

University B

2021 DIABETES PREVENTION PROGRAM DATA



UNIDOS CONTRA
LA DIABETES

About the Data

The following graphics were created using data from participants in a diabetes prevention program (DPP) class in 2021.

The total sample population used is 125 (n=125).

Participants could assist their DPP class in-person or virtually. 2 classes were offered in-person and 11 virtually.

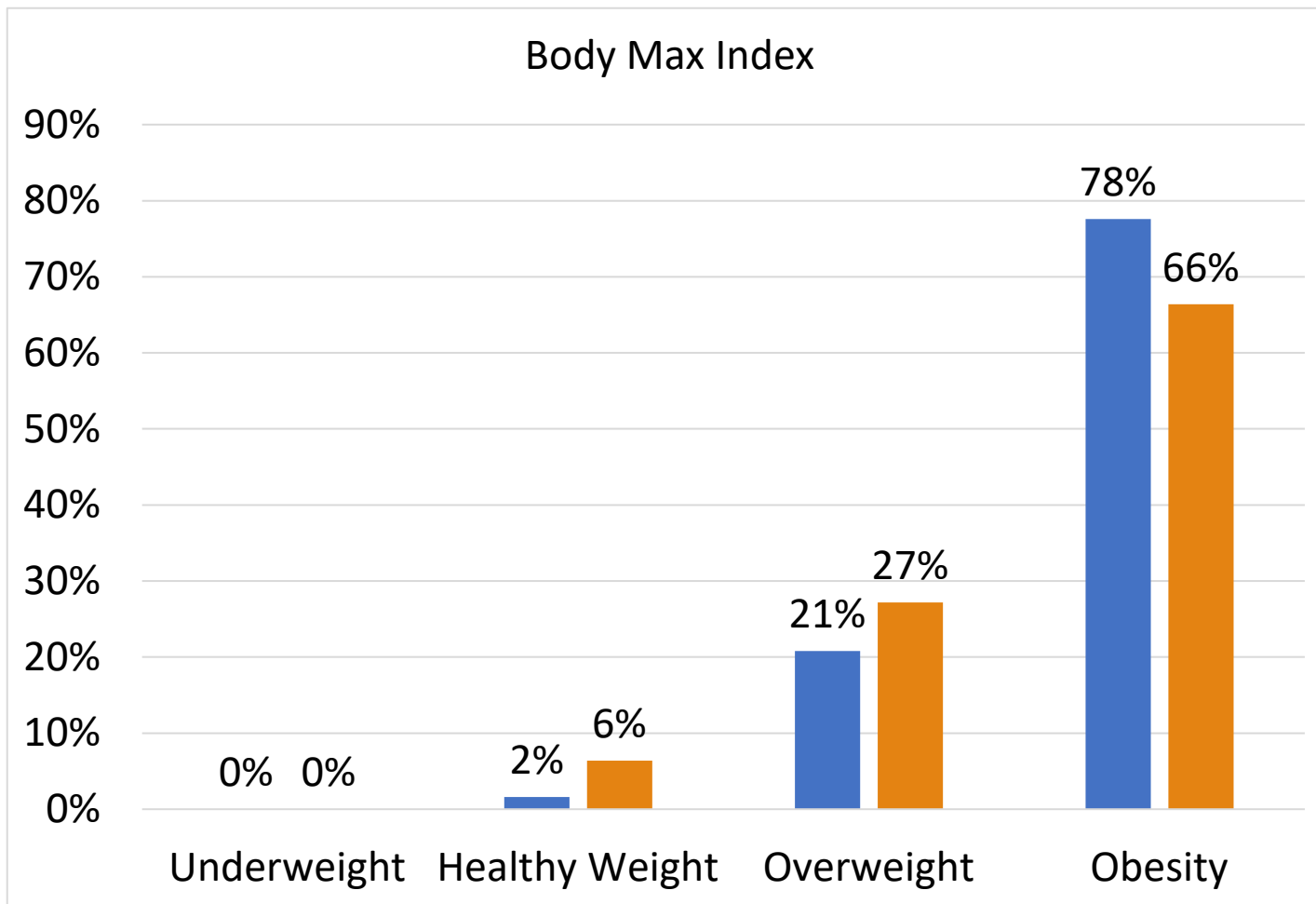
All 125 participants completed their DPP class which consisted of 12 months.

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.

