

Stepwise program can reduce diabetes incidence

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(HealthDay)—A culturally-tailored stepwise diabetes prevention

program can reduce incidence of diabetes among overweight/obese Asian Indian adults, according to a study published online Aug. 8 in *Diabetes Care*.

Mary Beth Weber, Ph.D., M.P.H., from Emory University in Atlanta, and colleagues conducted a randomized trial involving 578 overweight/obese Asian Indian adults with isolated impaired glucose tolerance (iIGT), isolated impaired fasting glucose (iIFG), or IFG+IGT. Participants were randomized to standard [lifestyle](#) advice or to a six-month culturally-tailored U.S. Diabetes Prevention Program-based lifestyle curriculum plus addition of metformin for those at highest risk of conversion to [diabetes](#).

The researchers found that 34.9 percent of control and 25.7 percent of intervention participants developed diabetes during three years of follow-up ($P = 0.014$). The relative risk reduction (RRR) was 32 percent; in order to prevent one case of diabetes, the number needed to treat was 9.8. There was variation in RRR by prediabetes type (IFG+IGT, 36 percent; iIGT, 31 percent; and iIFG, 12 percent); participants aged 50 years or older, males, and obese had stronger RRR. In addition to lifestyle, 72 percent of participants also required metformin; however, there was some variability by prediabetes type (iIFG, 76.5 percent; IFG+IGT, 83.0 percent; iIGT, 51.3 percent).

"Stepwise [diabetes prevention](#) in people with prediabetes can effectively reduce diabetes incidence by a third in community settings; however, people with iIFG may require different interventions," the authors write.

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