

CGA/17/24 - Short-term use of a glucose meter to enhance dietary education as part of an intervention for type 2 diabetes prevention among people with impaired glucose regulation

We wish to work with people who have been diagnosed with impaired glucose regulation (who have blood sugars higher than normal but not high enough to be diagnosed with diabetes) to encourage them to make changes to their lifestyle. We are wondering whether a short 4-week period of blood sugar monitoring using a glucose meter would help them to see/experience at first-hand the effects of different foods and drink on the body. This idea came from a lay person with diabetes, but we don't know whether it would be considered acceptable to people who have not yet developed diabetes, and whether they would make use of the opportunity. We will therefore test this by giving a glucose meter to 20 people with impaired glucose regulation for 4 weeks and exploring their experiences afterwards.