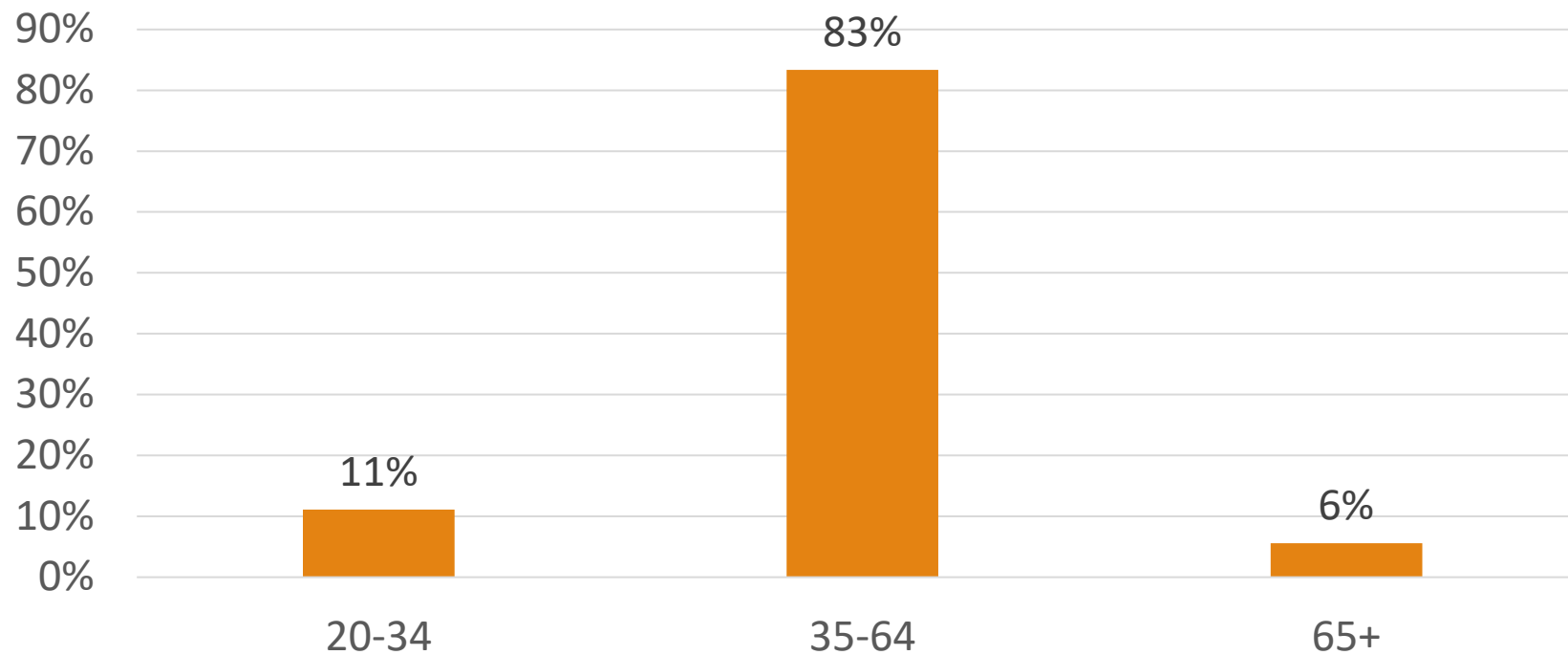


Body Max Index

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 12% of participants' BMI moved from the obesity category into the overweight and healthy categories.

