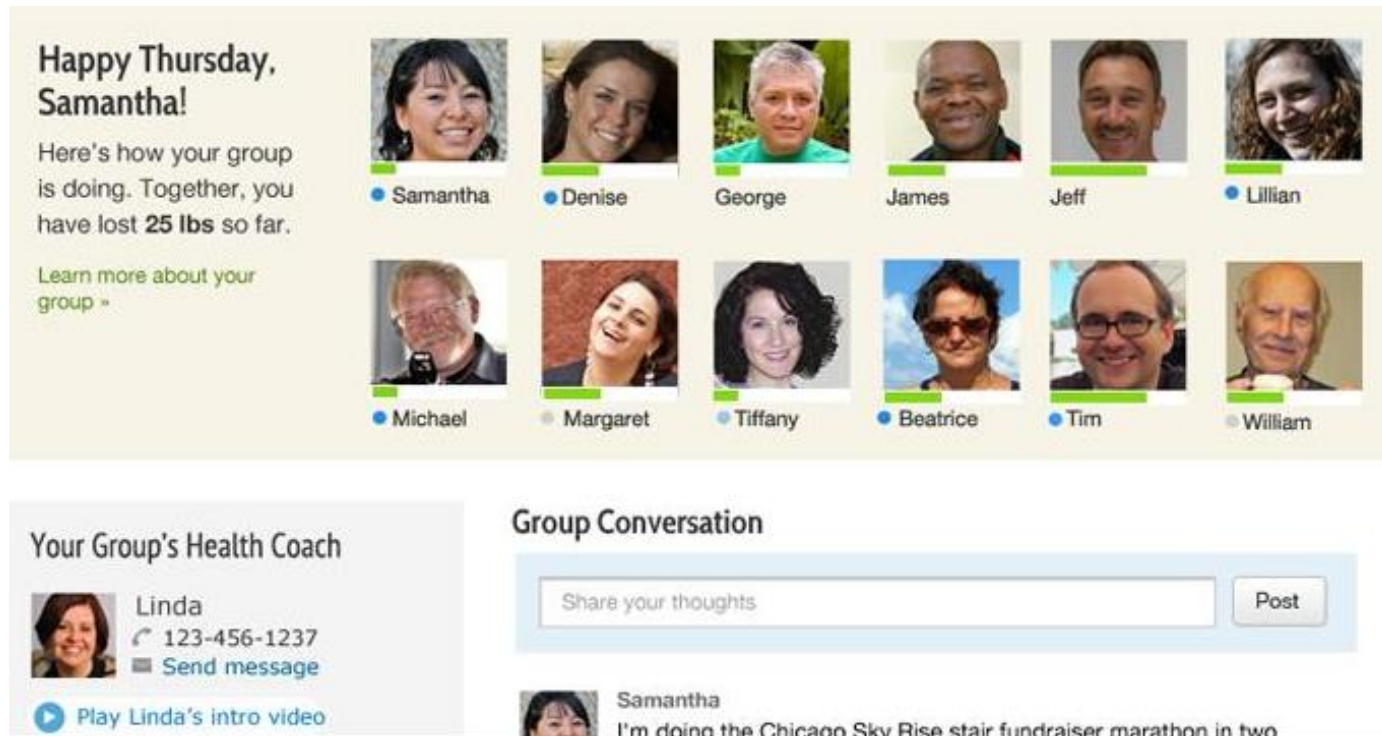


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Appendix Figure 1. Omada screen shots.



