

# Delivering the Diabetes Prevention Programme in a UK community setting: UEA-IFG Study

<b>Submission date</b> 24/06/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 24/06/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 03/02/2020	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
4832

## Study information

**Scientific Title**  
Delivering the Diabetes Prevention Programme in a UK community setting: UEA-IFG Study

**Acronym**

DRN135 (Diabetes Prevention Programme: UEA-IFG Study)

**Study objectives**

This two year feasibility programme will screen for participants at risk of diabetes (impaired fasting glucose). For those participants at risk of diabetes, the second stage of the programme will be to investigate whether a structured diet and lifestyle programme (called UEA-IFG) can be developed and whether the programme reduces the risk of Type 2 Diabetes Mellitus. The end stage would be to develop a full RCT to test the intervention programme fully.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

MREC approved (ref: 08/H0301/102)

**Study design**

Single centre randomised interventional prevention and screening trial

**Primary study design**

Interventional

**Study type(s)**

Prevention

**Health condition(s) or problem(s) studied**

Topic: Diabetes Research Network, Primary Care Research Network for England; Subtopic: Type 2, Not Assigned; Disease: All Diseases, Prevention/screening

**Interventions**

Diabetes Prevention Programme: Lifestyle programme based on the U.S. Diabetes Prevention Programme. Participant targets will be to:

1. Lose 7% of body weight
2. Build up to 2.5 hours of brisk physical activity each week
3. Build up to walking at least 10,000 steps a day
4. Eat more healthily by eating less fat

Study entry: single randomisation only

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Transition to type 2 diabetes mellitus (fasting plasma glucose of 7.0 mmol/l or greater) after 17 months

**Key secondary outcome(s))**

Not provided at time of registration

**Completion date**

14/01/2010

## Eligibility

**Key inclusion criteria**

1. Male or female
2. Aged 45 - 70 years
3. One of the following:
  - 3.1. First degree relative with type 2 diabetes
  - 3.2. Body mass index (BMI) greater than 25 kg/m<sup>2</sup>
  - 3.3. Waist circumference greater than 94 cm (male) or greater than 80 cm (female)
  - 3.4. History of gestational diabetes
  - 3.5. History of coronary heart disease

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

08/12/2008

**Date of final enrolment**

14/01/2010

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Colney Lane

Norwich

United Kingdom  
NR4 7UY

## Sponsor information

### Organisation

Norfolk and Norwich University Hospitals NHS Foundation Trust (UK)

### ROR

<https://ror.org/01wspv808>

## Funder(s)

### Funder type

Government

### Funder Name

National Institute for Health Research (NIHR) (UK) - Programme Grant for Applied Research (PGFAR)

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/05/2012	30/01/2020	Yes	No