Reviewer's report

Title: Prevention of Type 2 Diabetes by lifestyle intervention in an Australian primary health care setting: Greater Green Triangle (GGT) Diabetes Prevention Project

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Reviewer: Andrea Icks

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Review
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Aim of the study was to determine if a lifestyle prevention program which has been shown to be effective in reducing type 2 diabetes incidence in a RCT would be feasible and effective in primary health care. The question of the study is of great importance.

The study is well described. The participation in the study was high, and metabolic parameters as well as QoL developed in a positive manner during the intervention period.
However, there are some questions and comments.

General comments:
1. The study was an observational intervention study without control group. Thus, the effectiveness of the intervention cannot be evaluated. It can only be suggested that observations are effects of the intervention. The aim of the study as well as the conclusion might better be „assessing the course of study subjects with respect to the investigated variables during intervention“. This point could also be discussed in the discussion section.
2. Is the Diabetes Risk Score appropriate in the study population (which is different from the population in which the Score was evaluated)? Only about one third of tested subjects had impaired glucose metabolism? The Diabetes Prevention Trial was performed in subjects with impaired glucose tolerance and/or fasting glucose. This point could be provided in the discussion section.

Specific comments:
Abstract
1. Introduction and Conclusions: effectiveness – see above
Background:
2. Aim of the study: see above (effectiveness).
Methods:
3. Were the 1,500 approached people all patients in the included general practitioners' practices or a selection? If a selection – which were the criteria to ask patients for participation (more than the described exclusion criteria?)?
4. How were the intervention costs assessed?
5. Fasting glucose – how defined? Was a quality control performed (e.g. asking people if they indeed had fastened during 8 hours)?
Discussion and conclusions: see above (general comments).