University B

2022 DIABETES PREVENTION PROGRAM DATA

About the Data

The following graphics were created using data from participants in a diabetes prevention program (DPP) class in 2022.

The total sample population used is 114 (n=114).

In 2022, participants could access their DPP classes in-person , hybrid, or virtually.

All 114 participants completed their DPP class which consisted of 12 months.

Body Mass Index (BMI) was calculated using the Centers for Disease Control and Prevention (CDC) guidelines.
- CDC guidelines state that a BMI: less than 18.5 falls within the underweight range; 18.5 to 24.9 falls within the healthy weight range; 25.0 to 29.9 falls within the overweight range; 30.0 or higher falls within the obesity range.

A1Cs were categorized into Normal, Prediabetes, and Diabetes according to the Centers for Disease Control and Prevention (CDC) guidelines.
- A normal A1C level is below 5.7%, a level of 5.7% to 6.4% indicates prediabetes, and a level of 6.5% or more indicates diabetes. Within the 5.7% to 6.4% prediabetes range, the higher your A1C, the greater your risk is for developing type 2 diabetes.
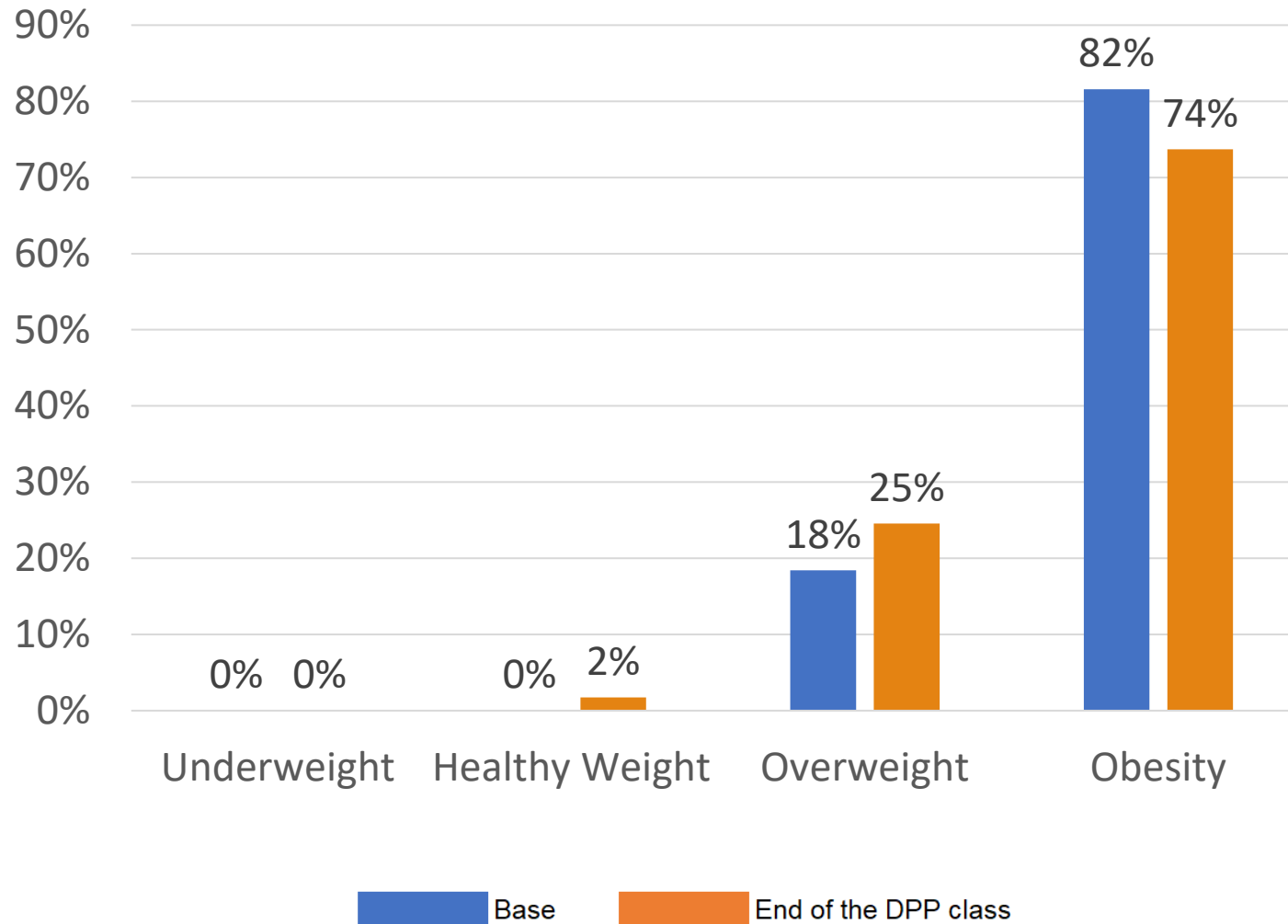
Body Mass Index

