

14. Jeemon P, Harikrishnan S, Sanjay G, et al. A PROgramme of Lifestyle Intervention in Families for Cardiovascular risk reduction (PROLIFIC Study): design and rationale of a family based randomized controlled trial in individuals with family history of premature coronary heart disease. *BMC Public Health*. 2017; 17(1):10. doi:[10.1186/s12889-016-3928-6](https://doi.org/10.1186/s12889-016-3928-6)
15. Jeemon P, Harikrishnan S, Ganapathi S, et al. Efficacy of a family-based cardiovascular risk reduction intervention in individuals with a family history of premature coronary heart disease in India (PROLIFIC): an open-label, single-centre, cluster randomised controlled trial. *Lancet Glob Health*. 2021;9(10): e1442-e1450. doi:[10.1016/S2214-109X\(21\)00319-3](https://doi.org/10.1016/S2214-109X(21)00319-3)
16. Weber MB, Ranjani H, Staimez LR, et al. The Stepwise approach to diabetes prevention: results from the D-CLIP randomized controlled trial. *Diabetes Care*. 2016;39(10):1760-1767. doi:[10.2337/dc16-1241](https://doi.org/10.2337/dc16-1241)
17. Jiang Q, Li JT, Sun P, Wang LL, Sun LZ, Pang SG. Effects of lifestyle interventions on glucose regulation and diabetes risk in adults with impaired glucose tolerance or prediabetes: a meta-analysis. *Arch Endocrinol Metab*. 2022;66(2): 157-167. doi:[10.20945/2359-3997000000441](https://doi.org/10.20945/2359-3997000000441)
18. Mousavi SS, Namayandeh SM, Fallahzadeh H, Rahmanian M, Mollahosseini M. Comparing the effectiveness of metformin with lifestyle modification for the primary prevention of type II diabetes: a systematic review and meta-analysis. *BMC Endocr Disord*. 2023;23(1):198. doi:[10.1186/s12902-023-01445-9](https://doi.org/10.1186/s12902-023-01445-9)
19. Kaptoge S, Seshasai SRK, Sun L, et al; Emerging Risk Factors Collaboration. Life expectancy associated with different ages at diagnosis of type 2 diabetes in high-income countries: 23 million person-years of observation. *Lancet Diabetes Endocrinol*. 2023;11(10):731-742. doi:[10.1016/S2213-8587\(23\)00223-1](https://doi.org/10.1016/S2213-8587(23)00223-1)
20. Limbachia J, Ajmeri M, Keating BJ, de Souza RJ, Anand SS. Effects of lifestyle interventions on cardiovascular risk factors in South Asians: a systematic review and meta-analysis. *BMJ Open*. 2022;12(12):e059666. doi:[10.1136/bmjopen-2021-059666](https://doi.org/10.1136/bmjopen-2021-059666)
21. Asgari-Jirhandeh N, Zapata T, Jhalani M. Strengthening primary health care as a means to achieve universal health coverage: experience from India. *J Health Manag*. 2021;23(1):20-30. doi:[10.1177/0972063421995](https://doi.org/10.1177/0972063421995)
22. Gandhi AP, Nangia R, Thakur JS. Health and wellness centres as a strategic choice to manage noncommunicable diseases and universal health coverage. *Int J Noncommun Dis*. 2022;7(3):104. doi:[10.4103/jncd.jncd_41_22](https://doi.org/10.4103/jncd.jncd_41_22)

THANK YOU, REVIEWERS AND COMMENTERS

Ann Fam Med 2025;23:99. <https://doi.org/10.1370/afm.250117>

We are ever grateful for and indebted to our community.

We cannot sufficiently thank the many people who provide crucial insights into the manuscripts considered by *Annals of Family Medicine*. Peer reviewers are key to advancing scholarship and contributing to the quality of a research journal. We cannot do it without you. Please see the [full list](#) for the names of our 2024 peer reviewers.

And, as ever, *Annals of Family Medicine* is enriched by those who contribute e-Letters (comments). In 2024, we posted many e-Letters reflecting on a wide range of published articles. Our sincere thanks to those who participated in this stimulating dialog. To read or contribute comments, click on the e-Letters tab from any article or click on “[e-Letters](#)” from the “Engage” menu on the [Annals home page](#).

We look forward to working with and serving you all in years to come.