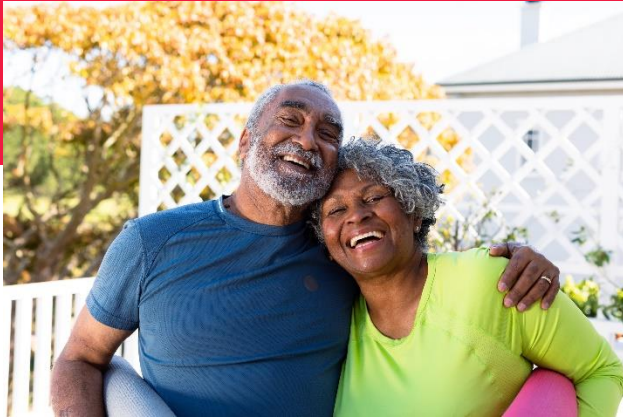


SECTION 6

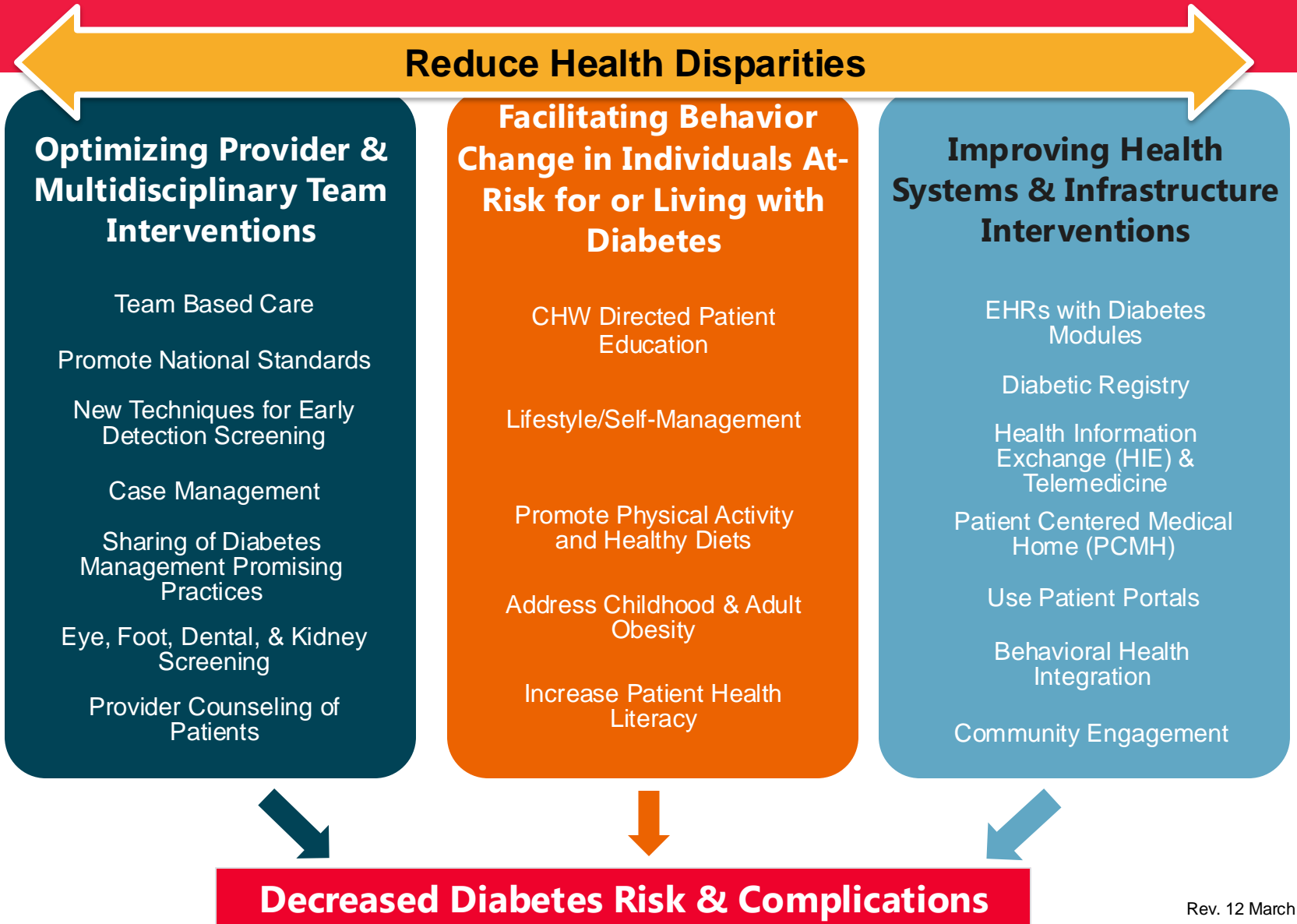
Diabetes Continuum of Care



VIDCOE STRATEGIES TO ADDRESS THE DIABETES CONTINUUM OF CARE



VIDCOE’s goal is to reduce the number of patients diagnosed with diabetes and the proportion of persons living with diabetes with A1c values greater than seven percent. This mission is achieved by: developing and conducting interventions that promote promising practices and improve patient outcomes in vulnerable populations through prevention, screening, diagnosis and treatment.





