

### MEDLINE Search Strategy

Note that bullets from each category will be searched using OR and the entirety of the categories will be searched using AND.

MeSH terms relating to risk of developing type 2 diabetes:

1. diabetes mellitus, type 2/
2. prediabetic state/
3. 1 OR 2

MeSH terms relating to diet and exercise interventions and outcomes:

4. behavior therapy/
5. health behavior/
6. health promotion/
7. weight reduction programs/
8. preventative health services/
9. risk reduction behavior/
10. 4-9 OR
11. 3 AND 10

Keywords relating to risk of developing type 2 diabetes:

1. prediabet\*.ab,ti
2. diabet\* adj2 risk.ab,ti
3. T2D? adj2 risk.ab,ti
4. TIIDM adj2 risk.ab,ti
5. hyperglyc\*.ab,ti
6. glucose intoleran\*.ab,ti
7. impaired fasting glucose.ab,ti
8. IGT.ab,ti
9. IFG.ab,ti
10. fasting hyperglyc\*.ab,ti
11. 1-14 OR

Keywords relating to diet or exercise interventions or outcomes:

12. program\*.ab,ti
13. service.ab,ti
14. intervention?.ab,ti
15. self-manag\*.ab,ti
16. risk adj2 reduc\*.ab,ti
17. prevention.ab,ti
18. counseling.ab,ti
19. therapy.ab,ti
20. therapies.ab,ti
21. 16-24 OR
22. 15 adj4 25
23. 11 or 26

24. (exp animal/ or exp invertebrate/ or animal experiment/ or animal model/ or exp plant/ or exp fungus/) not exp human/

25. 27 NOT 28

26. Diabetes mellitus, type 1/

27. 29 NOT 30

Please note that the search strategies for EBSCO outlined below are using the same keywords described here; they have just been edited for the respective database.

### EBSCO search strategy

#### MeSH equivalent terms for CINAHL, PsycINFO and SportDiscus relating to diet and exercise interventions and outcomes:

**CINAHL MeSH Equivalents:** (MH "Weight Reduction Programs") OR (MH "Preventive Health Care+") AND (MH "Diabetes Mellitus, Type 2") OR (MH "Prediabetic State")

**PsycInfo MeSH Equivalents:** DE "Type 2 Diabetes" OR DE "Blood Sugar" AND DE "Preventive Health Services"

**Sport Discus MeSH Equivalents:** ((DE "TYPE 2 diabetes") AND ((DE "HEALTH behavior" OR DE "EXERCISE" OR DE "HEALTH self-care"))) OR (DE "PREVENTIVE health services" OR DE "HEALTH education" OR DE "HEALTH promotion" OR DE "NEEDLE exchange programs"))

#### Keywords relating to risk of developing type 2 diabetes:

(prediabet\* OR diabet\* N2 risk OR T2D# N2 risk OR TIIDM N2 risk OR diabet\* N2 prevent\* OR T2D# N2 prevent\* OR OR TIIDM N2 prevent\* OR hyperglyc\* OR glucose intoleran\* OR impaired fasting glucose OR IGT OR IFG OR fasting hyperglyc\*)

N4

#### Keywords relating to diet or exercise interventions or outcomes:

(Counseling OR therapy OR therapies OR program\* OR service OR intervention# OR self-manag\* OR risk N2 reduc\* OR prevention)

NOT

((DE "Animal Research+") OR (DE "Plants (Botanical)" OR DE "Medicinal Herbs and Plants")) OR (DE "Invertebrates" OR DE "Arthropoda" OR DE "Echinodermata" OR DE "Mollusca" OR DE "Worms")