If I comply with the intervention program, I will get in shape and increase my health.

The program could help me achieve normoglycemia.

My children think I should comply with the program.

My children are the most important people in my life, so I should listen to them.

I am confident that I can participate in the program even though I have had a poor diet in the past.

I decide whether or not to participate in the program.

Theory of Planned Behavior – Diet and Exercise Adherence in an Intervention Program to Prevent Type 2 Diabetes Among Middle-Aged Adults who live in an Urban setting and have Prediabetes.

Attitude Toward Behavior

Subjective Norm

Intention to comply with intervention strategy.

Behavior: Improved Diet and Increased Physical Exercise

Social support from family, friends, and intervention program workers.

Perceived Behavioral Control

Availability of space to exercise and proximity to markets.

Past diet and exercise behavior.