

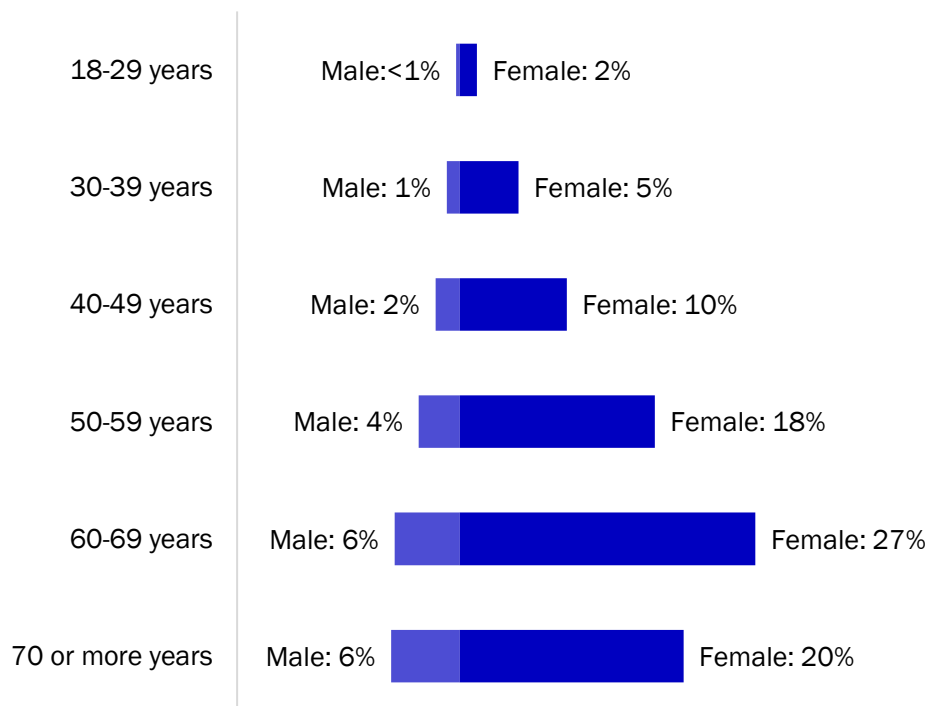


## Although the National Diabetes Prevention Program (DPP) is available to everyone 18 and up, males and younger people have been largely unengaged

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.



### CONTACT

William Gardner, MPH, CPH  
Epidemiologist Supervisor  
406-444-0653  
[William.Gardner@mt.gov](mailto:William.Gardner@mt.gov)

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

*Participants described attended at least one session.*