

Mailing (n=16,080):
invitation letters
to female inhabitants
(50-69 y) of participating
municipalities

Media attention: newsletter
articles, television, radio and
events

Positive responses screened on eligibility
by telephone (n=1,286)

Subject information
mailed to eligible women

Screening visit and
Informed consent (n=283)

Randomisation and Baseline visit (n=243)

Diet group (n=97)

Exercise group (n=98)

Control group (n=48)