

Evaluation of a pilot intervention program for overweight and obese adults at risk of type 2 diabetes Evaluación de un programa piloto de intervención en adultos con sobrepeso u obesidad, en riesgo de diabetes

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Background: The Ministry of Health of Chile and selected obesity specialized centers implemented an interdisciplinary pilot program for overweight adults at risk of diabetes to decrease the risk of type 2 diabetes (T2D) and cardiovascular risk factors (CVRF). **Aim:** To assess the results of this program.

Patients and methods: Beneficiaries of the public primary health system aged 18-45 years, with a body mass index (BMI) 25-38 kg/m² and fasting blood glucose 100-125 mg/dL or with any direct family member with T2D, were recruited. During the four months of the study, they were scheduled for three physician visits, four dietitian consultations, 14 physical activity sessions and four group workshops (two with a psychologist or therapist). In fasting blood samples, at the beginning and at the fourth month, glucose, insulin and lipids were determined. The Homeostasis model assessment (HOMA) index was calculated. **Results:** Two hundred-seventy-six patients were recruited and 160 (141 women), com