Step 1: Home screening (n = 80/PB; 50 males and 30 females)

Intervention arm (17 participants per PB)
(i) Eleven peer-led small group sessions
(ii) Two diabetes prevention education sessions
(iii) Participant handbook
(iv) Participant workbook
(v) Health education booklet

Follow-up mobile clinics (12 and 24 months): questionnaires, blood pressure, anthropometry, and biochemical tests

Control arm (17 participants per PB)

Health education booklet

Follow-up mobile clinics (12 and 24 months): questionnaires, blood pressure, anthropometry, and biochemical tests