8,193 adults invited, aged 30-50 years

4,606 did not respond (56%)

1,335 refused
1,480 not eligible

772 eligible according to self-reported waist circumference and attended measurement visit

622 high risk according to ARIC and SCORE, randomly assigned

308 allocated to control group

314 allocated to intervention group

Follow-up 1
(6 months)

n=269

Follow-up 2
(12 months)

n=253

Follow-up 1
(6 months)

n=267

Follow-up 2
(12 months)

n=249

Loss to follow-up (n=39)

29 unable to attend
5 withdrew consent
3 became pregnant
2 unable to contact

Loss to follow-up (n=16)

8 unable to attend
3 withdrew consent
3 unable to contact
1 became pregnant
1 died of CVD

Loss to follow-up (n=47)

38 unable to attend
8 withdrew consent
1 became pregnant

Loss to follow-up (n=18)

9 unable to attend
4 withdrew consent
1 unable to contact
4 had diagnosed T2DM at follow-up 1

622 high risk according to ARIC and SCORE, randomly assigned

38 unable to attend
8 withdrew consent
1 became pregnant

9 unable to attend
4 withdrew consent
1 unable to contact
4 had diagnosed T2DM at follow-up 1