

Diet or diet plus physical activity versus usual care in patients with newly diagnosed type 2 diabetes: the Early ACTID randomised controlled trial

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Lancet 2011; 378: 129 – 139

Summary

Type 2 Diabetes is a long term condition that occurs when your blood glucose is too high, this is due to insulin resistance or does not make enough insulin. Type 2 diabetes is often associated with obesity and a sedentary life style. The initial management for type 2 diabetes is for diet alteration, weight loss and increasing activity.

This study undertook a multicentred randomised controlled trial in adults aged 30-80 years old in whom type 2 diabetes had been diagnosed in the last 5-8 months. Patients were assigned to usual care (99 participants), which were the control group. Usual care consisted of dietary advice initially (either on a one to one basis or at an education day) and then 6 monthly follow up. The second group (248 participants) had an intensive dietary intervention which consisted of a dietary consultation every 3 months and monthly nurse follow up. The third group (246 participants) had the same dietary intervention as the second group but also had a pedometer-based activity programme which was 30 minutes of brisk walking five times a week. The primary end point was reduction in HbA1C and BP at 6 months.

The motivational-based, non-supervised intervention showed an improvement of glycaemic control, waist circumference, weight and use of diabetic medications. Interestingly including exercise did not show any benefit to the dietary intervention. This study clearly shows that the intense dietary intervention is beneficial for patients who have recently been diagnosed with type 2 diabetes.

Impact

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Research team

Thinking points

1. Find out from your GP placement what their usual care for a newly diagnosed diabetic patient involves
2. If you were one of the researchers on this project, how would you make your findings relevant to normal clinical practice
3. Discuss the different types of diabetes
4. How might a type 2 diabetic be diagnosed in primary care

