



Female Veterans Find Omada Convenient and Effective

A PEER-REVIEWED STUDY

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STUDY PARTNER

Veterans Administration

CITATION

Moin T, Ertl K, Schneider J, Vasti E, Makki F, Richardson C et al. Women Veterans' Experience With a Web-Based Diabetes Prevention Program: A Qualitative Study to Inform Future Practice. *J Med Internet Res.* 2015 May; 17(5) : E127. doi:10.2196/jmir.4332

VIEW STUDY

<http://doi.org/10.2196/jmir.4332>

“Participants lost 5.24% of baseline weight, and 82% of participants completed at least 9 of 16 core modules.”

STUDY SUMMARY

Diabetes is a significant health problem for veteran populations. Omada studied the quality of women veterans' experiences with its digital Diabetes Prevention Program, as well as quantitative outcomes. For this study, the Veteran's Administration enrolled over 200 female veterans with prediabetes in the Omada Program. Omada placed them into small peer groups and provided them with a cellular scale, proprietary curriculum and a professional health coach. The VA conducted in-depth qualitative interviews with 15 participants to better understand their experience with the program. Overall, feedback was positive. Women liked the program's convenience, noting that it integrated easily into their daily routines. They also pointed out that it eliminated participation barriers like commute, cost, and competing responsibilities like child care. Most said the Omada program held them more accountable—bolstering their participation and ability to lose weight.

KEY DEMOGRAPHICS

15
female veterans

56.8
mean age

41%
African American

KEY OUTCOMES

76
mean logins over 16 weeks

46
mean group messages over 16 weeks

20.5
mean private messages to the health coach over 16 weeks

5.24%
average weight loss

82%
participants who completed at least 9 of 16 core modules

WHAT OUTCOMES LIKE THIS CAN MEAN FOR YOUR ORGANIZATION

When you remove participation barriers like commute, cost, or competing responsibilities, more at-risk employees can achieve lasting health goals. This means they can be more productive, take fewer sick days, appreciate you more, and cost you less if they achieve a meaningful amount of weight loss.