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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.


- 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, Arnolde J, Maindal HT.


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