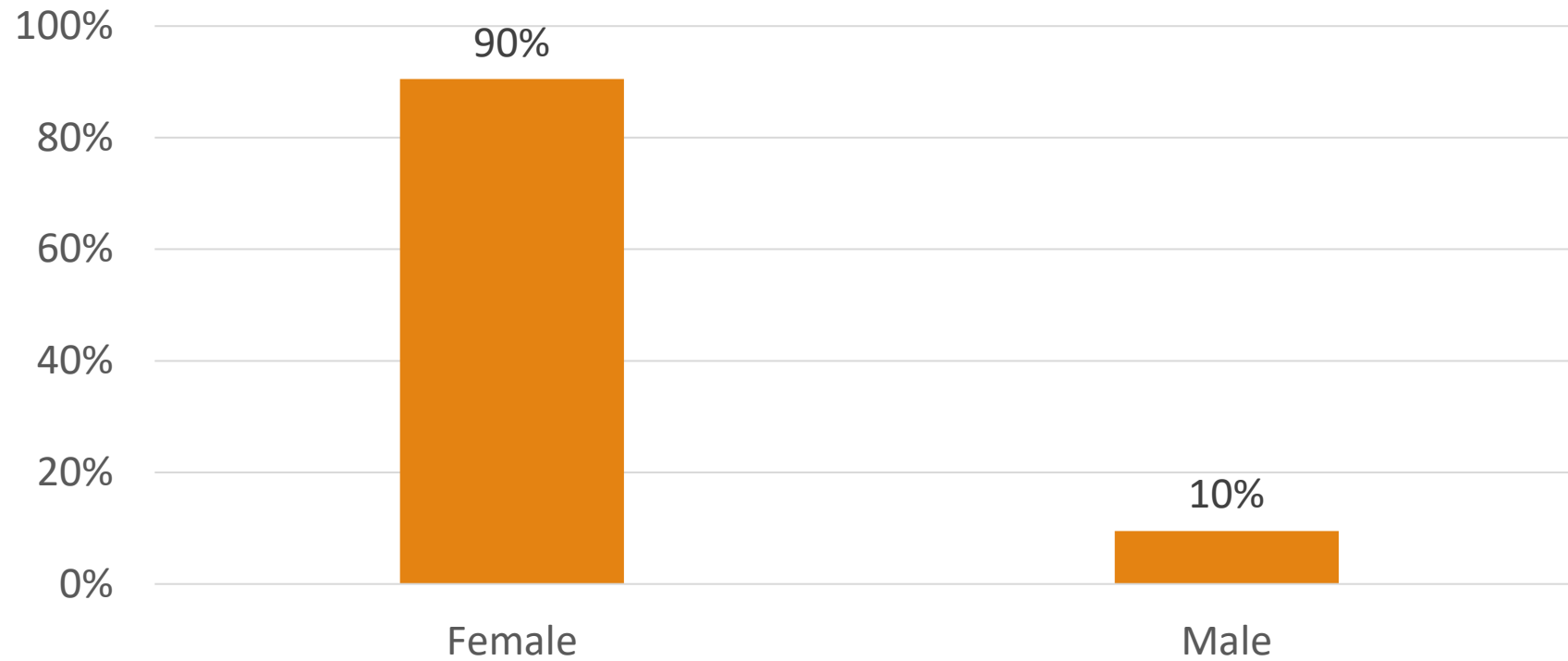
Base
 End of the DPP class

Age



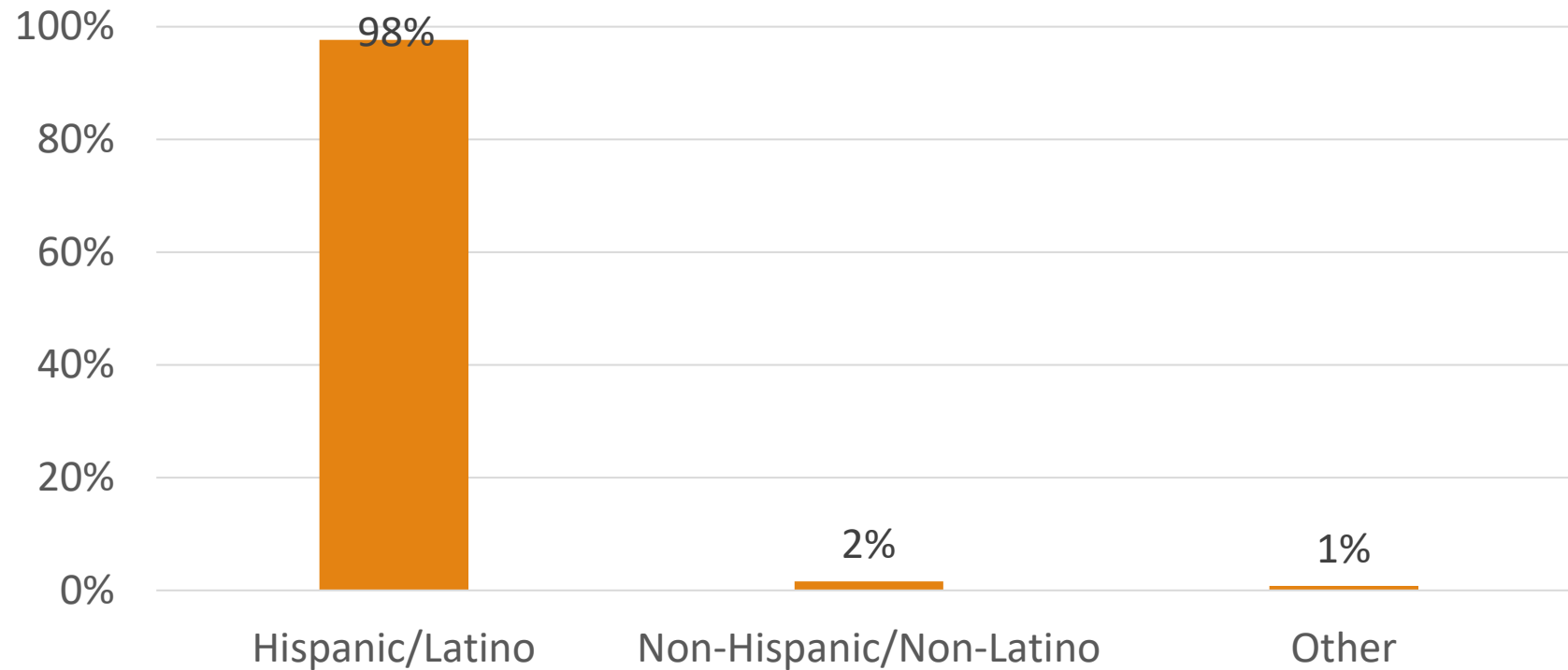
Data indicates that 83% of participants who completed a DPP class are within the 35-64 age group.

