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prediabetes coaching

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Potential competing interests: No potential competing interests to declare.

Prediabetes coaching is a healthcare coaching program designed to provide training and support to individuals who are at risk of developing diabetes. The aim of this coaching is to empower prediabetic patients to take proactive measures to prevent the onset of diabetes. It is responsible for guiding groups of prediabetic patients and has specific targets set for each duration. The coaching helps patients with health promotion strategies, which may include dietary changes, exercise routines, and the use of recent devices, medicines, and technologies relevant to their condition and also warning about drugs accelerate onset of diabetes