BMI categories (Underweight, Healthy Weight, Overweight, and Obesity) were made based on the CDC guidelines for adults. A BMI: less than 18.5, it falls within the underweight range; 18.5 to 24.9, falls within the healthy weight range; 25.0 to 29.9, falls within the overweight range; 30.0 or higher, falls within the obesity range. The blue bars account for BMIs at the beginning of the DPP class and the orange bars account for the BMIs at the end of the DPP class. The data indicates that 8% of participants' BMI moved from the obesity category into the overweight and healthy categories.
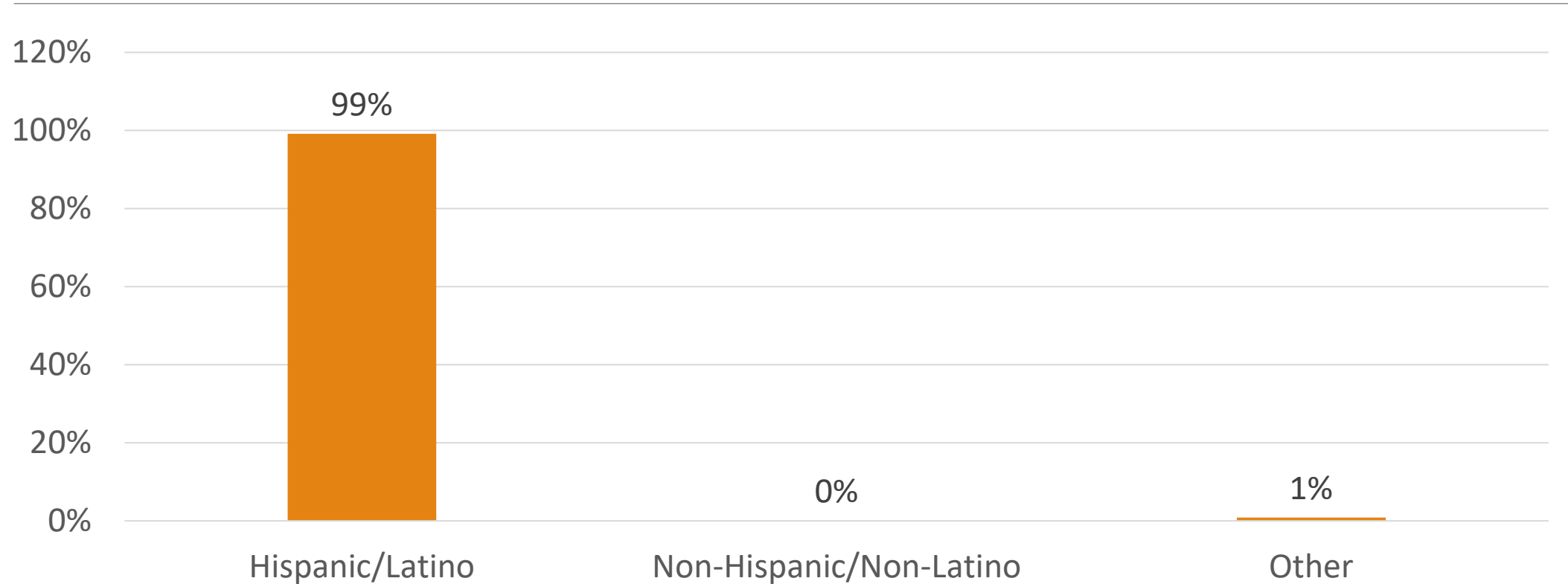
Age
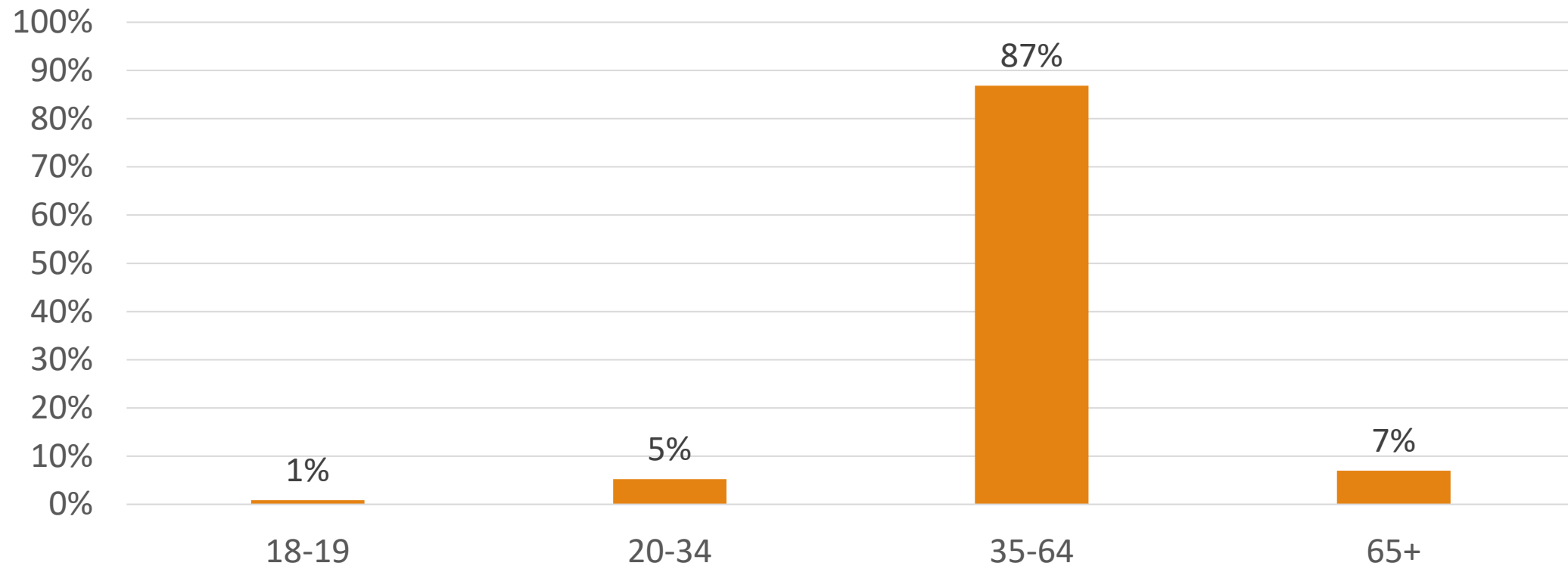
Data indicates that 87% of participants who completed a DPP class were within the 35-64 age group.
