



# Omada Meets CDC Standards

**A PEER-REVIEWED STUDY**

## **PUBLICATION**

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## **STUDY PARTNER**

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## **CITATION**

Sepah SC, Jiang L, Peters AL. Translating the Diabetes Prevention Program into an Online Social Network: Validation against CDC Standards. *The Diabetes Educator*. 2014 Apr; 40 : 435-443. doi:10.1177/0145721714531339

## **VIEW STUDY**

<https://www.ncbi.nlm.nih.gov/pubmed/24723130>

*“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.”*

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## 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.

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## KEY DEMOGRAPHICS

**187**  
*participants in 16-week  
intensive program*

**144**  
*participants in 8-month  
maintenance program*

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## KEY OUTCOMES

Participants completing 52 weeks

**5.4%**  
*average 16-week weight loss*

**5.2%**  
*average 12-month weight loss*

**0.40%**  
*average reduction in A1c level*

## 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.*