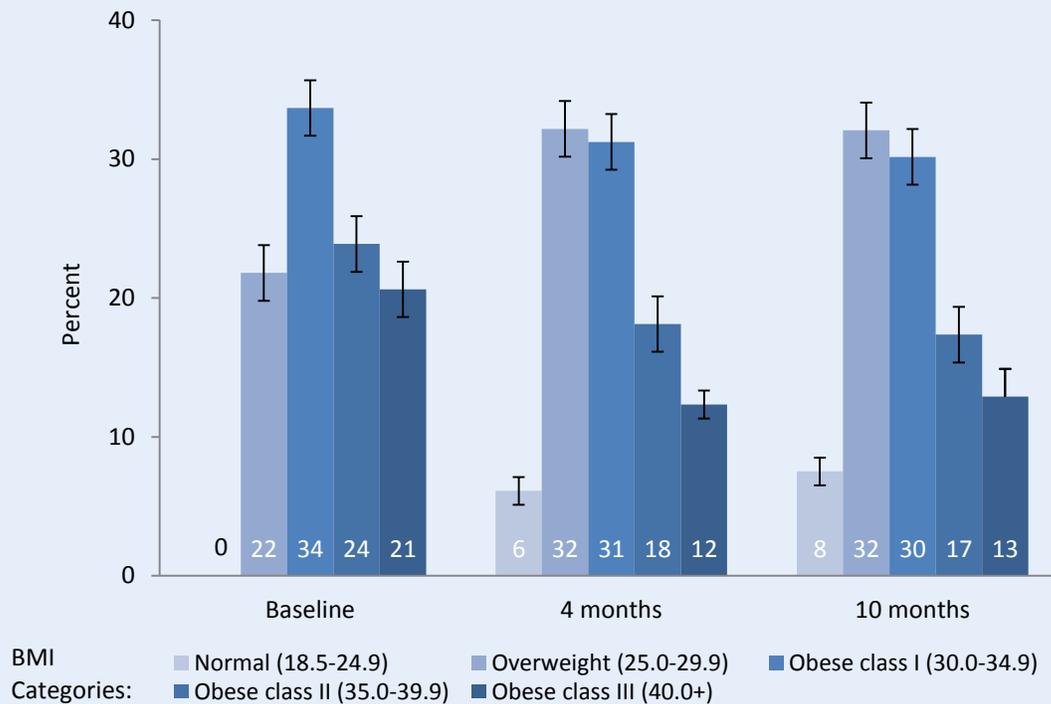


Percentage change in Body Mass Index (BMI) categories over time (Baseline, 4-month, and 10-month assessment) among Diabetes Prevention participants, 2008-2013



N=1,930 at baseline, core, and post-core. Participant attended at least one session.

I =95% Confidence Interval

Data source: Diabetes Prevention Program, Montana, 2008-2013

- 8% of adults who previously were overweight or obese achieved normal weight after participating in the Diabetes Prevention Program for 10 months.
- The percentage of participants with morbid obesity-class III, decreased significantly over time (baseline: 21%; post-core 13%).

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RESOURCES

Visit our website for more information on Diabetes Prevention Program:
<http://www.mtprevention.org/>