

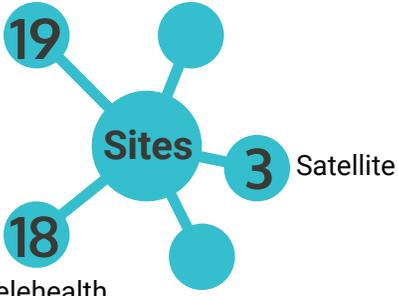
# Montana Diabetes Prevention Program



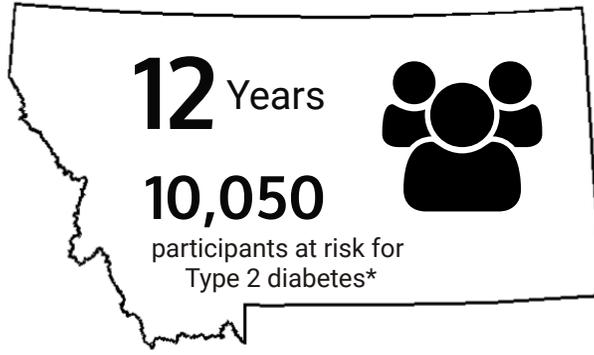
Month, Healthy Lifestyle Change Program



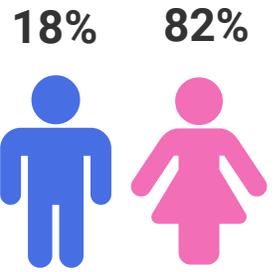
In-person



Telehealth



Participation



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

## Education



48% College Degree  
19% High School Diploma or less

## Employment



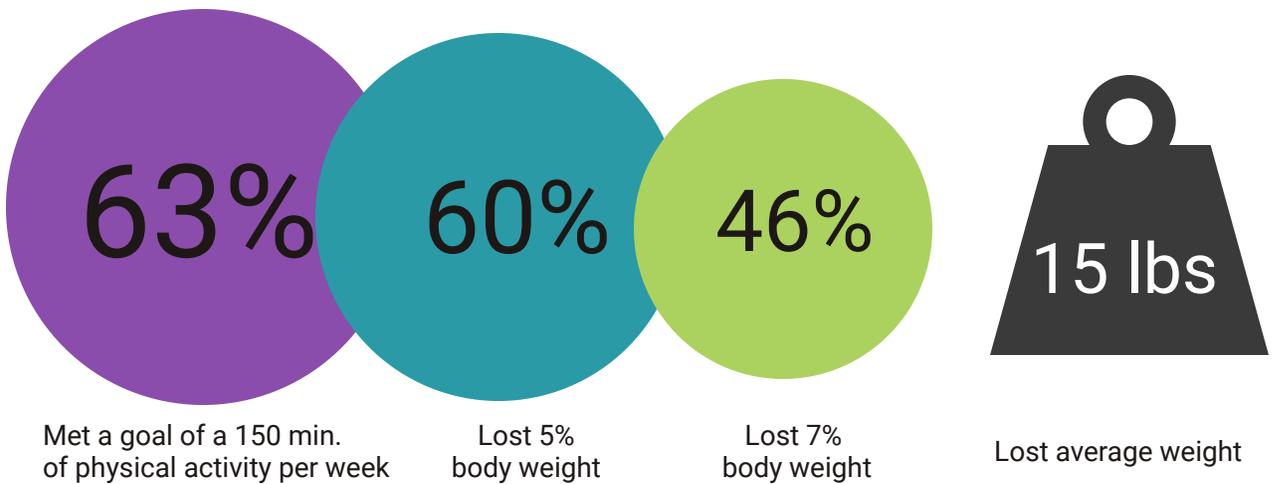
48% Full Time  
12% Unemployed

## Household Income

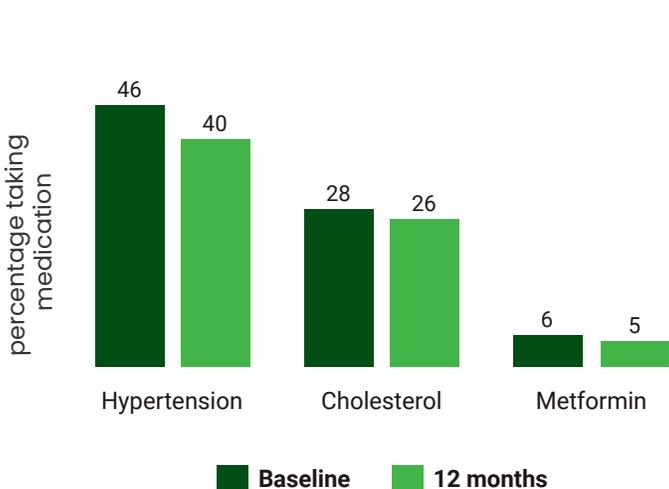


40% Under \$50,000  
24% \$75,000 or more

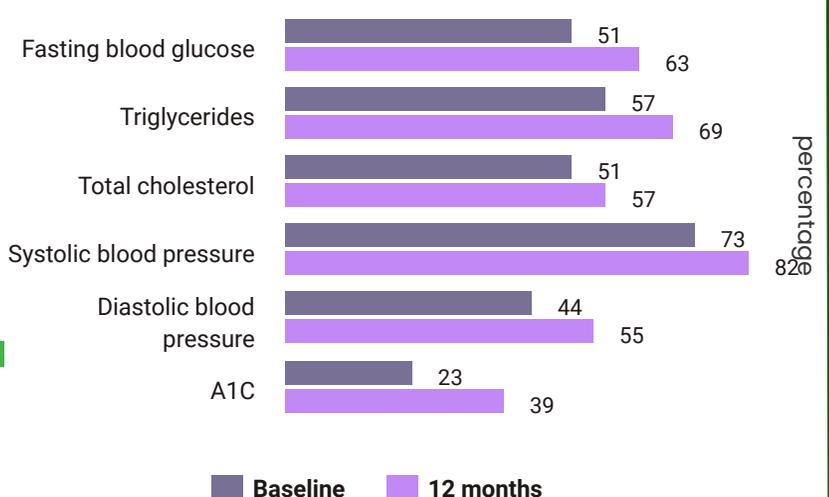
## Participant Outcomes at 12 months \*\*



## Significantly fewer participants needed to take medication at 12 months compared to baseline



## Percentage of participants with normal levels in cardiovascular risk factors significantly increased from baseline to 12 months



Data Source: Montana Diabetes Prevention Program, 2008-2019\*,  
\*\*2008-2018 based on attendance of at least 9 sessions in months 1-6, and at least 3 sessions in months 7-12.