

# Gender Inclusivity & Diversity

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Omada was born to change the way the world receives health care, and diversity and inclusion are critical to our innovation and success. Omada celebrates the diversity that each participant brings to our program, including, but not limited to, race, ethnicity, sex, gender identity, sexual orientation, socioeconomic background, origin, ability and disability, and religion.

## Why doesn't Omada ask about sex and gender separately?

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As part of the requirements of being a CDC-recognized provider of the Diabetes Prevention Program, we need to use a specific format for our intake questionnaire. Unfortunately, the CDC questionnaire does not ask separately about biological sex and gender. Instead, they ask about pregnancy history, but do not include a question on biological sex or gender identity. We are working diligently to update our intake process to be more inclusive of participants across the gender identity spectrum and are actively researching options to stay compliant with CDC requirements while meeting our program goals.

## What if I'm uncertain how to answer this question?

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Please respond based on the sex assigned to you at birth. Evidence shows that sex identified at birth is associated with some chronic diseases such as diabetes. If you have questions about this, please contact [askomada@omadahealth.com](mailto:askomada@omadahealth.com). Omada is working diligently to update their intake process to be more inclusive of participants across the gender identity spectrum and activity researching options to stay compliant with CDC requirements while meeting our program goals.

## How does Omada serve participants in a gender inclusive way?

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Our coaches receive training on gender identity to best serve our participants. If a participant chooses to share their status as a transgender or gender non-conforming individual, our coaches are able to incorporate that information into the personalized program experience.

## I have more questions. Who can I talk to about this?

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We're happy to answer any questions you may have about this change. Please send an email to [askomada@omadahealth.com](mailto:askomada@omadahealth.com) to reach our Support Team.



**Omada is exceedingly proud of our work with underserved populations, including specific deployments serving people of color and traditionally marginalized groups. Here's a few examples:**

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- In 2016, Omada published a peer-reviewed study on our work with low-income participants. Study link - <https://www.hindawi.com/journals/jdr/2016/8472391/>
- In 2017, Omada published a peer-reviewed study on our work with female veterans. Study link - <https://www.jmir.org/2015/5/e127/>
- In 2018, Omada published a peer-reviewed study on our work with additional low-income and minority populations. Study link - <https://www.sciencedirect.com/science/article/pii/S2451865418300164>

If you are interested in the Omada program, go to [go.omadahealth.com/kingcounty](https://go.omadahealth.com/kingcounty) to learn more and to see if you are eligible. You'll answer six simple questions.