Slide 17 (part 1 of 7). Implementation issues for lifestyle interventions- DPP as the exemplar

Intervention goals

Goals: achieve and maintain weight reduction >7% of initial body weight through a healthy low-calorie, low-fat diet and engage in moderate-intensity physical activity for >150 min/wk.

Participants taught to record diet and exercise.

Offered supervised exercise sessions twice per week for duration of intervention (not mandatory). 

Intervention “flexible” culturally sensitive. Lifestyle advice was tailored to the individual with emphasis on self-esteem, empowerment, and social support. 