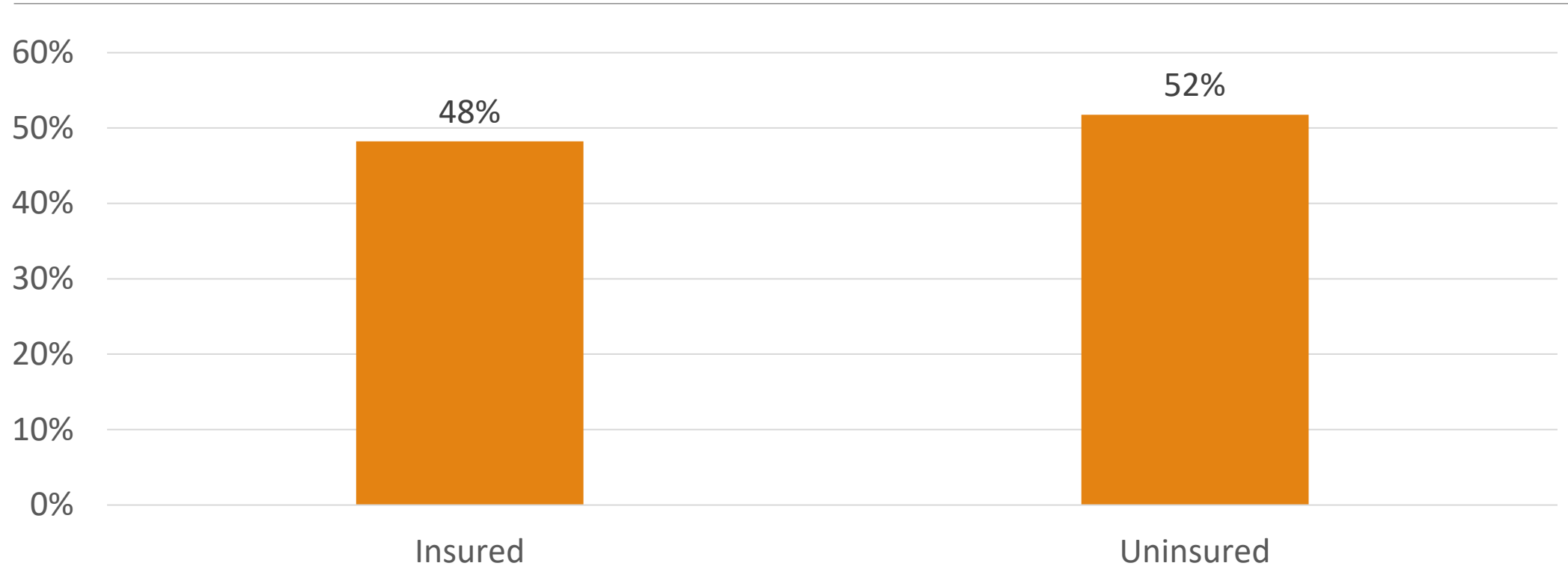
Sex
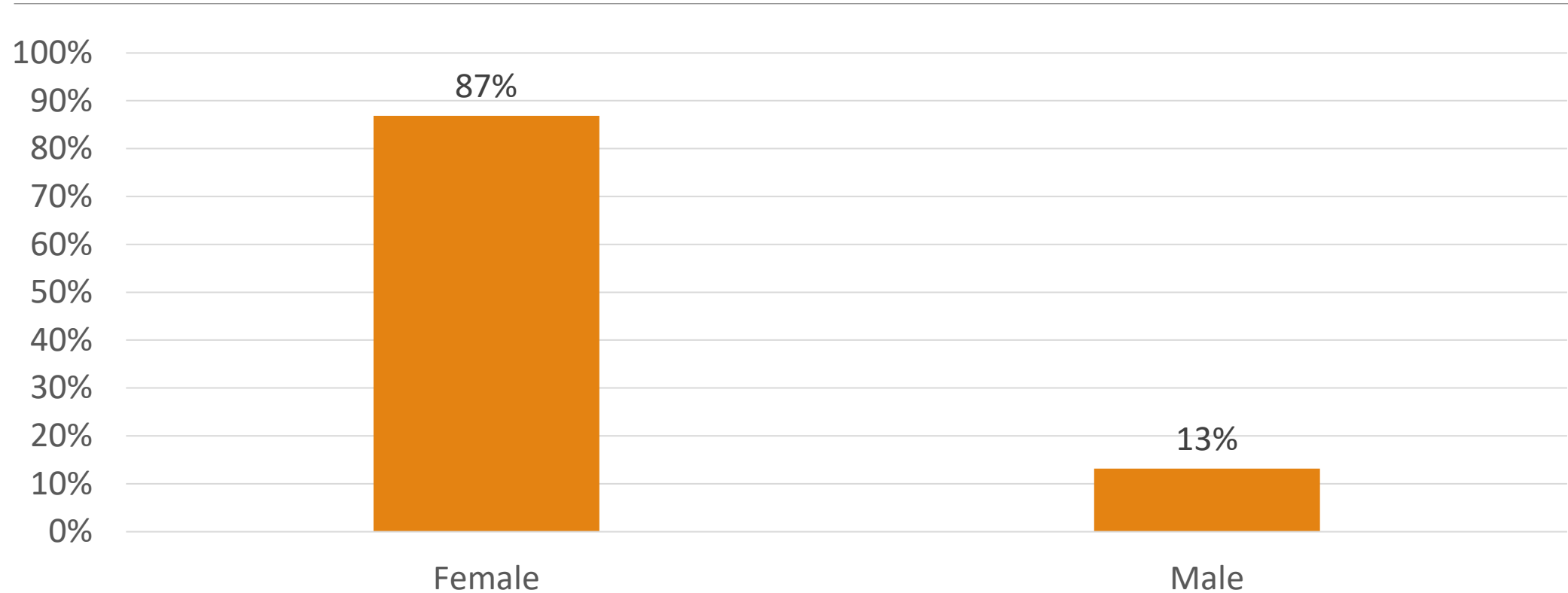
Data indicates that 87% of participants who completed a DPP class were females.
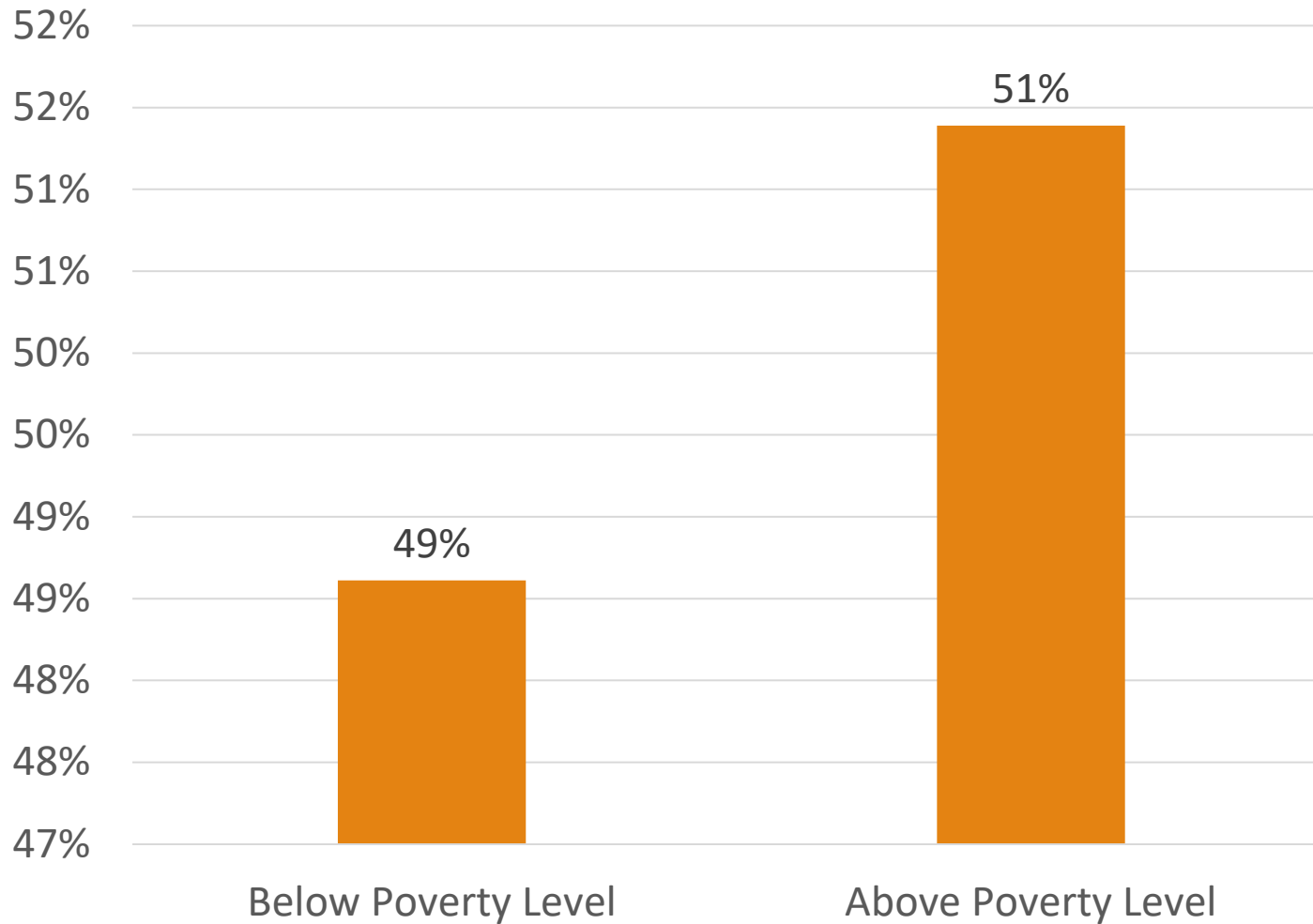
Ethnicity

