“Older adults across 37 states demonstrated strong engagement in the program, achieved 7.5% weight loss after one year, and improved clinical and psychosocial outcomes related to diabetes and cardiovascular disease.”
STUDY SUMMARY

More than 500 Humana Medicare Advantage beneficiaries at elevated risk of diabetes enrolled in Omada Health’s digital Diabetes Prevention Program. Omada placed them into small peer groups and provided them with a cellular scale, proprietary curriculum and a professional health coach. Outcomes examined at 16 weeks, 6 months, and 12 months showed significant and sustained weight loss, improved blood glucose control and decreased cholesterol among participants with clinical data. In addition to significantly reducing their risk for type 2 diabetes, participants also reported improvements in self-care, diet, exercise, and depression and isolation scores.

KEY DEMOGRAPHICS

68.8
average age

36/64
male/female split

KEY OUTCOMES

8.0%
average 6-month weight loss

7.5%
average 12-month weight loss

92%
program completion

19
weekly points of engagement

2 DAYS/WEek
of additional healthy eating and physical activity

↑
Better quality of life

↓
Lower depression

WHAT OUTCOMES LIKE THIS CAN MEAN FOR YOUR HEALTH PLAN

A healthier, happier senior population can mean fewer prescriptions and inpatient admissions to cover and higher member satisfaction and retention.