

DIGITAL DIABETES PREVENTION PROGRAM (DPP) FOR OLDER ADULTS¹

FACTS:

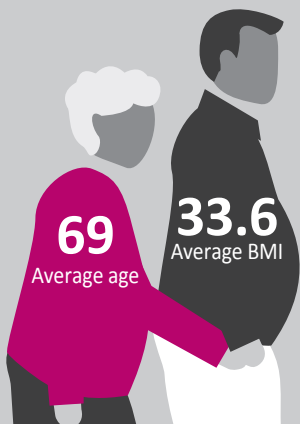
U.S. POPULATION >65 YEARS OF AGE

At least **66%** are overweight or obese²

51% are at risk for Type 2 diabetes³

STUDY DETAILS

501 individuals participated



Medicare Advantage coverage in 2015

Prediabetes or metabolic syndrome without a diagnosis of diabetes

Virtual platform with interactive lessons and personal coaching



92%

completed 9 or more lessons during the intensive 16-week phase of the program

Wireless scale and pedometer used for weight and activity tracking

STUDY RESULTS

After 1 year, **diabetes risk was lower**, with these average improvements:



7.5% (P = 0.001) reduction in body weight (average loss, 13-14 pounds) (n=431 program completers)



0.14% (P = 0.0001) reduction in HbA1c (n=69 participants with available lab results)



7.08 mg/dL (P = 0.008) reduction in total cholesterol (n=130 participants with available lab results)

In addition, participants reported statistically significant improvement at 16 weeks in the following areas:

- Well-being
- Depression
- Engagement in healthy practices

This study showed that diabetes prevention programs can yield important health benefits in a relatively short time frame. It also provided evidence that **older adults** can benefit from a **digital** disease prevention program combined with **human coaching**.

1. Castro Sweet CM, Chiguluri V, Gumpina R, Abbott P, et al. Outcomes of a Digital Health Program with Human Coaching for Diabetes Risk Reduction in a Medicare population. J Aging Health. 2017. Available at: <http://journals.sagepub.com/doi/full/10.1177/0898264316688791>
2. U.S. Census Bureau. (2014). 65+ in the United States: 2010 (P23-212). Washington, DC: Author. Retrieved from <https://www.census.gov/content/dam/Census/library/publications/2014/demo/p23-212.pdf>
3. Centers for Disease Control and Prevention (CDC). National diabetes statistics report [Internet], 2014. Atlanta, GA, Centers for Disease Control and Prevention. Available at: <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>.