Timeline:
2010 to 2012: Baseline investigation
2013:
Week -2: Identification and invitation of eligible subjects at risk
Randomization
Week -1: Assessment of clinical and metabolic variables
Start of intervention:
Week 0:

Week 1:
Week 2:
Weeks 4-10:
Week 10:

Weeks 13-22:
Week 22:
Week 25:
Week 25:

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Randomized controlled intervention study
In total, 40% of individuals (560) are estimated to be at risk of T2D. We expect to recruit 308 (55%) of these participants.
Randomization to intervention or control group, stratified by age, sex and FINDRISC score, with the aim of achieving an equal distribution of participants between the two groups
Primary outcome measure: change in fasting glucose

Assessment of anthropometric, clinical, dietary, physical activity and other variables
ActiGraph registration for 10 days

Intervention group:
Start: N=155
End: N=130
General lecture to the whole group and subsequent sessions in gender-specific groups

Control group: Treatment as usual:
Start: N=155
End: N=130

Session #1 + Exercise 2 to 3 times weekly

Session #2
Exercise 2 to 3 times weekly

Sessions #3 to #5 (one every third week)
Exercise 2 to 3 times weekly

Intervention and control groups: Assessment of anthropometric, clinical, dietary, physical activity and other variables

Sessions #6 to #9 (one every third week)
Exercise 2 to 3 times weekly

ActiGraph registration for 10 days

Session #10 + Exercise 2 to 3 times/week

ActiGraph registration for 10 days

End of survey. We estimate that at least 130 participants will remain in the intervention and control groups.

Implementation in primary health care