

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

Submission date 24/06/2010	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 24/06/2010	Overall study status Completed	☐ Protocol
Last Edited 03/02/2020	Condition category Nutritional, Metabolic, Endocrine	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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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)

Primary study design

Interventional

Study design

Single centre randomised interventional prevention and screening trial

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/m²
 - 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?
Results article	results	01/05/2012	30/01/2020	Yes	No