Dissemination Workshop on ICMR-India DIABetes (ICMR-INDIAB)” held on 15th March 2016.After the 1971-72 ICMR study of diabetes, this is the first time that ICMR has undertaken such a massive study on diabetes. The ICMR-INDIAB study is a landmark study as this is the first representative study providing authentic epidemiological data on diabetes, prediabetes, hypertension, dyslipidemia and obesity from the various States of India. The ICMR-INDIAB study gains significance as it is collecting representative data from the various States and Union Territories in India. The study is completed in 14 states and one UT and the data obtained has been shared with the State health departments. Data such as these are invaluable, as they provide a snap shot of the existing burden of pre diabetes, diabetes, hypertension and obesity in the country. Further, it is important to use this data to plan preventive interventions to reduce the progression from pre-diabetes to diabetes. This involves mainly changes in lifestyle, including a diet with more vegetables and fruits and less cereal, regular exercise and reduced consumption of sugar and salt. “