**RECRUITMENT**

18 to 60-year-old Hindustani Surinamese in The Hague

**Screening**
- Informed consent
- Fasting blood sample
- Anthropometry and questionnaire

**High-risk group**
- IFG and/or IGT (ADA)<sup>a</sup>
- HbA<sub>1c</sub> ≥ 6.0%
- HOMA-IR<sup>b</sup>

Type 2 diabetes
Normoglycemia

**Invitation to RCT**

**RANDOMIZED CONTROLLED TRIAL**

**Process evaluation**
- Questionnaire after 6 months
- Interviews
- Dieticians’ dossiers and diet reports
- Audiotapes of sessions with dietician

**Measurements at T<sub>0</sub>, T<sub>1</sub>, and T<sub>2</sub>**
- Blood test
- Anthropometry and cardiorespiratory test
- Questionnaire (interview)

**Randomized control trial**

**Intervention group**
- M
- Intervention

**Control group**
- M
- Control intervention

**T<sub>0</sub>**
- M

**T<sub>1</sub>**
- M
  - Booster sessions
- M

**T<sub>2</sub>**
- M

Referral to family physician
**RECRUITMENT**

18 to 60-year-old Hindustani Surinamese in The Hague

Screening
- Informed consent
- Fasting blood sample
- Anthropometry and questionnaire

High-risk group
- IFG and/or IGT (ADA)\(^a\)
- HbA1c ≥ 6.0%
- HOMA-IR\(^b\)

Type 2 diabetes
Normoglycemia

Invitation to RCT

Referral to family physician

**RANDOMIZED CONTROLLED TRIAL**

**Intervention group**
- M
- Intervention
- M
- Booster sessions
- M

Control group
- M
- Control intervention
- M
- M

Measurements at T\(_0\), T\(_1\), and T\(_2\)
- Blood test
- Anthropometry and cardiorespiratory test
- Questionnaire (interview)

Process evaluation
- Questionnaire after 6 months
- Interviews
- Dieticians’ dossiers and diet reports
- Audiotapes of sessions with dietician

T\(_0\), T\(_1\), T\(_2\)