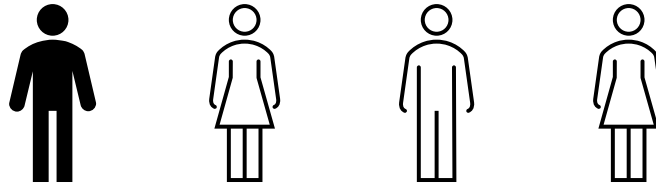


Among Montanans with diabetes who participated in the National Diabetes Prevention Program (DPP), nearly one in four (23%) moved from having a high A1c to remission.



- Between 2022-2025 there were 151 Montana participants in the National DPP who were already diagnosed with diabetes when they enrolled in the program.
- 61 participants with diabetes had an A1c above 6.5% at the time of enrollment. Among them, 14 (23%) moved to remission by the end of the program.
- Remission is defined as having an A1c below 6.5% without taking any medications for managing blood sugar.
- The preferred tool for management of diabetes remains individualized diabetes self-management and education, which can address an individual's needs and goals more directly than the National DPP.
- This Quick Stat report supplements a recent [surveillance report from the Montana Diabetes Program](#) describing other potential benefits experienced by people with diabetes who participated in the National DPP.

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SOURCES

Montana Department of Public Health and Human Services.
Prevention Access Web-based System Data. 2022-2025.