

Montana Diabetes Prevention Program



Month, Healthy Lifestyle Change Program



Average participation cost
DPP is a covered benefit by Medicare and Montana Medicaid

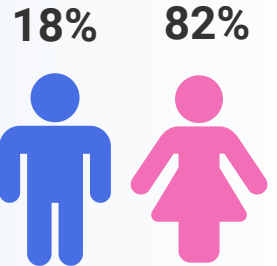
In-person



Telehealth



Participation



Participant Demographics*

Education



49% College Degree
16% High School Diploma

Employment



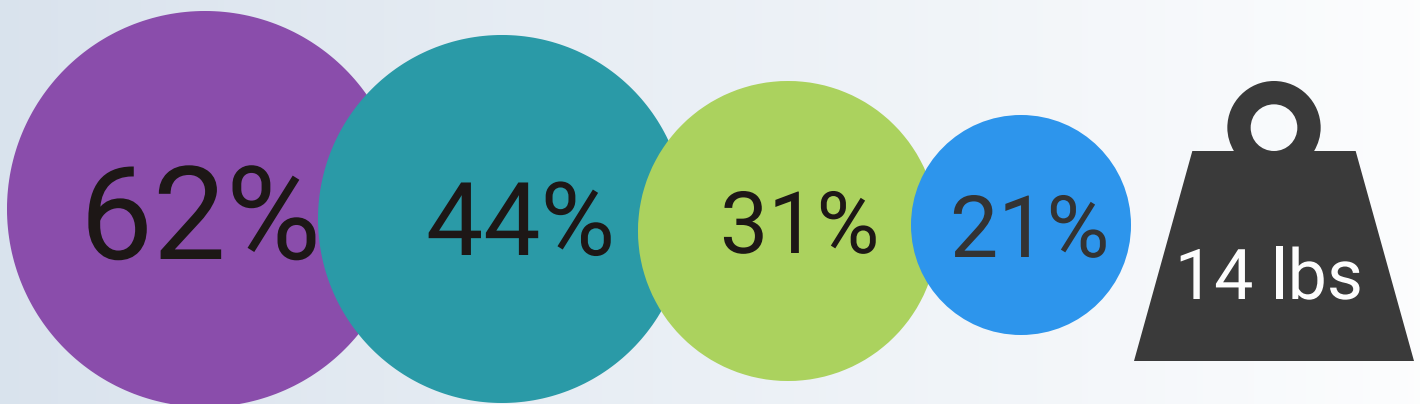
47% Full Time
11% Unemployed

Household Income



25% Less than \$25,000
26% \$75,000 or more

Participant Outcomes at 12 months **



Met a goal of at least 150 min. of physical activity per week

Lost 5% of body weight

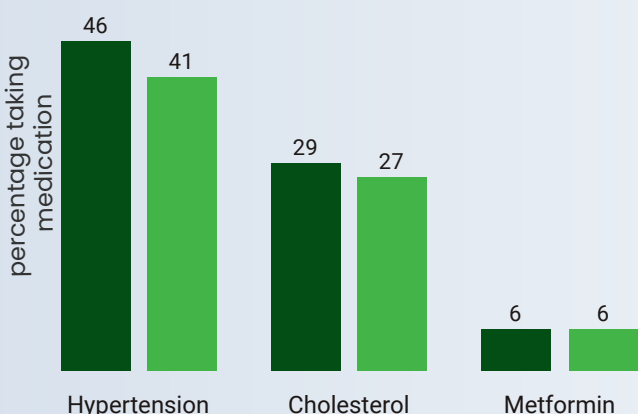
Lost 7% of body weight

Lost 9% of body weight

Average weight lost

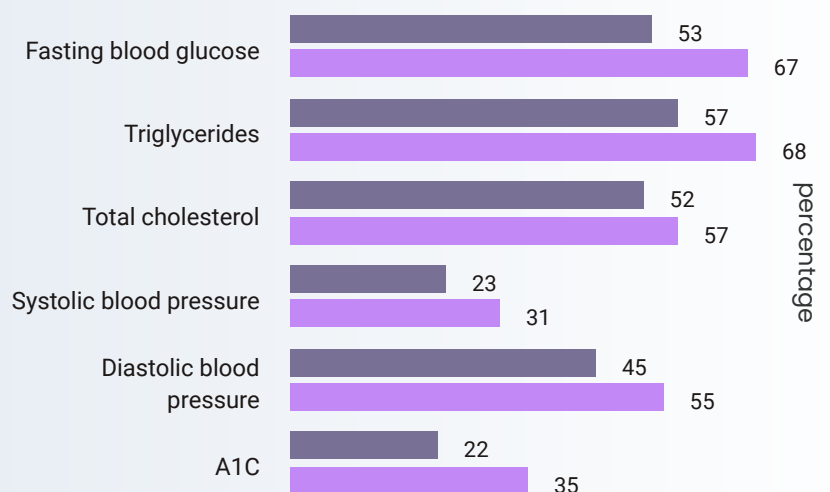
Percent of Participants Using Select Medications at

Intake and at 12 months



Percentage of Participants with Normal Levels of Select Cardiovascular Risk Factors at

Intake and at 12 months



Data Source: Montana Diabetes Prevention Program, 2008-2021 based on participants who attended more than one sessions, were not pregnant, and were not diagnosed with Type II diabetes. *2008-2019 Education, employment, and household income data, not collected prior to 2015. **2008-2020 based on participants attending 4 or more sessions. Data from 4 and 6 month, and 10 and 12 month assessments were combined.