Assessed for eligibility initial screening (n=10,583)
(10,420 selected via family physicians’ registers and 163 volunteers)

Excluded (n=8276):
- Not meeting inclusion criteria (n=1658)
- Declined to participate (n=1804)
- Other reasons (n=49)
- No shows (n=298)
- Not reached (n=4467)

Screened (n=2307)
Participation within age groups: 18–34 years, 14.2%; 35–44 years, 23.3%; 45–60 years, 31.1%
Participation within gender groups: 18.5% men, 24.8% women

Excluded:
- With normoglycemia* (n=1197)
- Had DM** (n=65)

At high risk of diabetes and assessed for eligibility RCT (n=1045)

Excluded (n=403):
- Not meeting inclusion criteria (n=67)
- Actively declined (n=158)
- Other reasons (n=16)
- Not reached (n=162)

Randomized (n=642)

Allocated to intervention group (n=332)
- Completed baseline measurements (n=283)
- No show (n=35)
- Had DM during baseline measurement RCT (n=14)

In intervention group (n=283)

Allocated to control group (n=310)
- Completed baseline measurements (n=253)
- No show (n=49)
- Had DM during baseline measurement RCT (n=8)

In control group (n=253)
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TRIAL INCLUSION

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