

TABLE 1: Summary of study measures

MEASUREMENTS	Screening	Baseline	Post-intervention	End of follow-up
Questionnaires				
Short questionnaire	✓			
Questionnaires measuring participants' health habits, diet behavior, quality of life, health related costs and physical activity/inactivity		✓	✓	✓
Anthropometry				
Weight (kg)		✓	✓	✓
Height (cm)		✓	✓	✓
Waist circumference (cm)	✓	✓	✓	✓
Body fat (%)		✓	✓	✓
Blood pressure		✓	✓	✓
Indian Diabetes Risk Score	✓			
Biochemical parameters				
Capillary blood glucose	✓			
Venous fasting blood glucose		✓	✓	✓
Post glucose load (2 hour)		✓		✓
Fasting insulin assay		✓	✓	✓
Glycated hemoglobin (HbA1c)		✓	✓	✓
Lipid profile		✓	✓	✓