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Appendix Table 1. Comparison of Intervention Components Between Online DPP, In-person DPP (VA-DPP), and MOVE!¹⁷

Program features	Online DPP^a	In-person DPP (VA-DPP)	MOVE!
Program theory	Established in 2010 as an online adaptation of the DPP intensive lifestyle intervention; follows the CDC National DPP framework	Established in 2012 as a group based adaptation of the DPP intensive lifestyle intervention; follows the CDC National DPP framework ¹⁴	Established in 2004 based on the 1998 NIH evidence review, the 2000 Practical Guide, and the USPSTF clinical guidelines for screening and interventions for obesity. ⁵¹
Program goals	Generic goals of 7% weight loss and 150 minutes of moderate physical activity to prevent diabetes	Generic goals of 7% weight loss and 150 minutes of moderate physical activity to prevent diabetes	Patients create own goals to lose weight
Delivery	Closed web-based cohort with a single coach	Closed cohort with a single coach	Open and closed cohorts groups, with rotating coaches
Coaches	Trained by DTTAC-certified Master Trainer for national DPP lifestyle health coaching; background in nutrition, exercise physiology, nursing, or behavior modification. Minimum bachelor's degree; many have master's or special credentials (e.g., RD, RN).	Completed Group Lifestyle Balance (GLB) CDC-certification for DPP delivery and had a background in nutrition (e.g., RD)	Multidisciplinary team of providers (e.g., dietitian, health psychologist)
Intensity	16 core weekly for first 4 months then weekly maintenance sessions for 8 months	16 core weekly then biweekly sessions in first 6 months followed by 6 monthly maintenance sessions in second 6 months	8–12 core weekly sessions followed by monthly maintenance sessions
Group assignments	Grouped by region/geographic proximity and timing of acceptance	Systematic assignment based on MOVE! class orientation date	

^aOnline DPP designed and delivered by Omada Health.

VA-DPP, Veterans Affairs Diabetes Prevention Program; MOVE!, VA's standard of care weight loss program; RD, Registered Dietician; CDC, Centers for Disease Control and Prevention; USPSTF, U.S. Preventive Services Task Force; DTTAC, Diabetes Training and Technical Assistance Center; RN, registered nurse.

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Appendix Table 2. Baseline Characteristics of Online DPP Participants

Characteristic	A Consented N=268	B 2+ weights from wireless scale N=172	C 2+ weights obtained from EMR N=70	D No weights available N=26	<i>p</i> - value B vs C	<i>p</i> - value B+C vs D
Female, n (%)	82 (30.6)	63 (36.6)	13 (18.6)	6 (23.1)	0.006	0.38
Age, years, mean (SD)	60.3 (11.3)	60.1 (10.8)	60.0 (12.6)	62.7 (11.2)	0.93	0.26
Weight, kg, mean (SD)	98.5 (18.7)	99.5 (19.3)	96.4 (17.6)	94.5 (6.6)	0.26	0.67
BMI, kg/m ² , mean (SD)	32.6 (5.5)	33.3 (5.6)	31.2 (5.1)	31.6 (3.3)	0.007	0.70
Ethnicity, n (%) ^a						
Hispanic	31 (11.6)	21 (12.2)	9 (12.9)	1 (4.0)	0.89	0.21
Race, n (%) ^a					0.006	0.18
Black	65 (24.3)	32 (18.6)	26 (37.1)	7 (26.9)		
White	191 (71.3)	133 (77.3)	40 (57.1)	18 (69.2)		
Other	10 (3.7)	7 (4.1)	3 (4.3)	0 (0.0)		
Missing	2 (0.7)	0 (0.0)	1 (1.4)	1 (3.8)		
Comorbidities, n (%)						
HTN	175 (65.3)	112 (65.1)	48 (68.6)	15 (57.7)	0.61	0.39
CAD	33 (12.3)	19 (11.0)	11 (15.7)	3 (11.5)	0.32	0.90
Mental health	120 (44.8)	73 (42.4)	36 (51.4)	11 (42.3)	0.20	0.79
HbA1c %, mean (SD) ^b	6.0 (0.2)	6.0 (0.2)	6.0 (0.3)	6.0 (0.2)	0.85	0.39

Notes: Boldface indicates statistical significance ($p < 0.05$). A=All participants who consented to participate in Online DPP=268=B+C+D; B=Online DPP participants who uploaded at least 2 weights using their wireless scale; included in ITT analysis=170; C=Online DPP participants who did not upload any weights from their wireless scale. Weights were extracted from EMR data; included in ITT analysis=72; D=Online DPP participants who did not have any weights available from wireless scale or EMR; excluded from ITT analysis=26.

