Figure 1. RCT Flow Chart

Clinic Visit One: Baseline
- Consent
- Baseline data collection:
  - Bloods – Oral Glucose Tolerance Test, routine bloods, inflammatory biomarkers
- Anthropometric data

Randomisation

Intervention Arm:
- STAND structured education
- Participants provided with self-monitoring tool to use for the remainder of the study

Control Arm:
- Information leaflet

6 week phone call

3 Month Clinic Visit

12 Month Clinic Visit