“Participants...achieved an average of 5.4% and 5.2% weight loss at 16 weeks and 12 months, respectively, and a 0.40% reduction in A1c at final measurement.”
STUDY SUMMARY

Omada compared its digital behavior counseling program to the outcomes of the CDC’s Diabetes Prevention and Recognition Program (DPRP) and other DPP translations. For this study, Omada enrolled participants with prediabetes, placed them into small peer groups, and provided them with a cellular scale, proprietary curriculum, and a professional health coach. Participant outcomes indicate that Omada meets CDC DPRP outcome standards for diabetes prevention programs and performs favorably to other DPP translations. Considering national initiatives to address the obesity and diabetes epidemics, online delivery platforms like Omada offer an effective and scalable solution.

KEY DEMOGRAPHICS
187 participants in 16-week intensive program
144 participants in 8-month maintenance program

KEY OUTCOMES
Participants completing 52 weeks

5.4% average 16-week weight loss
0.40% average reduction in A1c level
5.2% average 12-month weight loss

WHAT OUTCOMES LIKE THIS CAN MEAN FOR YOUR ORGANIZATION

You can give your entire at-risk population access to a clinically proven, CDC-recognized, intensive behavior change program, and expect meaningful results that could cut your medical spend.