The Alwashmi Research Team concluded in their study that the intervention significantly reduced body weight and resulted in an increase in total weekly physical activity minutes. The study’s findings demonstrate a marked reduction in progression from prediabetes to type 2 diabetes mellitus among individuals who completed at least 9 months of the VP Transform for Prediabetes program.

The sample was composed of people with prediabetes who completed at least 9 months of the VP Transform program. All individuals were randomized to receive either type 2 diabetes prevention or a balanced diet. This randomization helped to ensure that the groups were comparable in terms of key characteristics such as age and sex.

The program incorporates interactive mobile computing, remote monitoring, an evidence-based curriculum, behavior tracking tools, health coaching, and advice to support individuals in maintaining their weight loss and improving their healthy behaviors.

The program has been shown to be effective in helping individuals with prediabetes achieve 5% to 7% body weight loss. The program incorporates interactive mobile computing, remote monitoring, an evidence-based curriculum, behavior tracking tools, health coaching, and advice to support individuals in maintaining their weight loss and improving their healthy behaviors.

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