



Validated Three Year Outcomes of a Digital DPP

A PEER-REVIEWED STUDY

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STUDY PARTNER

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CITATION

Sepah SC, Jiang L, Ellis RJ, et al.
Engagement and outcomes in a
digital Diabetes Prevention Program:
3-year update. *BMJ Open Diab Res
Care*. 2017;5:e000422. doi:10.1136/
bmjdr-2017-000422.

VIEW STUDY

<http://drc.bmj.com/content/5/1/e000422>

*“Three years after completing the Omada health program,
participants maintained meaningful reductions in body
weight and A1c.”*

STUDY SUMMARY

Omada is the first digital Diabetes Prevention Program (DPP) provider to evaluate three-year outcomes via a peer-reviewed study. Changes in body weight and A1c among participants with prediabetes were assessed at various points over the three-year period. Data analysis showed that the average participant achieved clinically meaningful reductions in body weight and A1c levels that persisted three years after completing the program. In addition, positive outcomes were significantly associated with engagement: On average, participants who logged-in and contributed to group discussions more frequently achieved greater weight loss at both 16 weeks and 1 year.

KEY DEMOGRAPHICS

220
study participants

43.6
average age

38 / 62
male / female split

50% | 29.3% | .7%
caucasian | african-american | hispanic split

KEY OUTCOMES

3%
weight loss maintenance at three years

0.3%
A1c reduction at three years

+
logins and group participation significant predictors of weight loss

WHAT OUTCOMES LIKE THIS CAN MEAN FOR YOUR ORGANIZATION:

Offering an engaging digital DPP to employees at risk for obesity-related chronic disease leads to lasting, measurable results that positively impact employee health, productivity, and quality of life.