SECTION 6: Diabetes Continuum of Care

REDUCING HEALTH DISPARITIES

Lack of access to healthy foods
Unsafe housing
Poverty
Lack of safe places to exercise

Unemployment
Lack of educational opportunities
Social Determinants of Health

SECTION 7

MEASURING VIDCOE OUTCOMES



OBJECTIVES

- Reduce A1c value greater than 7%
- Improved dietary habits
- Improved Physical Activity
- Increasing access to specialty care:
 - Podiatrist, Endocrinologist, Nephrologist, Primary Care, Dental Care, Optometrist for persons with diabetes
- Improve self-management of diabetes
- Weight-Loss
- Controlled A1c



MEASURING VIDCOE OUTCOMES



80% of VIDCOE follow-up patients have had **reductions in their A1C.**



SECTION 8

HIGH-LEVEL SUMMARY ACCOMPLISHMENTS



HIGH-LEVEL ACCOMPLISHMENTS

- ✓ Served **2,210 people** diagnosed with pre-diabetes and diabetes, hypertension and/or high cholesterol
- ✓ **Over 300 people** participated in Diabetes Self-Management Education & Support Classes (DSMES)
- ✓ CDC Prevention Center Recognition
- ✓ Partnering with Howard University to provide Endocrinology Services
- ✓ We recruited an Ophthalmologist from Johns Hopkins University to screen VIDCOE's patients for Diabetes Retinopathy



HIGH-LEVEL ACCOMPLISHMENTS - PART 2

- ✓ **Partnering with United Health Care** on a Health & Wellness Initiatives
- ✓ Participated in over 50 Outreach, Education & Awareness Activities
- ✓ Applied and received four new grants
- ✓ Established a referral relationship with F'sted Healthcare Inc
- ✓ Partnering with Amazon Web Services to improve our data infrastructure



HIGH-LEVEL ACCOMPLISHMENTS - PART 3

- ✓ Launch a 3 month mixed media campaign in partnership with VI University Center of Excellence in Developmental Disabilities (VIUCEDD)
- ✓ Partner with the Division of Personnel on Health Promotion activities for all GVI employees
- ✓ Conducted a very successful Diabetes Health Fair on August 24th at the UVI 13D Innovation Center on St. Thomas where over 200 people received Rapid A1cs, had visits with diabetes specialists, got their feet and eyes examined and participated in nutrition classes



SECTION 9

WHAT'S NEW



NUTRITION CLASSES

A class for anyone with prediabetes or diabetes who wants to take control of their health through better eating habits.



MEDICATION MANAGEMENT CLASSES

Learn how to curate and manage a medication plan that best supports your healing at our Medication Management Class.



PREVENT T2 PROGRAM

A year-long program designed to help individuals with prediabetes or at risk of type 2 diabetes make lasting lifestyle changes to improve their health and reduce the likelihood of developing type 2 diabetes.





RETINAL IMAGING CAMERA



AUG. 24 HEALTH FAIR





MOBILE VAN



6-PASSENGER VAN



Vital Watch 621

Activity Tracking All Day
Intuitive Heart Rate Monitoring
Sleep Monitor
Sedentary Alert
Multi-Sport Tracking & Connected GPS
Smart Connectivity



Blood Pressure 608

Product dimension (CM): 13x14x11
Product weight (GW): 230g
Accuracy: +/- 3mmHg/g (Pulse: +/-5)
Pressure resolution: 1mmHg/0.1Kpa
Pressure measurement range: 0-299 mmHg (0-39.9Kpa)
Heartbeat measurement range: 40-180 pulse/min
Pressure display range: 0-299 mmHg (0-39.9Kpa)
Memory data storage: 720 sets; Time display; Auto off
Touch button operation; 4xAAA Batteries.
Storage condition: temperature: -20-55 C and humidity: 15-95% RH



Personal Gateway 607

Used for patients who are not able to manually upload through the cellular App

Cellular Gateway offers healthcare providers a cellular Remote Patient Monitoring platform to monitor patient population from home and reducing re-admissions and easing concerns of emergency room utilization.



Glucose Meter 610

Sample volume 0.5µL
Results in 5 seconds
Memory the last 300 test results.
System Operating Ranges 50 °F to 104 °F
Measuring Range: 20 to 600 mg/dL

Diabetic Testing Supplies available for Direct Patient Shipment:
- Test Strips 610
- Lancets 610
- Lancing Device 610
- Control Solution 610



Weight Scale 614

Track weight, BMI, total body fat and water percentage, plus bone and muscle mass.
Automatic Wi-Fi or Bluetooth synchronization with your Smartphone.



Medication Tracker 613

Smart Health App serves as a pill reminder and dosage tracking app.
With the use of Personal Gateway 607 the date and time stamp uploads to the internet without patients' involvement.
Can set up to 6 alarms per day and syncs up to WIFI

REMOTE PATIENT MONITORING



VIDCOE LOCATIONS



THANK YOU!

Call 340-208-0260

for an appointment.



Questions & Comments