

## RECRUITMENT

18 to 60-year-old Hindustani Surinamese in The Hague

### Screening

- Informed consent
- Fasting blood sample
- Anthropometry and questionnaire

### High-risk group

- IFG and/or IGT (ADA)<sup>a</sup>
- Hb<sub>A1c</sub> ≥ 6.0%
- HOMA-IR<sup>b</sup>

Type 2 diabetes

Normoglycemia

Invitation to RCT

Referral to family physician

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## RANDOMIZED CONTROLLED TRIAL

### Process evaluation

- Questionnaire after 6 months
- Interviews
- Dieticians' dossiers and diet reports
- Audiotapes of sessions with dietician

Intervention group

T<sub>0</sub>

M

Intervention

T<sub>1</sub>

M

Booster sessions

T<sub>2</sub>

M

Control group

M

Control intervention

M

M

### Measurements at T<sub>0</sub>, T<sub>1</sub>, and T<sub>2</sub>

- Blood test
- Anthropometry and cardiorespiratory test
- Questionnaire (interview)

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