

# **A community-based primary prevention programme for type 2 diabetes mellitus integrating identification and lifestyle intervention for prevention: a cluster randomised controlled trial**

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**Declared competing interests of authors:** Melanie Davies has acted as consultant, advisory board member and speaker for Novo Nordisk, Sanofi-Aventis, Eli Lilly and Company, Merck Sharp & Dohme, Boehringer Ingelheim, AstraZeneca and Janssen, and as a speaker for Mitsubishi Tanabe Pharma Corporation. She has received grants in support of investigator and investigator-initiated trials from Novo Nordisk, Sanofi-Aventis and Eli Lilly and Company. She has received grants and support from the National Institute for Health Research (NIHR) during the conduct of this study. Alastair Gray reports grants from NIHR during the conduct of the study. Kamlesh Khunti reports that he has acted as a consultant and speaker for Novartis, Novo Nordisk, Sanofi-Aventis, Eli Lilly and Company and Merck Sharp & Dohme. He has received grants in support of investigator and investigator-initiated trials from Novartis, Novo Nordisk, Sanofi-Aventis, Eli Lilly and Company, Pfizer, Boehringer Ingelheim and Merck Sharp & Dohme. Kamlesh Khunti has received funds for research, honoraria for speaking at meetings and has served on advisory boards for Eli Lilly and Company, Sanofi-Aventis, Merck Sharp & Dohme and Novo Nordisk.

## **Plain English summary**

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Programme Grants for Applied Research 2017; Vol. 5: No. 2

DOI: 10.3310/pgfar05020

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## Plain English summary

**P**rediabetes mellitus (PDM) occurs when blood glucose levels are raised but are not sufficiently high to be classified as type 2 diabetes mellitus (T2DM). Individuals with PDM are at a significantly higher risk of developing diabetes mellitus in the future.

The study aimed to develop a screening tool to be used within primary care that could easily identify individuals with PDM. High-risk individuals were invited for screening and received a blood test to check their glucose levels and to see if they had either undiagnosed PDM or T2DM. We then assessed whether or not it is possible to prevent individuals with PDM from going on to develop T2DM by delivering a 6-hour structured education programme that focused on diet and physical activity to enhance a healthy lifestyle. Half of the individuals with PDM were invited to the education programme; the other half were given written information.

Participants were followed up for 3 years. After 3 years, there was some evidence that the education programme reduced the progression to T2DM; however, this is inconclusive (as it was not statistically significant). There was good evidence that the education programme had led to healthier lifestyle choices, with participants walking more and sitting less, as well as demonstrating lower levels of glucose and cholesterol. The intervention group were also less anxious and had a better understanding of their condition than the control group. When the cost of delivering the education was compared with the health gains, it was found to be good value for money.



# Programme Grants for Applied Research

ISSN 2050-4322 (Print)

ISSN 2050-4330 (Online)

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## This report

The research reported in this issue of the journal was funded by PGfAR as project number RP-PG-0606-1272. The contractual start date was in August 2007. The final report began editorial review in January 2015 and was accepted for publication in November 2015. As the funder, the PGfAR programme agreed the research questions and study designs in advance with the investigators. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The PGfAR editors and production house have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the final report document. However, they do not accept liability for damages or losses arising from material published in this report.

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