

Enrollment

Assessment of eligibility
(43 groups from 17 health checkup divisions at companies or communities)

Exclude (0 groups)

Randomized (43 groups)

Allocation

Control arm
(21 groups)

Intervention arm
(22 groups)

Letter of Invitation sent to
20-65 year-old subjects with a
FPG of 100-125 mg/dl or a
CPG of 118-143 mg/dl*2
(n=7494)

Letter of invitation sent to
20-65 year-old subjects with
a FPG of 100-125 mg/dl or a
CPG of 118-143 mg/dl*2
(n=6979)

Exclude (n=5851)
Meets exclusion criteria
Eligible but refused

Exclude (n=5488)
Meets exclusion criteria
Eligible but refused

Control arm
(21 groups; n=1643)

Intervention arm
(22 groups; n=1491)

Exclude
Did not meet inclusion criteria
(n=39)
Did meet exclusion criteria
(n=80)

Exclude
Did not meet inclusion criteria
(n=38)
Did meet exclusion criteria
(n=80)

Exclude
FPG not available
1 group
CPG of 118-143 mg/dl
(n=20)

Exclude
FPG not available
2 groups
CPG of 118-143 mg/dl
(n=37)

Baseline assessment

Control arm
20 groups
(n=1504)

Intervention arm
20 groups
(n=1336)

*1 FPG; fasting plasma glucose

*2 CPG; casual plasma glucose