Inputs
- Local steering committee
- Motivated primary health care professionals
- Money
- Time investment
- Materials (manuals, brochures)
- 2-hours training of primary health care professionals

Activities
- Dietary intervention
- Physical activity intervention
- Case management
- Maintenance programme

Outputs
- Process indicators
- Recruitment
- Reach
- Dose delivered
- Dose received
- Acceptability
- Implementation integrity
- Applicability
- Context

Initial outcomes
- Behavioural determinants
  - Intention
  - Attitude
  - Social influences
  - Self-efficacy
  - Motivation
  - Action control
  - Skills

Intermediate outcomes
- Health behaviour
  - Eating behaviour
  - Physical activity behaviour

Long-term outcomes
- Health specific
  - Primary outcome
    - Fasting insulin
  - Secondary outcomes
    - Fasting glucose
    - 2h glucose
    - HbA1c
    - 2h insulin
    - HOMA index
    - Cholesterol (total, HDL, and LDL)
    - Triglycerides
    - BMI (weight and height)
    - Waist and hip circumference
    - Body fat percentage
    - Physical fitness
    - Blood pressure
    - Medication use
  - Other
    - Diabetes incidence
    - Cardiovascular events

Other factors
- Economic, political, and cultural factors

Overall aim
- Health general
  - To promote a healthy lifestyle (healthy nutrition and increased physical activity) by means of the 10-month SLIMMER intervention, in order to prevent or postpone the onset of type 2 diabetes and its consequences in high-risk adults, aged 40-70 years and living in Apeldoorn and Doetinchem, contributing to quality of life and active participation in society.