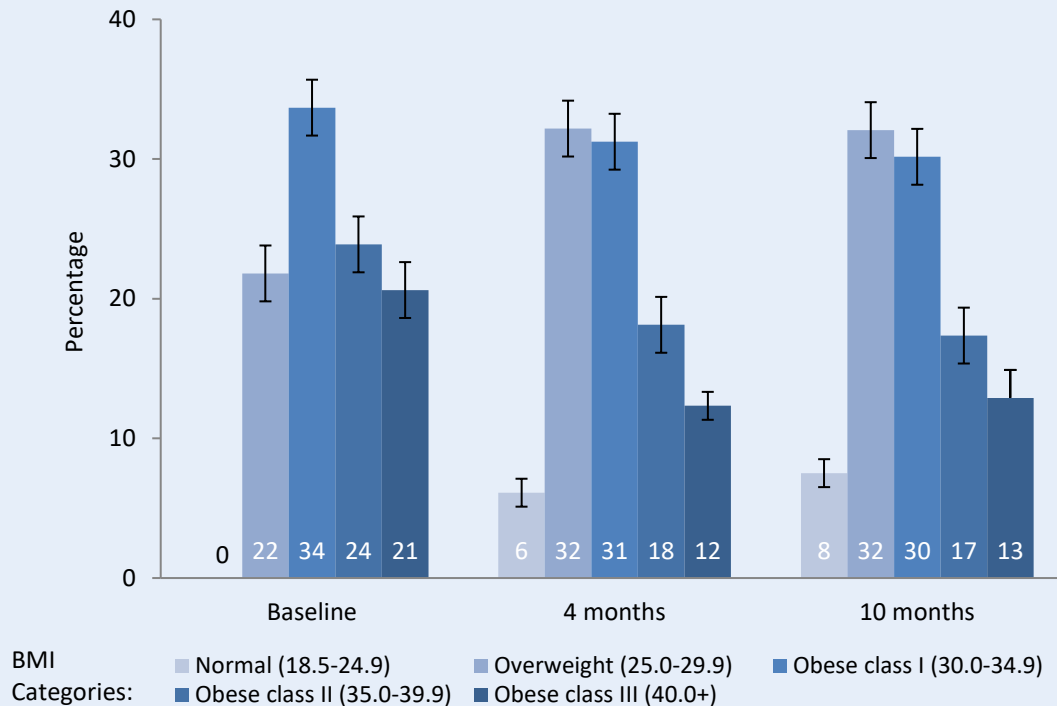


**Percentage change in distribution of participants in Body Mass Index (BMI) categories over time (Baseline, 4-month, and 10-month assessment)
Diabetes Prevention Program, 2008-2013**



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%).

CONTACT

Chronic Disease Prevention and
Health Promotion Bureau
1-844-MT-HLT-4-U
(1-844-684-5848)
ChronicDiseasePrevention@mt.gov

RESOURCES

Visit our website for more information on Diabetes Prevention Program:
<https://dphhs.mt.gov/publichealth/Diabetes>