

Since 2010, the Christopher Carter Memorial Fund has raised more than \$277,000 to support Virginia Hospital Center's comprehensive diabetes education, prevention, and treatment programs. Christopher Carter Memorial funding has facilitated collaboration amongst multiple disciplines at Virginia Hospital Center, specifically the Outpatient Nutrition & Diabetes Department and the Outpatient Clinic. This helps to ensure that the highest-quality care and resources are available for low-income and underserved patients in our community.



# Annual 2018

## CHRISTOPHER CARTER MEMORIAL FUND IMPACT REPORT

### AREAS OF IMPACT



#### Monitoring for low-income, expectant mothers with Gestational Diabetes

**IMPACT:** Gestational Diabetes requires blood sugar to be tested 4 times per day. Glucose test strips can cost up to \$1.50 each, creating a cost of \$50 a week, which quickly becomes cost-prohibitive. Patients receive glucose meters and a reliable supply of test strips and lancet devices\* with CCM funding for the duration of their pregnancy.



#### Continuous Glucose Monitoring — 2 week trials of the latest in diabetic technology

**BENEFIT:** A Continuous Glucose Monitor is a wearable device that checks patients' blood sugar levels every 3 seconds, which after 2 weeks, allows the patients and their doctors to analyze their glucose trends in order to determine the best diabetes-management practice for each patient. Additionally, the 2 week trial period allows patients to test the technology for themselves before deciding whether or not to make the investment for their own device.



#### Educational classes & materials that focus on nutrition and guidebooks for understanding & managing diabetes

**IMPACT:** Classes & materials are offered in English and Spanish, and classes are tailored for the needs of the audience. Specifically, classes geared for expectant mothers with gestational diabetes offer meal plans that will fit the budget restrictions of a low-income household while still including all the nutrients necessary for managing diabetes.



#### Seasonal produce supplied by a CCM funded garden

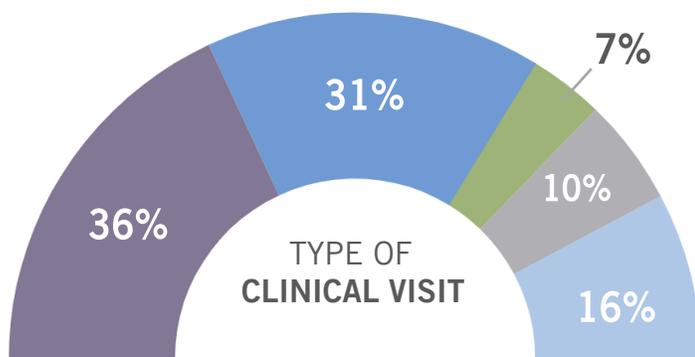
**BENEFIT:** Produce is made available to patients who may otherwise not have access to fresh foods.

\*Lancets are the devices used to collect blood samples, and along with test strips, are 1x use

### TOTAL CLINICAL VISITS\*

1,644

- Gestational Diabetes
- Pre-Diabetes
- Type 1 Diabetes
- Medical Nutrition Therapy\*\*
- Type 2 Diabetes



\*Data reflects 2017 patient data  
\*\*Medical Nutrition Therapy uses nutrition assessments, counseling, and planning to help manage & combat diseases with nutrition implications

### CONTINUING INITIATIVES

- CCM funding is allowing Virginia Hospital Center to develop a Diabetes Prevention Program that will provide at-risk patients with the resources and tools to prevent diabetes before medical intervention is needed
- As of July 2018, the Department is on track to serve approximately 24% more patients this year than in 2017