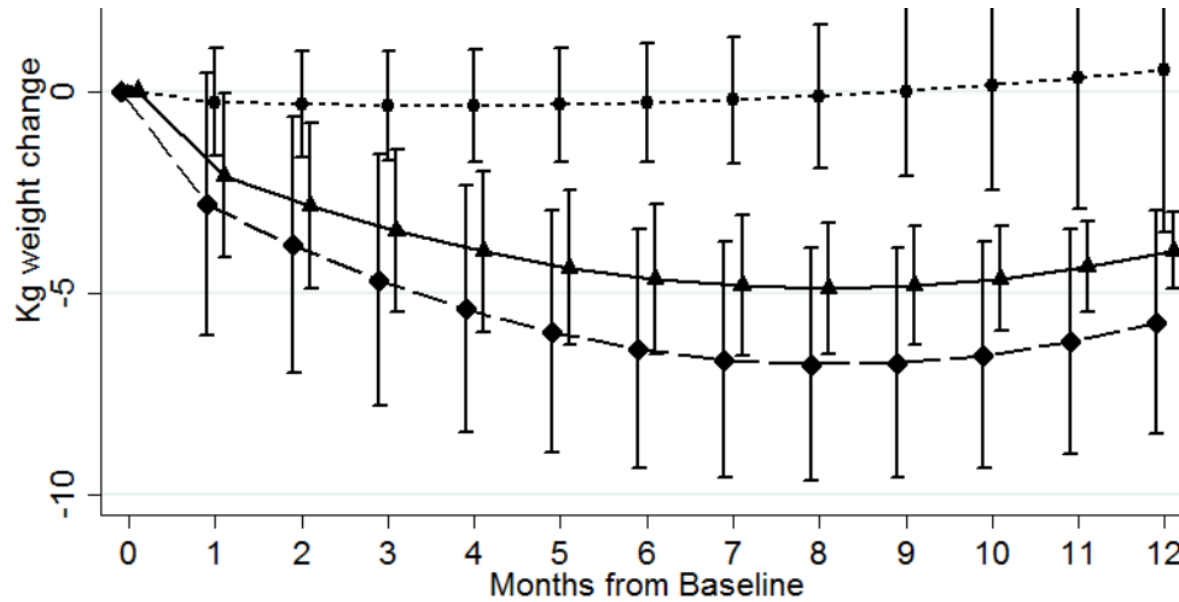
^a 22 missing values.

^b 11 had baseline A1c <5.7% and 6 had baseline A1c >6.4%.

DPP, Diabetes Prevention Program; EMR, electronic medical record; HTN, hypertension; CAD, coronary heart disease; ITT, intention-to-treat.

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Appendix Figure 2. Weight loss outcomes for online participants (n=248) at 12 months.

