

INCLUSION INITIAL SCREENING

Assessed for eligibility initial screening ($n=10,583$)
(10,420 selected via family physicians' registers and 163 volunteers)

Excluded ($n=8276$):

- Not meeting inclusion criteria ($n=1658$)
- Declined to participate ($n=1804$)
- Other reasons ($n=49$)
- No shows ($n=298$)
- Not reached ($n=4467$)

Screened ($n=2307$)

Participation within age groups: 18–34 years, 14.2%; 35–44 years, 23.3%; 45–60 years, 31.1%
Participation within gender groups: 18.5% men, 24.8% women

Excluded:

- With normoglycemia* ($n=1197$)
- Had DM** ($n=65$)

TRIAL INCLUSION

At high risk of diabetes and assessed for eligibility RCT ($n=1045$)

Excluded ($n=403$):

- Not meeting inclusion criteria ($n=67$)
- Actively declined ($n=158$)
- Other reasons ($n=16$)
- Not reached ($n=162$)

Randomized ($n=642$)

Allocated to intervention group ($n=332$)

- Completed baseline measurements ($n=283$)
- No show ($n=35$)
- Had DM during baseline measurement RCT ($n=14$)

In intervention group ($n=283$)

Allocated to control group ($n=310$)

- Completed baseline measurements ($n=253$)
- No show ($n=49$)
- Had DM during baseline measurement RCT ($n=8$)

In control group ($n=253$)

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