External contextual variables

**Motivation**
- Assessment of personal risk through the FINDRISC score
- Family history of Type 2 Diabetes
- Facilitator encouragement

**Volition Phase**
- Receiving pathology results
- Learning and employing new skills such as food label reading and portion control using the 'plate model'.
- Anticipate barriers such as lack of family support
- Ability to self monitor through use of food diaries
- Planning for physical activity such as group walks or attending exercise classes

**Qualitative Results**
- Motivation Phase
  - Assessment of personal risk through the FINDRISC score
  - Family history of Type 2 Diabetes
  - Facilitator encouragement

**Quantitative Results**

Clinical Outcomes (changes from baseline to 12 months)
- Plasma glucose concentrations improved by 8.6%
- Total cholesterol decreased by 5.1%
- LDL (Low-density lipoprotein) cholesterol decreased by 7.3%
- HDL (High-density lipoprotein) cholesterol increased by 4.4%
- Triglycerides decreased by 7.6%
- Waist circumference decreased by 4.0%
- Weight decreased by 2.7%
- Diastolic blood pressure decreased by 2.6%