Sex



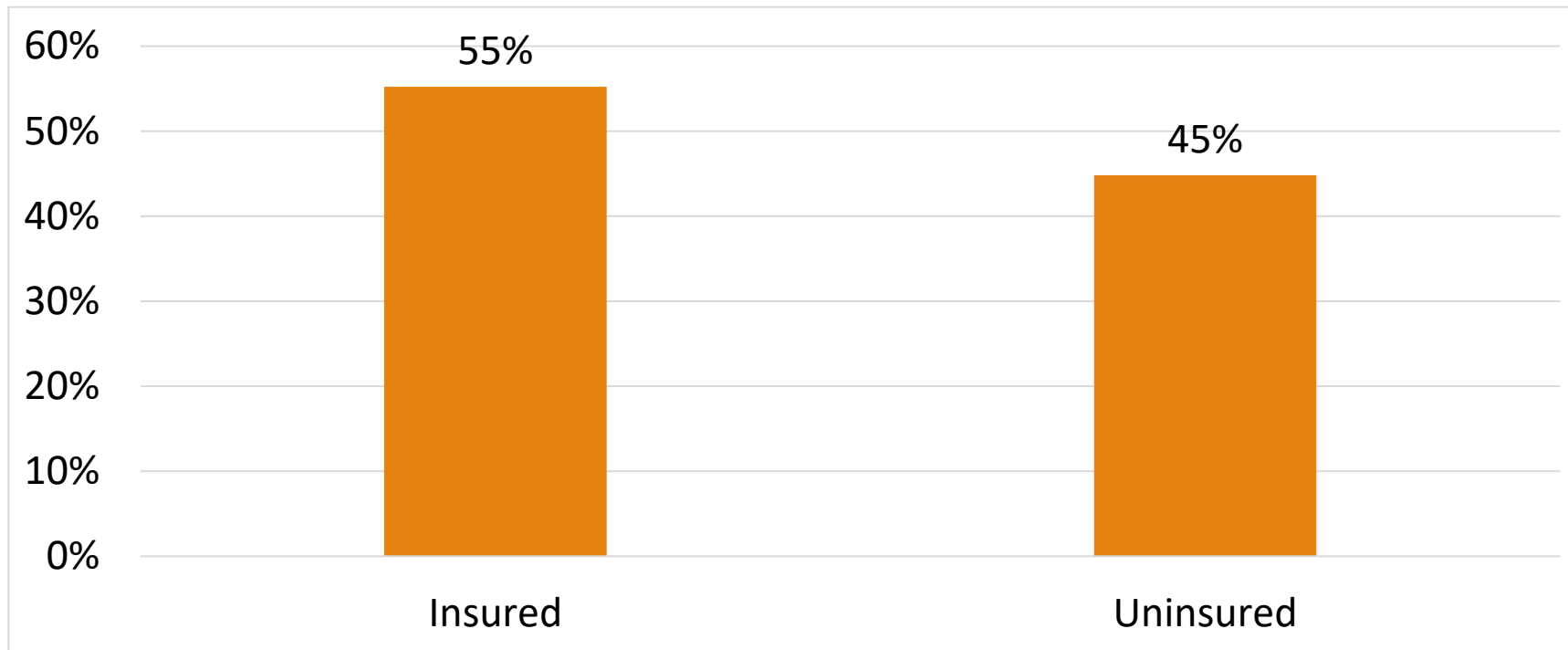
Data indicates that 90% of participants who completed a DPP class are females.

