76325 pregnant women were screened at 26-30 weeks from 2005 to 2009 in Tianjin, China

4644 women with GDM invited

2956 exclusions due to the loss of contact, migration, unwillingness, rejection, existed diabetes or fetal death

4644 women without GDM matched from 71681

1688 women with GDM appointed

385 exclusions due to the loss of contact, migration, unwillingness and rejection

1303 women with GDM enrolled at baseline

40 exclusions due to the loss of contact, and unwillingness

1263 women with GDM eligible

Randomization (n=1180)

New cases of diabetes (n=83)

Control group (n=594)

Intervention group (n=586)

Early follow up

Baseline OGTT

Baseline OGTT

Baseline OGTT

Baseline OGTT

Extended follow up

Years 1-3 OGTT

Baseline OGTT

Baseline OGTT

Baseline OGTT

Analysis of the incident rate of diabetes and prediabetes after delivery