



Proven Effective in a Nationwide Workforce

A PEER-REVIEWED STUDY

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Environmental Medicine*

STUDY PARTNER

Iron Mountain

CITATION

Wilson MG, Castro Sweet CM, Edge MD, Madero EN, McGuire M, Pilsmaker M, et al. Evaluation of a Digital Behavioral Counseling Program for Reducing Risk Factors for Chronic Disease in a Workforce. *Journal of Occupational and Environmental Medicine* [Internet] 2017 June 23. doi: 10.1097/JOM.0000000000001091.

VIEW STUDY

[http://journals.lww.com/joem/
Fulltext/2017/08000/Evaluation_of_a_Digital_
Behavioral_Counseling.20.aspx](http://journals.lww.com/joem/Fulltext/2017/08000/Evaluation_of_a_Digital_Behavioral_Counseling.20.aspx)

“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

34.5 KG/M²
average starting BMI

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.