Ethnicity

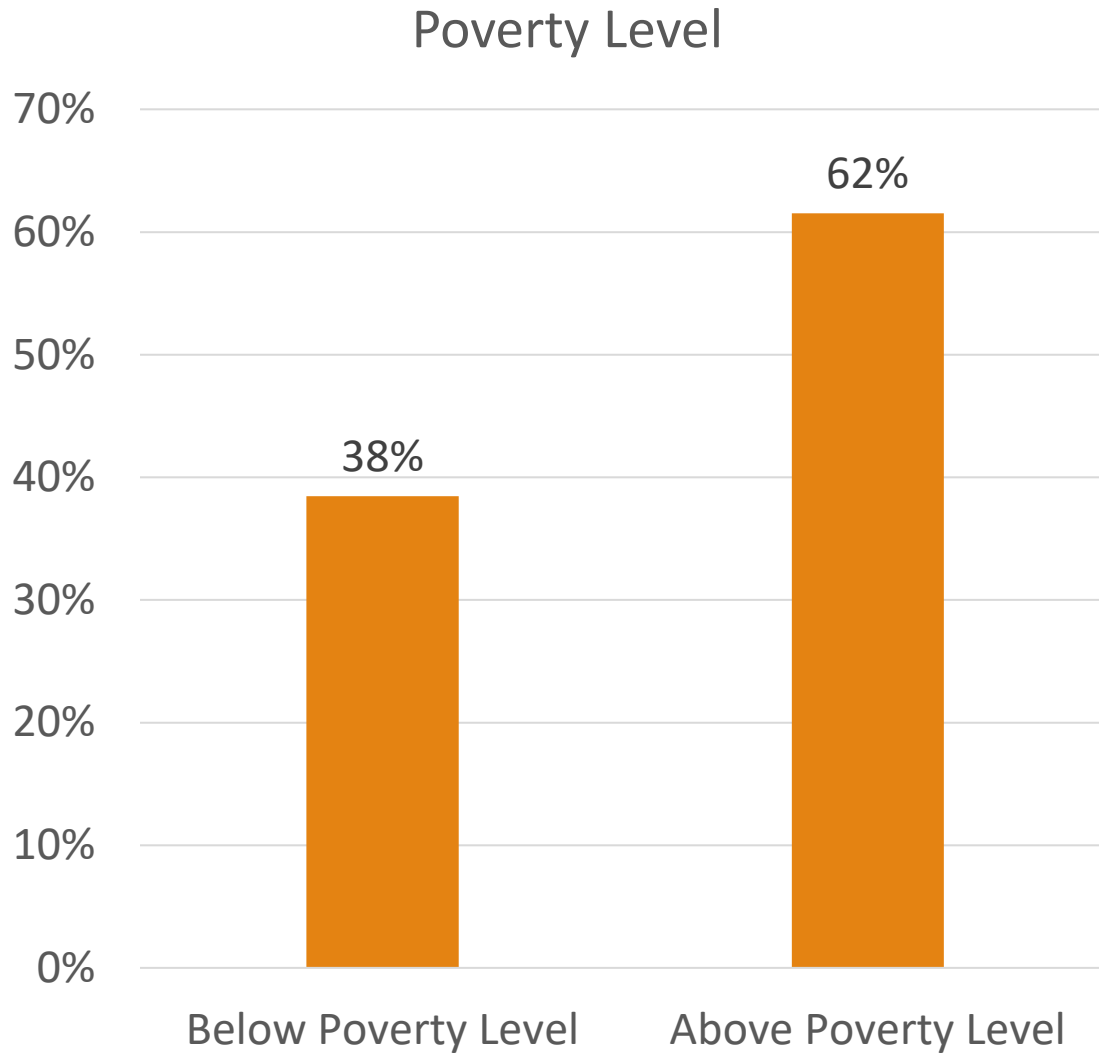


Data indicates that the ethnicity for 98% of participants who completed a DPP class is Hispanic or Latino.

