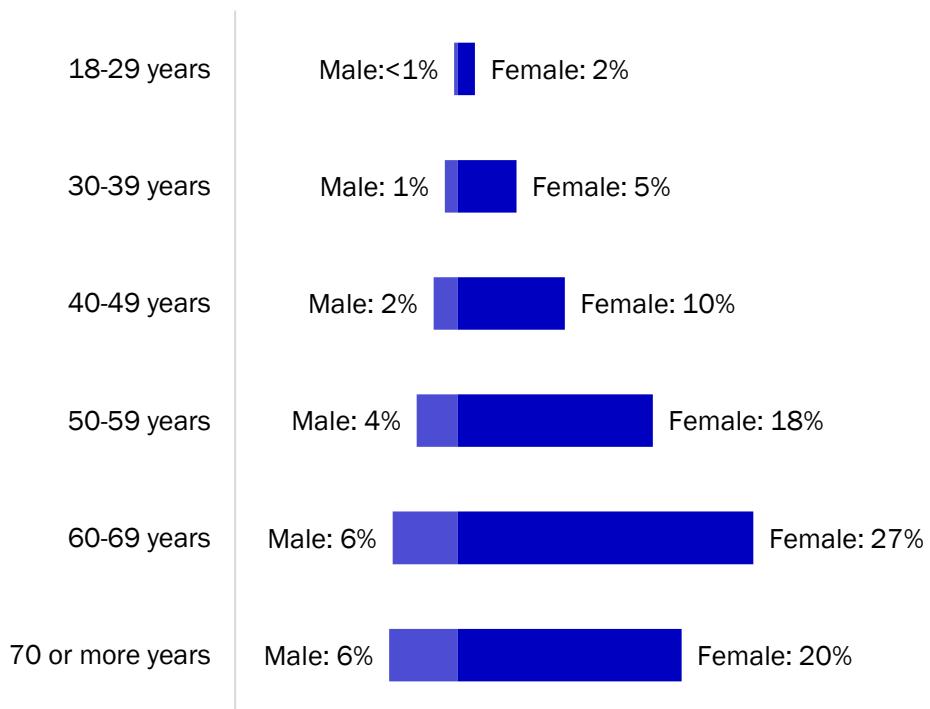


Although the National Diabetes Prevention Program (DPP) is available to everyone 18 and up, males and younger people have been largely unengaged

The DPP is a 12-month intensive lifestyle change program with 16 weekly and 6 monthly group sessions focused on behavior change, healthy eating strategies, ways to become physically active, and achieving goals of 150 minutes of physical activity per week and 5-7% weight loss. To learn more about the DPP visit <https://diabetes-prevention-mtdphhs.hub.arcgis.com/>.

- Between 2016-2020, four in five participants (81%) were **female**.
- One in three participants (33%) were in their sixties, making this the most common age group among DPP participants.
- For **females**, 27% of participants were in their sixties, making this the most common age group.
- For **males**, the most frequent age groups were 60-69 years and more than 70 years, each making up 6% of participants.

Figure 1: Most DPP participants were **female**, while participation increased with age.



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Data Source: National Diabetes Prevention Program, 2016-2020.

Participants described attended at least one session.