

Combined Diet and Physical Activity Promotion Programs to Prevent Type 2 Diabetes Among People at Increased Risk

Interactive Characteristics of Before-After Studies of Combined Diet & Physical Activity

Intervention Details

Author, Year, PMID*	Weight loss goal	Core: # sessions contact time (h) duration (mo)	Total: # sessions contact time (h) duration (mo)	Exercise: individual sessions	Exercise: group sessions	Customized exercise program	Trainer supervision	Diet: individual sessions	Diet: group sessions	Customized diet program	Meetings with dietician
Absetz 2007 17586741	>5% reduction	5 sessions 10 h 2 mo	6 sessions 12 h 8 mo	No	Yes	No	Yes	No	Yes	No	Yes
Gilis-Januszevska 2011 No PMID	None	10 sessions NR 4 mo	16 sessions NR 10 mo	Yes	Yes	No	No	Yes	Yes	No	No
Jiang 2013 23275375	≥7% reduction	20 sessions NR 4-6 mo	20 NR 4-6 mo	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Kyrios 2009 19351299	None	7 sessions NR 6 mo	7 sessions NR 6 mo	Yes	Yes	No	No	Yes	Yes	No	No

Author, Year, PMID*	Weight loss goal	Core: # sessions contact time (h) duration (mo)	Total: # sessions contact time (h) duration (mo)	Exercise: individual sessions	Exercise: group sessions	Customized exercise program	Trainer supervision	Diet: individual sessions	Diet: group sessions	Customized diet program	Meetings with dietician
Laatikainen 2007 17877832	None	5 sessions 8 h 3 mo	6 sessions 9 h 8 mo	No	Yes	No	Yes	No	Yes	No	Yes
Makrilakis 2010 20536519	None	6 sessions 6 h 12 mo	6 sessions 6 h 12 mo	No	No	No	No	No	No	No	No
Penn 2013 24227871	"Weight reduction "	20 sessions 30 h 3 mo	20 sessions 30 h 3 mo	No	Yes	No	Yes	No	Yes	No	No
Saaristo 2010 20664020	None	≥4 sessions NR 12 mo	≥4 sessions NR 12 mo	Yes	Yes	No	No	Yes	Yes	No	No
Sepah 2014 24723130	5% weight loss	16 sessions NR 4 mo	25 sessions NR 12 mo	No	Yes	No	No	No	Yes	No	No
Swanson 2012 22068253	7% reduction	5 sessions 9 h 6 mo	5 sessions 9 h 6 mo	Yes	No	Yes	No	No	Yes	No	No

Author, Year, PMID*	Weight loss goal	Core: # sessions contact time (h) duration (mo)	Total: # sessions contact time (h) duration (mo)	Exercise: individual sessions	Exercise: group sessions	Customized exercise program	Trainer supervision	Diet: individual sessions	Diet: group sessions	Customized diet program	Meetings with dietician
Ramachandran 2009 19277602	None	38 sessions NR 36 mo	38 sessions NR 36 mo	Yes	No	No	No	Yes	No	No	No
Vanderwood 2010 20805260	7% reduction	16 sessions 16 h 6 mo	22 sessions 22 h 10 mo	No	Yes	No	No	No	Yes	No	No
Vojta 2013 23498291	7% reduction	16 sessions NR 4 mo	24 sessions NR 12 mo	No	Yes	No	Yes	No	Yes	No	No

* Of primary study.

Intervention Goals

Author, Year, PMID*	Exercise goal	Diet goal	Calories	Carbohydrates (of daily energy consumed)	Fat (of daily energy consumed)	Fiber (per day)
Absetz 2007 17586741	At least 4 h/week moderate level physical activity	None	NR	NR	<30% (<10% from saturated fat)	≥15 g/1000 kcal
Gilis-Januszewska 2011 No PMID	Increased physical activity	Increased consumption of fruits, vegetables	NR	NR	Reduced intake of total and saturated fats	Increased consumption fibre
Jiang 2013 23275375	Increased physical activity	Healthy diet	NR	NR	NR	NR
Kyrios 2009 19351299	None	None	NR	NR	NR	NR
Laatikainen 2007 17877832	None	None	NR	NR	NR	NR
Makrilakis 2010 20536519	None	None	NR	NR	NR	NR
Penn 2013 24227871	None	Weight loss, if overweight	NR	NR	NR	NR
Saaristo 2010 20664020	None	None	NR	NR	NR	NR
Swanson 2012 22068253	Strengthening; improve flexibility and balance as needed; 10,000 steps/d	None	NR	NR	NR	NR
Ramachandran 2009 19277602	Strenuous/brisk activity	None	Reduction in overall intake	Reduction of refined carbohydrates and avoidance of sugar	Reduction of fat intake	Inclusion of fiber-rich foods
Vanderwood 2010 20805260	Moderate intensity	None	NR	NR	NR	NR

* Of primary study.

Abbreviations

BMI, body mass index

cal, calorie

d, day

h, hour

kcal, kilocalories

kg, kilogram

lbs, pounds

m, meter

MET; metabolic equivalent

mg, milligram

min, minute

MJ, megajoule

mo, month

NR, not reported

wk, week