Insurance Status



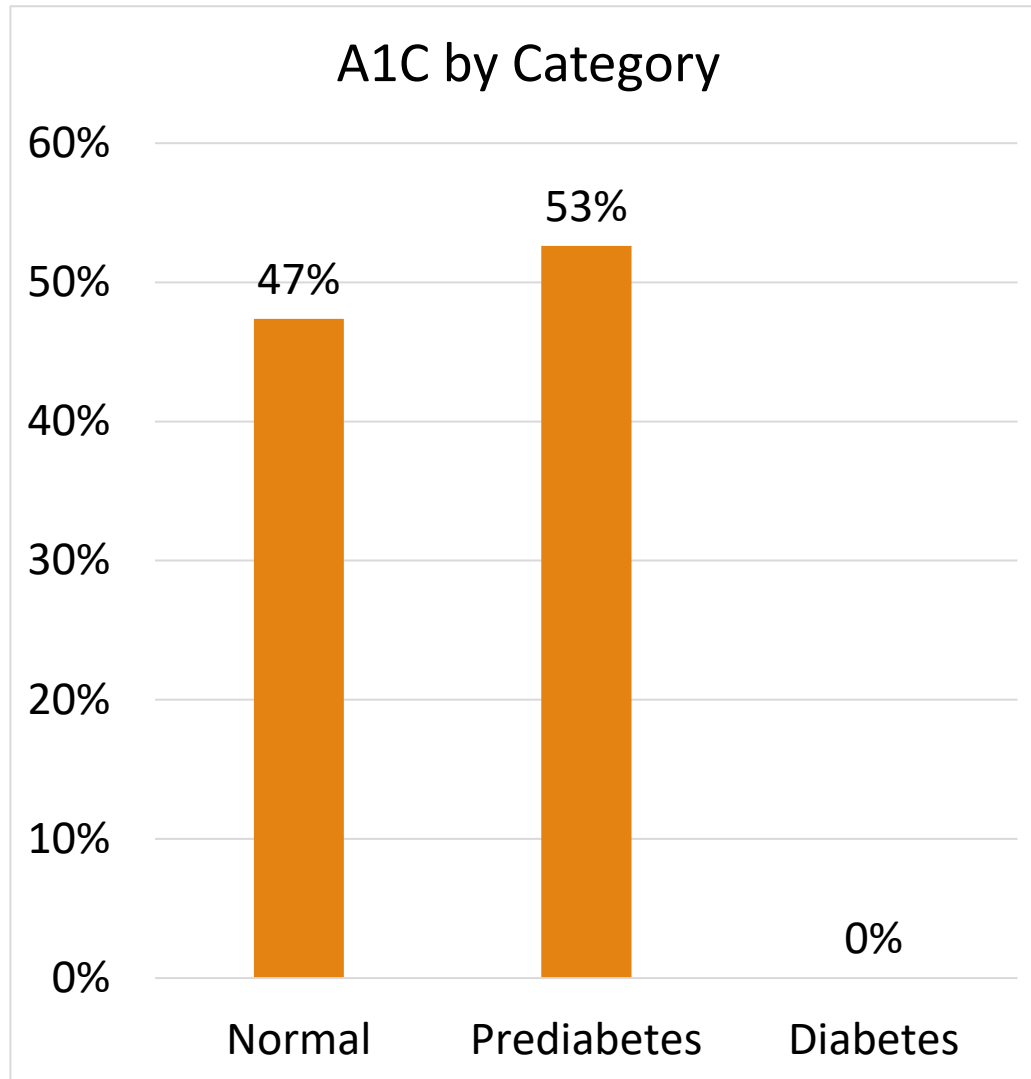
Data indicates that 55% of participants who completed a DPP class have health insurance and 45% do not have health insurance.



Poverty Level

Data indicates that 38% of participants who completed a DPP class and reported their household income are living below poverty level.

NOTE: This graph was created from data for 65 participants who reported their household income. The remaining 61 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).

NOTE: This graph was created using data from 19 participants for whom an A1C was available. There was A1C data available for only 19 participants since most DPP classes in 2021 were held virtually and A1C data could only be collected for those attending in-person classes. The remaining 106 participants were not accounted for in this graph since there was no A1C data available for them.