“Employees in 41 states successfully enrolled in the program and achieved clinically significant weight loss, reducing their risk for diabetes and other obesity-related chronic diseases.”
STUDY SUMMARY

Based on data from over 600 employees of Iron Mountain Inc., Omada’s 8th peer-reviewed study demonstrates that a geographically diverse population can successfully engage in a digital behavior change program to reduce risk factors for diabetes and heart disease. Program participants were placed in small online peer groups, provided with a cellular scale, and given access to a personal health coach, and a digital adaptation of the DPP lifestyle intervention using Omada’s proprietary curriculum. After program completion, participants lost an average of 4.6% of their starting body weight and improved their nutritional intake and fasting blood glucose.

KEY DEMOGRAPHICS

- 634 study participants
- 46 average age
- 58 / 42 male / female split
- 68% / 14% / 9% caucasian / african-american / hispanic split

KEY OUTCOMES

- 4.6% average 16-week weight loss
- 31% participants who lost at least 5% of their initial body weight
- 82.6% participants who completed at least 9 lessons
- 22% participants who dropped one or more BMI category

WHAT OUTCOMES LIKE THIS CAN MEAN FOR YOUR ORGANIZATION:

Digital behavior change programs enable your employees to engage with each other across time and distance to reduce their risk factors for diabetes and heart disease, which can lead to higher productivity and lower costs.