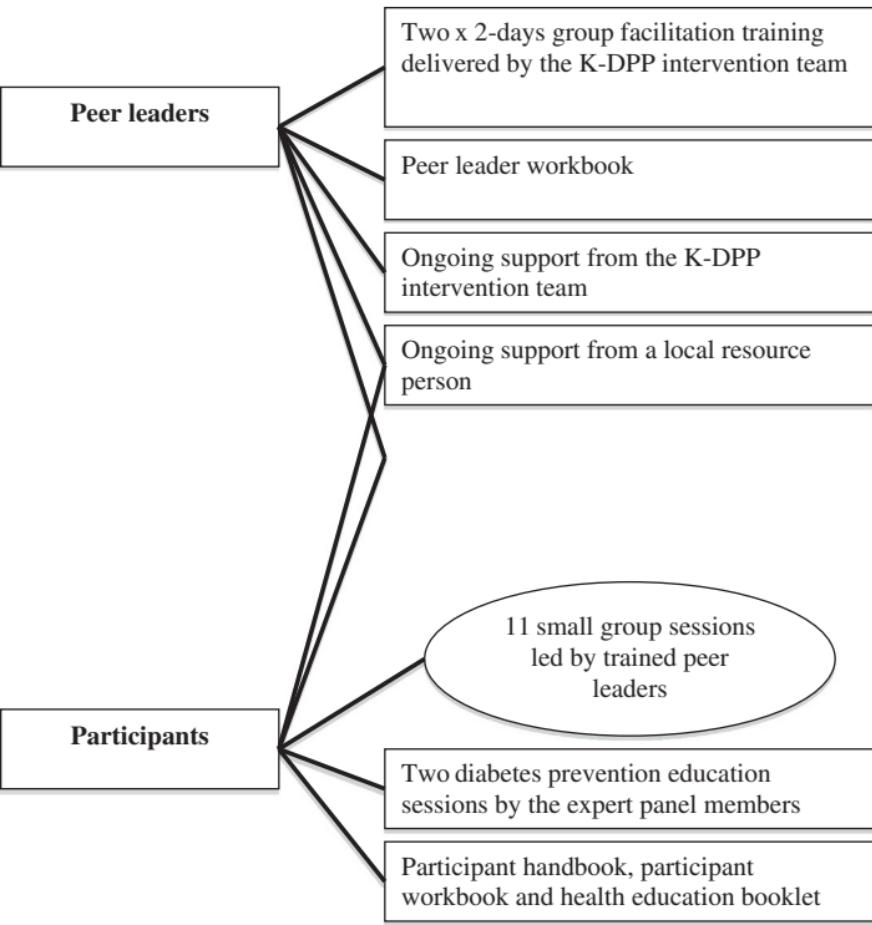


K-DPP Intervention components



K-DPP Outcomes

Peer leader and Peer group outcomes

1. Increased provision of emotional and social support to /within the group
2. Increased utilization of community resources by the group
3. Increased linkages to social support networks of the group

Participant outcomes

1. Behavioural outcomes
 - Improved diet
 - Increased physical activity
 - Reduced tobacco use
 - Reduced alcohol consumption
2. Psychosocial outcomes
 - Reduced stress
 - Improved quality of life
3. Clinical outcomes
 - Reduced blood pressure
 - Reduced waist circumference
 - Reduced body fat
4. Biochemical outcomes
 - Reduced incidence of diabetes
 - Improved glycaemic control
 - Improved lipid profile