



# Successful Translation to Underserved Populations

**A PEER-REVIEWED STUDY**

## **PUBLICATION**

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*Journal of Diabetes Research*

## **STUDY PARTNER**

UCSF

## **CITATION**

Valy Fontil, Kelly McDermott, Lina Tieu, et al. Adaptation and Feasibility Study of a Digital Health Program to Prevent Diabetes among Low-Income Patients: Results from a Partnership between a Digital Health Company and an Academic Research Team. *Journal of Diabetes Research*. 2016; 2016: [10p] doi:10.1155/2016/8472391

## **VIEW STUDY**

<http://dx.doi.org/10.1155/2016/8472391>

*“Patient-informed adaptation, collaborative research and iterative improvements create the path to deliver Omada to Underserved Populations.”*

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## STUDY SUMMARY

Omada modified the content of its digital behavioral counseling program to address the literacy and contextual needs of underserved populations. Specifically, Omada and UCSF collaborated to adapt the curriculum to a 5th-grade reading level, make the health tips more realistic for the target audience, and test the usability and feasibility of digital behavioral counseling among patients receiving healthcare at a safety net clinic. Diabetic and prediabetic patients enrolled in a 16-week program, with follow-up interviews conducted at 2-weeks and 4-weeks. Despite computer access and digital literacy limitations, the majority of participants were very receptive to the program's educational content. They stayed actively engaged and conveyed a willingness to change their behavior as a result of their participation.

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### KEY DEMOGRAPHICS

**53**  
*average age*

**47/53**  
*male/female split*

**41**  
*eligible participants*

**29/71**  
*English / Spanish  
speakers split*

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### KEY OUTCOMES

**54%**  
*expressed interest in enrolling*

**18**  
*eligible participants began enrollment process*

**80%**  
*participants who logged in at least once/week*

**4.7**  
*average logins/week at 4-weeks (English speakers)*

**5.5**  
*average logins/week at 4-weeks (Spanish speakers)*

## WHAT A COLLABORATION LIKE THIS CAN MEAN FOR YOUR ORGANIZATION

*When you engage at-risk members of underserved populations in the Omada program, you provide access to the gold standard intervention to those most in need. In turn, their success in the program can reduce your organization's medical costs.*