Prediabetes Interventions

Prediabetes is a condition in which blood sugar levels are elevated above normal ranges, but do not yet meet the criteria for a type 2 diabetes diagnosis. According to the CDC, 1 in 3 U.S. adults have prediabetes, but only 10% are aware of it. Physician-promoted prevention programs including lifestyle interventions are an important step in preventing the progression of prediabetes into systemic disease.

- **How are health-related behaviours influenced by a diagnosis of pre-diabetes? A meta-narrative review.** Barry E, Greenhalgh T, Fahy N.


- **The Effectiveness of Lifestyle Adaptation for the Prevention of Prediabetes in Adults: A Systematic Review.** Kerrison G, Gillis RB, Jiwani SI, Alzahrani Q, Kok S, Harding SE, Shaw I, Adams GG.

- **Effectiveness of a brief theory-based health promotion intervention among adults at high risk of type 2 diabetes: One-year results from a randomised trial in a community setting.** Juul L, Andersen VJ, Arnoldsen J, Maindal HT.


- **HbA1c as a predictor of diabetes and as an outcome in the diabetes prevention program: a randomized clinical trial.** Diabetes Prevention Program Research Group.