

Randomization of 12 churches in Ga-Rankuwa and Soshanguve

Screening church members (40-65 yrs)
of 12 churches in Ga-Rankuwa and Soshanguve (n=1200)

Risk evaluation based on diabetes risk score, glucose test and blood pressure measurement, and provision of risk score to church members

**Diabetes Score ≤ 14 ;
Normal blood pressure**
Lifestyle education
pamphlet (healthy diet
and exercise benefits)

Pre-hypertension (SBP 120–129 mmHg and/or DBP (80–89 mmHg) and/or pre-diabetes (IFG 6.1–6.9 mmol/L) or both (N=300)

Professional nurse: Blood results for confirmatory diagnosis

Dx Diabetes and/or Hypertension

Specialist care (Dr George Mukhari hospital)

All eligible for core intervention (n=300)

6 churches: intervention (n=150)

6 churches: control (n=150)

Baseline

Questionnaire* Health exam* Biochemical**

Intervention

Five group sessions

Lifestyle education pamphlet (healthy diet and exercise benefits)

6 months

Questionnaire* Health exam*

Intervention

One follow-up session

12 months

Questionnaire* Health exam* Biochemical**

24 months

Questionnaire* Health exam* Biochemical**

36 months

Questionnaire* Health exam* Biochemical**

*done by health promoter; **conducted by professional nurse