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Evaluation of the effectiveness of a lifestyle intervention in primary prevention of diabetes among adults with impaired fasting glucose from a rural area in Gampaha District, Sri Lanka.

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The study consisted of three components. Component one validated the International physical activity questionnaire (Interviewer Administered -Long form) (IP AQ- IA(L), component two developed a lifestyle intervention package, and component three was a cluster-randomized trial to evaluate the effectiveness of a lifestyle intervention aimed at prevention of diabetes among the high risk IFG group. IPAQ (IA-L) showed good test-retest reliability and moderate degree of criterion validity. Hence, this could be applied to assess the physical activity among the adults in a similar setting. This study has shown effectiveness in reduction in fasting blood glucose ($p=0.01$ in a similar setting. This study has shown effectiveness in reduction in fasting