- Practice visited by researcher and records searched to identify eligible participants
- List of eligible participants reviewed by general practitioner to ensure appropriate to be approached to take part in research study
- Participants invited to take part

• Participant returns reply slip expressing interest in taking part

- Research nurse telephones participant to obtain verbal consent to send participant an accelerometer and to arrange a date and time for visit 1
- Participant attends visit one for baseline assessment
- Randomisation occurs simultaneously to risk estimate or no risk
 estimate and lifestvle advice or no lifestvle advice

		↓		1
		UKPDS risk estimate		
		Yes	No	
Lifestyle advice	Yes	46	46	92
	No	46	46	92
		92	92	184

- 1 month follow-up
- Follow-up for all measures
- Delivery of interventions to participants not randomised to receive them