



Superior Engagement Compared to In-person DPP

A PEER-REVIEWED STUDY

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STUDY PARTNER

Veterans Administration

CITATION

Moin T, Damschroder LJ, AuYoung M, et al. Results from a trial of an online diabetes prevention program intervention. *Am. J. Prev. Med.* 2018;55(5):583-591. doi:10.1016/j.amepre.2018.06.028.

VIEW STUDY

<https://doi.org/10.1016/j.amepre.2018.06.028>

“Omada participants achieved similar weight loss outcomes and were significantly more engaged than an evidence-based, in-person version of the DPP program.”

STUDY SUMMARY

The VA originally offered two prevention programs to Veterans with prediabetes: an evidence-based translation of the in-person DPP and their standard weight management program called MOVE!. Recognizing the need to increase access to prevention services, they contracted with Omada to provide a digital DPP in addition to the other offerings. Investigators at the VA compared outcomes across the three programs and found that Omada achieved superior engagement and similar weight loss to the in-person DPP. Both Omada and the in-person DPP performed better than the MOVE! weight loss program.

KEY DEMOGRAPHICS

268
Omada study participants

31% / 69%
female / male split

60
average age

12% / 24%
Hispanic / Black

KEY OUTCOMES

Among Omada participants completing 1+ sessions

4.8%
weight loss at 6 months

4.1%
weight loss at 12 months

92%
completed 4 or more modules
(vs. 79% of in-person DPP participants)

87%
completed 8 or more modules
(vs. 59% of in-person DPP participants)

WHAT OUTCOMES LIKE THIS CAN MEAN FOR YOUR ORGANIZATION:

The virtual delivery of the Omada program means that you can reach more beneficiaries and may achieve greater engagement than you could with an in-person DPP.