Identification of potential participants

Excluded = no interest in participating

Baseline health assessments

Excluded = do not meet eligibility criteria or diagnosed with diabetes mellitus

Randomisation to interventions

1 to 2 weeks

1 to 4 weeks

2 weeks

Research and hospital databases

Invitation letters and information leaflets sent in post

Phone calls

Excluded = no interest in participating

Excluded = do not meet eligibility criteria or diagnosed with diabetes mellitus