**Table 21d. Adherence outcomes in interventional studies cardiovascular disease and/or type 2 diabetes mellitus**

| **Author, year** | **Arm** | **Outcome Defined** | **Baseline N** | **Baseline Adherence, mean** | **Final measure** | **N at Final measure** | **Adherence, final measure, mean** | **Change from BL** | **Measure of Association** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Physical activity interventions** |  |  |  |  |  |  |  |  |  |  |
| Anderssen, 199511 | 2 | Percentage of supervised exercise sessions attended (plus individual sessions) | 49 | Not applicable |  | 49 | 57% | Not applicable |  | Average of 1.8 hours per week spent in exercise |
| **Combination interventions** |  |  |  |  |  |  |  |  |  |  |
| Gram, 20106 | 1 | Adherence reported as overall mean attendance rate (%) during the intervention (4-months) |  |  | over 4 mo of intervention | 24 | 64.6 |  |  | Adherence reported as overall mean attendance rate (%) during the intervention (4-months)  12 (50%) participants in the EP group had adherence corresponding to ≥70% attendance rate  12 (54.5%) participants in the NW group had adherence corresponding to ≥70% attendance rate  A 70% attendance rate was interpreted as successful attendance in this study |
|  | 2 |  |  |  | over 4 mo of intervention | 21 | 63.5 |  |  |  |
| Samaras, 19977 | 2 | Compliance with exercise sessions |  |  |  |  | 100% |  |  |  |
| Toobert, 201115 | 1 | mean attendance at sessions between 12 and 24 mo (%) | 138 |  | 24 months | 93 |  |  |  |  |
|  | 2 |  | 142 |  |  | 97 | 46% |  |  |  |

EP = Exercise on Prescription; Mo = month; NW = Nordic Walking

**References**

1 Clark M, Hampson SE, Avery L, et al. Effects of a tailored lifestyle self-management intervention in patients with Type 2 diabetes. Br. J. Health Psychol. 2004; 9(3):365-79.

2 Plotnikoff RC, Pickering MA, Glenn N et al. The effects of a supplemental, theory-based physical activity counseling intervention for adults with type 2 diabetes. J Phys Act Health 2011; 8(7):944-54.

3 Zazpe I, Sanchez-Tainta A, Estruch R, et al. A large randomized individual and group intervention conducted by registered dietitians increased adherence to Mediterranean-type diets: the PREDIMED study. J Am Diet Assoc 2008; 108(7):1134-44; discussion 1145.

4 Torjesen PA, Birkeland KI, Anderssen SA, et al. Lifestyle changes may reverse development of the insulin resistance syndrome. The Oslo Diet and Exercise Study: a randomized trial. Diabetes Care 1997; 20(1):26-31.

5 Yates T, Davies MJ, Gorely T, et al. The effect of increased ambulatory activity on markers of chronic low-grade inflammation: evidence from the PREPARE programme randomized controlled trial. Diabetic Med 2010; 27(11):1256-63.

6 Gram B, Christensen R, Christiansen C, et al. Effects of nordic walking and exercise in type 2 diabetes mellitus: A randomized controlled trial. Clin. J. Sport Med. 2010; 20(5):355-61.

7 Samaras K, Ashwell S, Mackintosh AM, et al. Will older sedentary people with non-insulin-dependent diabetes mellitus start exercising? A health promotion model. Diabetes Res Clin Pract 1997; 37(2):121-8.

8 Babazono A, Kame C, Ishihara R, et al. Patient-motivated prevention of lifestyle-related disease in Japan: A randomized, controlled clinical trial. 2007; 15(2).

9 Razquin C, Martinez JA, Martinez-Gonzalez MA, et al. A mediterranean diet rich in virgin olive oil may reverse the effects of the-174g/c il6 gene variant on 3-year body weight change. Mol. Nutr. Food Res. 2010; 54(SUPPL. 1):S75-S82.

10 Abraira C, de Bartolo M, Myscofski JW. Comparison of unmeasured versus exchange diabetic diets in lean adults. Body weight and feeding patterns in a 2-year prospective pilot study. Am J Clin Nutr 1980; 33(5):1064-70.

11 Anderssen SA, Haaland A, Hjermann I, et al. Oslo Diet and Exercise Study: a one year randomized intervention trial; effect on hemostatic variables and other risk factors. Nutr Metab Cardiovasc Dis 1995; 5:pp 189-200.

12 Kumanyika SK, Cook NR, Cutler JA et al. Sodium reduction for hypertension prevention in overweight adults: further results from the Trials of Hypertension Prevention Phase II. Journal of Human Hypertension 2005; 19(1):33-45.

13 Stefanick ML, Mackey S, Sheehan M, et al. Effects of diet and exercise in men and postmenopausal women with low levels of HDL cholesterol and high levels of LDL cholesterol. N Engl J Med 1998; 339(1):12-20.

14 Razquin C, Martinez JA, Martinez-Gonzalez MA, et al. A 3 years follow-up of a Mediterranean diet rich in virgin olive oil is associated with high plasma antioxidant capacity and reduced body weight gain. European Journal of Clinical Nutrition 2009; 63(12):1387-93.

15 Toobert DJ, Strycker LA, King DK, et al. Long-term outcomes from a multiple-risk-factor diabetes trial for Latinas: inverted exclamation markViva Bien! Transl Behav Med 2011; 1(3):416-26.