

Neyyatinkara taluk in
Thiruvananthapuram district, Kerala

Random selection of 60 polling booths (PBs)

Randomisation of PBs

Step 1: Home screening (n = 80/PB; 50 males and 30 females)

Step 2: Mobile clinic (n = 25/PB; 15 males and 10 females)

Intervention arm (17 participants per PB)

- (i) Eleven peer-led small group sessions
- (ii) Two diabetes prevention education sessions
- (iii) Participant handbook
- (iv) Participant workbook
- (v) Health education booklet

Follow-up mobile clinics (12 and 24 months):
questionnaires, blood pressure, anthropometry,
and biochemical tests

Control arm (17 participants per PB)

Health education booklet

Follow-up mobile clinics (12 and 24 months):
questionnaires, blood pressure, anthropometry,
and biochemical tests