Invited to participate (n=4,100)

Assessed for eligibility (n=3,244)

- Not meeting inclusion criteria
  - BMI < 25 (n=1,236)
  - Declined to participate (n=145)
  - Not available (n=63)
  - Not interested (n=26)
  - Too much work (n=16)
  - GP check sufficient (n=14)
  - No reason (n=11)
  - Diabetes or other disease (n=7)
  - Other (n=8)

Completed baseline questionnaire (n=1,863)

Random sample (n=1,300)

Randomized (n=1,174)

Allocated to intervention group (n=586)

- Family history (n=308)
  - Lost to follow-up (n=15)
  - Analysed (n=288)
    - Excluded from analyses (n=5)
      - Diabetes diagnosis (n=4)
      - BMI < 25 (n=1)

- No family history (n=278)
  - Lost to follow-up (n=12)
  - Analysed (n=266)
    - Excluded from analyses (n=0)

Allocated to control group (n=588)

- Family history (n=298)
  - Lost to follow-up (n=8)
  - Analysed (n=286)
    - Excluded from analyses (n=4)
      - Diabetes diagnosis (n=2)
      - BMI < 25 (n=2)

- No family history (n=290)
  - Lost to follow-up (n=19)
  - Analysed (n=269)
    - Excluded from analyses (n=2)
      - Diabetes diagnosis (n=2)