K-DPP Intervention components

**Peer leaders**
- Two x 2-days group facilitation training delivered by the K-DPP intervention team
- Peer leader workbook
- Ongoing support from the K-DPP intervention team

**Participants**
- Two diabetes prevention education sessions by the expert panel members
- 11 small group sessions led by trained peer leaders
- Participant handbook, participant workbook and health education booklet
- Ongoing support from a local resource person

K-DPP Outcomes

**Peer leader and Peer group outcomes**
1. Increased provision of emotional and social support to /within the group
2. Increased utilization of community resources by the group
3. Increased linkages to social support networks of the group

**Participant outcomes**
1. Behavioural outcomes
   - Improved diet
   - Increased physical activity
   - Reduced tobacco use
   - Reduced alcohol consumption
2. Psychosocial outcomes
   - Reduced stress
   - Improved quality of life
3. Clinical outcomes
   - Reduced blood pressure
   - Reduced waist circumference
   - Reduced body fat
4. Biochemical outcomes
   - Reduced incidence of diabetes
   - Improved glycaemic control
   - Improved lipid profile