Figure 1: Design and flowchart for the walking away from type 2 diabetes study

Ten GP practices recruited

Leicester Diabetes Risk Score run on recruited practice datasets, individuals above the 90th risk percentile invited to take part

Participants consented and baseline measures completed

GP practice Randomisation

Intervention condition (n=5 practices): Walking Away from Type 2 Diabetes structured education programme

Control condition (n=5 practices): Information leaflet

12 month follow-up

24 month follow-up

36 month follow-up

Follow-up counselling: All intervention participants will be contacted by phone at 6, 18 and 30 months and invited to attend annual group-based maintenance sessions at 12 and 24 months.