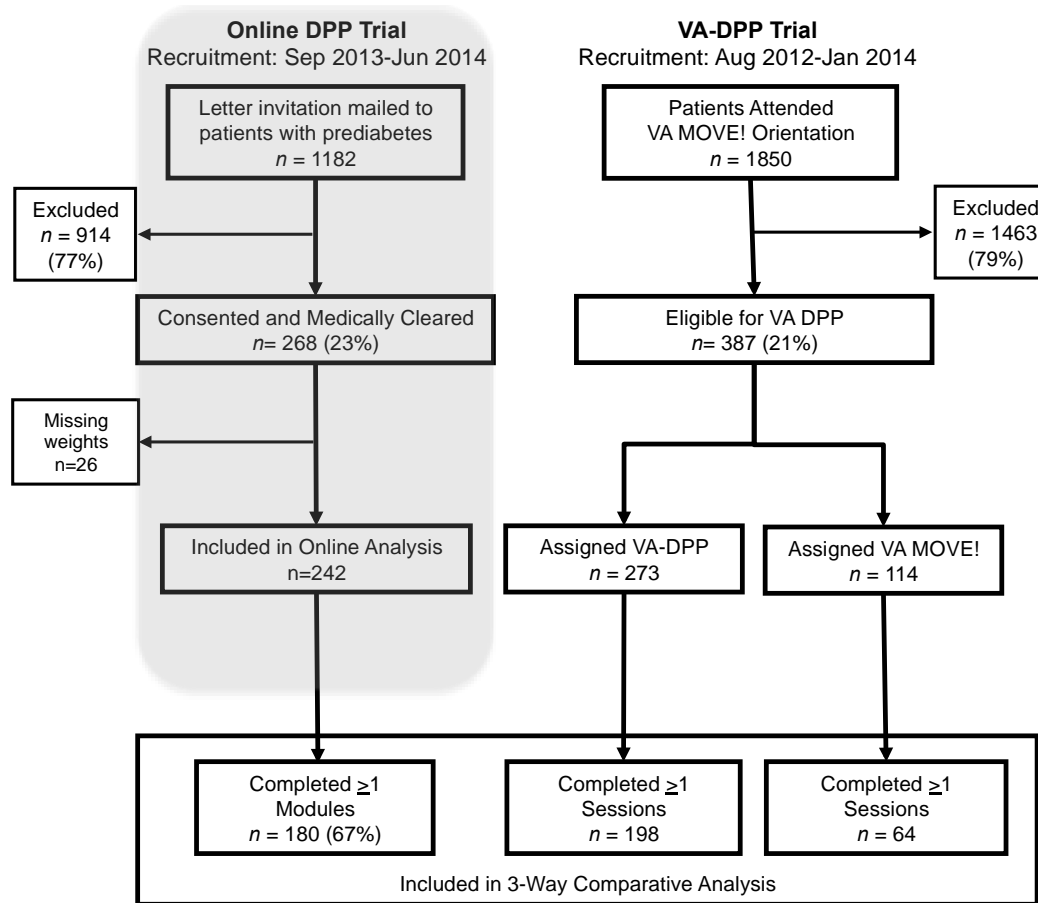


- = Online DPP Non-Completers (≥ 2 EMR weight assessments).
- ◆- = Online DPP Completers (≥ 2 online weight assessments).
- ▲— = Online DPP Completers + Non-Completers (≥ 2 EMR or online weight assessments)

DPP, Diabetes Prevention Program; EMR, electronic medical record.

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Appendix Figure 3. CONSORT flow for three-arm comparative analysis.



Legend: Shaded box represents data included in the primary online DPP analysis. VA-DPP= VA Diabetes Prevention Program. Diabetes was defined by HbA1c>6.4% or FPG>125 mg/dL, diabetes medications or diagnosis.

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Appendix Table 3. Baseline Characteristics of Participants Who Completed 1+ Modules/Sessions Across Three Arms

Characteristic	Online DPP 1+ session N=180	In-person DPP 1+ session N=198	MOVE! 1+ session N=64	<i>p</i> -value
Female, n (%)	64 (35.6)	26 (13.1)	4 (6.3)	<0.001
Age, years, mean (SD)	60.2 (10.6)	59.2 (8.9)	60.5 (9.1)	0.50
Weight, kg, mean (SD)	99.5 (19.3)	110.2 (20.1)	105.3 (18.5)	<0.001
BMI, kg/m ² , mean (SD)	33.3 (5.6)	35.4 (5.5)	33.9 (4.6)	<0.001
Ethnicity, n (%)				
Hispanic	21 (11.7)	7 (3.5)	6 (9.2)	0.01
Race, n (%) ^a				
Black	33 (18.3)	80 (40.4)	26 (40.6)	<0.001
White	140 (77.8)	103 (52.0)	30 (46.9)	
Other	7 (3.9)	5 (2.5)	1 (1.6)	
Missing	0 (0.0)	10 (5.1)	7 (10.9)	
Comorbidities, n (%)				
HTN	116 (64.4)	134 (67.7)	46 (71.9)	0.53
CAD	20 (11.1)	26 (13.1)	10 (15.6)	0.63
Mental health ^b	78 (43.3)	105 (53.0)	31 (48.4)	0.17
HbA1c %, mean (SD) ^c	6.0 (0.2)	6.0 (0.2)	6.0 (0.2)	0.28

Note: Boldface indicates statistical significance ($p < 0.05$).