Data indicates that the ethnicity for 99% of participants who completed a DPP class were Hispanic or Latino.

Insurance Status

Data indicates that 48% of participants who completed a DPP class had health insurance and 52% did not have health insurance.

Poverty Level

Data indicates that 49% of participants who completed a DPP class and reported their household income were living below poverty level.

NOTE: This graph was created from data for 72 participants who reported their household income. The remaining 42 participants were not accounted for in this graph since no household income data was available for them.
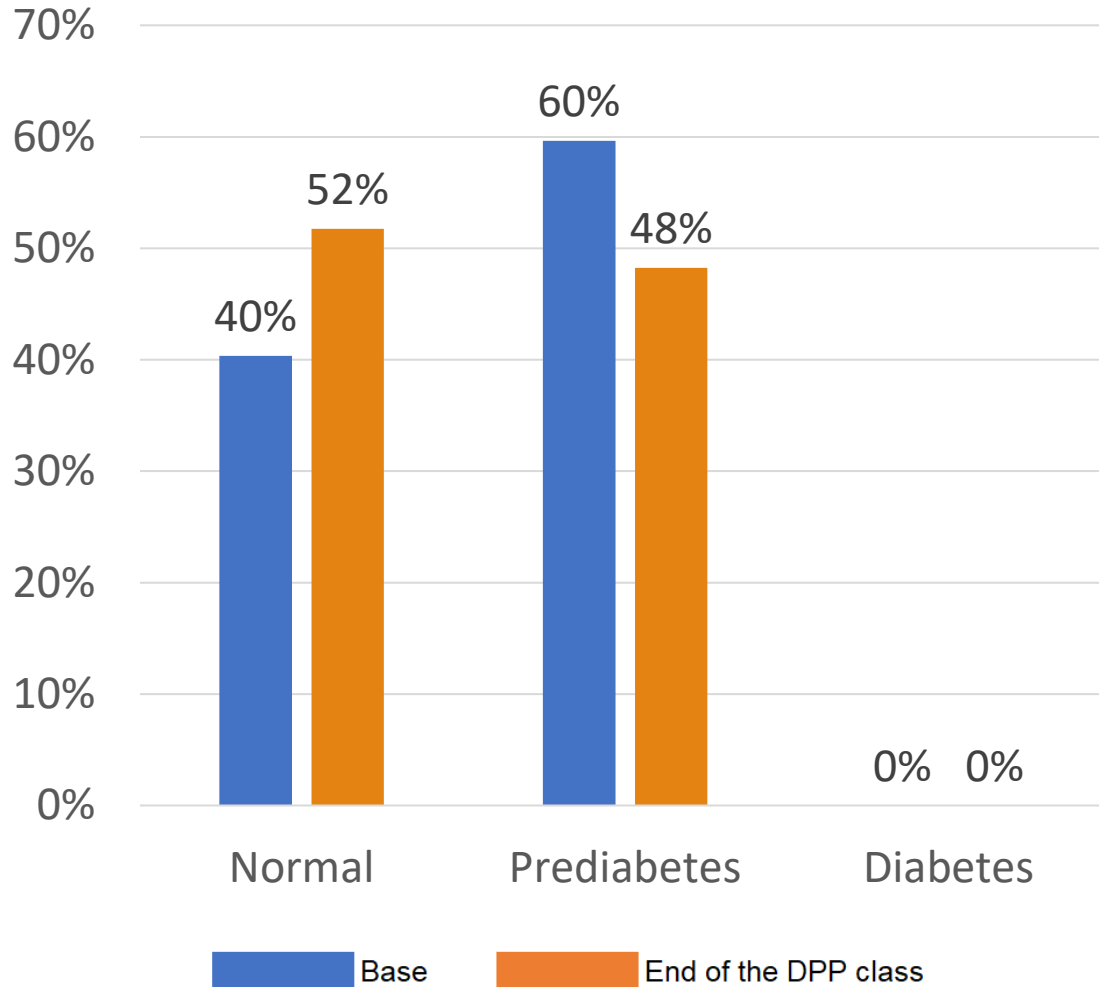
A1C Categories

Data indicates that all the participants who completed a DPP class and had an A1C available have an A1C within the normal or prediabetes range (per CDC guidelines).

The blue bars account for A1Cs at the beginning of the DPP class and the orange bars account for the A1Cs at the end of the DPP class. The data indicates that 12% of participants' A1Cs moved from the prediabetes category into the normal category.