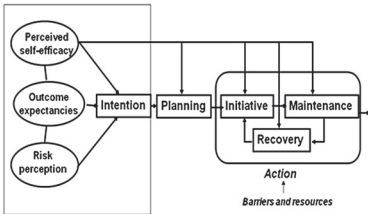


FAMILY SUPPORT



Disengagement

Quantitative Results²
Clinical Outcomes (changes from baseline to 12 months)

- Plasma glucose concentrations improved by 8.6%
- Total cholesterol decreased by 5.1%
- LDL (Low-density lipoprotein) cholesterol decreased by 7.3%
- HDL (High-density lipoprotein) cholesterol increased by 4.4%
- Triglycerides decreased by 7.6%
- Waist circumference decreased by 4.0%
- Weight decreased by 2.7%
- Diastolic blood pressure decreased by 2.6%

Motivation

Volition Phase

Qualitative Results

- Motivation Phase
- Assessment of personal risk through the FINDRISC score
 - Family history of Type 2 Diabetes
 - Facilitator encouragement

- Volition Phase
- Receiving pathology results
 - Learning and employing new skills such as food label reading and portion control using the 'plate model'.
 - Anticipate barriers such as lack of family support
 - Ability to self monitor through use of food diaries
 - Planning for physical activity such as group walks or attending exercise classes

LOCAL COMMUNITY SUPPORT