^aData on race and ethnicity were obtained from either CDW or self-report. Self-report or CDW status of Hispanic ethnicity was categorized before race (if identified as Hispanic ethnicity, no racial category was assigned).

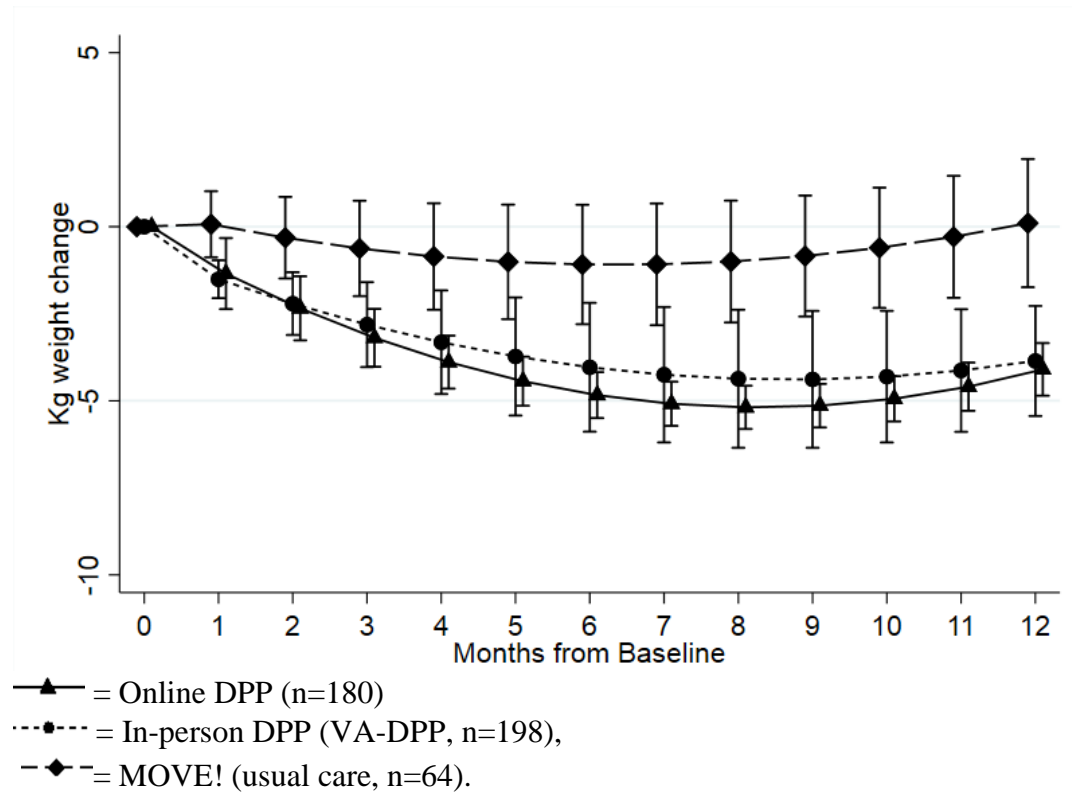
^bIncludes: Post-traumatic stress disorder (PTSD), depression, schizophrenia, bipolar, and anxiety.

^c 8 had a1c <5.7 and 9 had a1c >6.4.

VA-DPP, VA Diabetes Prevention Program; HTN, hypertension; CAD, coronary heart disease; CDW, Corporate data warehouse.

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Appendix Figure 4. Weight loss outcomes for participants completing ≥ 1 session/module in online DPP, in-person DPP, and MOVE! at 12 months using weighted model.



DPP, Diabetes Prevention Program.