Supplementary file A: PRISMA-P (Preferred Reporting Items for Systematic review and Meta-Analysis Protocols) checklist.

Section and topic	Item No	Checklist item	RATIONALE
ADMINISTRATIVE INFORMATION			
Title:			
Identification	1a	Identify the report as a protocol of a systematic review	Diet and Exercise Interventions for Individuals at Risk for Type 2 Diabetes: A Scoping Review Protocol
Update	1b	If the protocol is for an update of a previous systematic review, identify as such	N/A
Registration	2	If registered, provide the name of the registry (such as PROSPERO) and registration number	This review could not be registered in the international prospective register of systematic reviews (PROSPERO) because they do not accept scoping reviews.
Authors:			
Contact	3a	Provide name, institutional affiliation, e-mail address of all protocol authors; provide physical mailing address of corresponding author	Megan MacPherson, megan.macpherson@ubc.ca Kaela Cranston, kaela.cranston@ubc.ca Mary Jung, mary.jung@ubc.ca Sean Locke, sean.locke@ubc.ca Diabetes Prevention Research Group, School of Health and Exercise Sciences, University of British Columbia, Okanagan Campus, UCH 105, 1238 Discovery Ave, Kelowna, BC Canada V1V 1V7
Contributions	3b	Describe contributions of protocol authors and identify the guarantor of the review	MJ is the guarantor. MM, MJ, and SL conceptualized the study. MM and KC drafted the manuscript. All authors were involved in development of the selection criteria, and data extraction criteria. All authors will read, provide feedback and approve the final manuscript.
Amendments	4	If the protocol represents an amendment of a previously completed or published protocol, identify as such and list changes; otherwise, state plan for documenting important protocol amendments	As the review is being carried out amendments to the search strategy, selection criteria, and data extraction criteria may be amended to include the most pertinent information for this reviews objectives. If amendments to this protocol are made, the date of each amendment along with a description/rationale for the change will be noted.
Support:			
Sources	5a	Indicate sources of financial or other support for the review	This research is supported with funds from the WorkSafeBC research program.
Sponsor	5b	Provide name for the review funder and/or sponsor	

Role of sponsor or funder	5c	Describe roles of funder(s), sponsor(s), and/or institution(s), if any, in developing the protocol	WorkSafeBC funding will provide a stipend for the lead author. WorkSafeBC is not involved in the design of this review's protocol or analysis and will not have input on the interpretation or publication of the reviews results.
INTRODUCTION			
Rationale	6	Describe the rationale for the review in the context of what is already known	Previous reviews of dietary and exercise behaviour change interventions for individuals at risk for developing T2D highlight the effectiveness of these interventions but fail to comment on the theoretical underpinnings or overall intervention implementation details necessary to replicate such interventions. The current scoping review will summarize these details which are lacking in previous reviews in order to showcase how current diabetes prevention programs are being implemented.
Objectives	7	Provide an explicit statement of the question(s) the review will address with reference to participants, interventions, comparators, and outcomes (PICO)	**Review question:** how are diet and exercise interventions for individuals at risk for T2D being implemented and how much detail is being reported? **Patient or Population:** Men and women ages 18 or older. Must have been identified as "at risk" for T2D. **Intervention:** Implementation of an intervention targeting physical activity, exercise, or dietary behaviours. **Comparators:** N/A **Outcomes:** Any outcomes will be included.
METHODS			
Eligibility criteria	8	Specify the study characteristics (such as PICO, study design, setting, time frame) and report characteristics (such as years considered, language, publication status) to be used as criteria for eligibility for the review	Eligibility criteria to be included in this review are as follows: **Study designs:** any article. **Participants:** Studies with participants age >18 at risk for developing T2D. **Interventions:** any article in which the intervention aimed to improve lifestyle behaviours. **Comparators:** Articles do not need to discuss comparison groups to be eligible for this review. **Outcomes:** no specific outcomes measures necessary for inclusion in this review. **Setting/Time Frame:** There will be no limitations on setting or time frame of the study (if possible, comparisons between settings and intervention length will be made). **Language:** We will include articles reported in English
Information sources	9	Describe all intended information sources (such as electronic databases, contact with study authors, trial registers or other grey literature sources) with planned dates of coverage	Authors in collaboration with a librarian developed search strategies using medical subject headings (MeSH) and text words related to lifestyle interventions and T2D risk. We will search MEDLINE, CINAHL, PsycINFO, EMBASE, Web of Science, and SPORTDiscus. Only studies with human subjects will be included.

Search strategy	10	Present draft of search strategy to be used for at least one electronic database, including planned limits, such that it could be repeated	See appendix B.
Study records:			
Data management	11a	Describe the mechanism(s) that will be used to manage records and data throughout the review	The search results collected from the electronic databases will be exported into EndNote where any duplicate studies will be removed. Data will then be extracted, and relevant information will be input into an Excel spreadsheet data extraction tool.
Selection process	11b	State the process that will be used for selecting studies (such as two independent reviewers) through each phase of the review (that is, screening, eligibility and inclusion in meta-analysis)	Two reviewers will select studies in a two-step process. First, they will independently screen the titles and abstracts to determine if that study meets the inclusion criteria. Second, full texts of those studies deemed eligible or any studies the reviewers were uncertain of will be obtained and screened again for inclusion. If there is any information not included within the full text necessary to determine if that study meets the inclusion criteria, study authors will be contacted. If disagreement in inclusion/exclusion decisions arise and after discussion no consensus can be reached a third reviewer will be consulted. This process will be documented and A PRISMA-ScR flowchart will outline the selection process.
Data collection process	11c	Describe planned method of extracting data from reports (such as piloting forms, done independently, in duplicate), any processes for obtaining and confirming data from investigators	Following the study selection process, two reviewers will complete the data extraction/collection independently. We will first pilot the extraction process and data extraction tool on the first ten articles to ensure consistency in the extraction process. Study characteristics and outcome data will be included if it is reported within the individual studies (if there is any missing information relevant for this review, study authors will be contacted).
Data items	12	List and define all variables for which data will be sought (such as PICO items, funding sources), any pre-planned data assumptions and simplifications	**Publication details:** authors, year, country of study **Participants**: number of participants, mean age, age range, gender, ethnicity, educational status, inclusion criteria and exclusion criteria, health condition. **Interventions/Comparisons**: data will be collated using TIDieR checklist items. **Outcomes**: primary and secondary outcomes specified and collected, time points reported.
Outcomes and prioritization	13	List and define all outcomes for which data will be sought, including prioritization of main and additional outcomes, with rationale	The primary outcome will be to summarize how diet and exercise interventions for individuals at risk for T2D are being implemented and how much detail they are being reported in.
Risk of bias in individual studies	14	Describe anticipated methods for assessing risk of bias of individual studies, including whether this will be done at the outcome or study level, or both; state how this information will be used in data synthesis	Risk of bias will not be assessed