|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Intervention** | | **Control** | |
| **Variable** | **N** | **Summary** | **N** | **Summary** |
| Age - mean (sd) | 494 | 44.6 (10.1) | 506 | 44.9 (10.1) |
| BMI - mean (sd) | 441 | 24.9 (2.1) | 456 | 25.0 (2.0) |
| Quality of life - mean (sd) | 444 | 49.5 (15.1) | 461 | 50.4 (15.3) |
| Ethnicity - n (%) |  |  |  |  |
| Other | 435 | 26 (6.0) | 454 | 19 (4.2) |
| Mixed | 435 | 70 (16.1) | 454 | 61 (13.4) |
| Asian or Asian British | 435 | 100 (23.0) | 454 | 101 (22.2) |
| Black or Black British | 435 | 103 (23.7) | 454 | 128 (28.2) |
| White or White British | 435 | 136 (31.3) | 454 | 145 (31.9) |
| Current smoker - n (%) | 446 | 36 (8.1) | 454 | 37 (8.1) |
| Drinks alcohol - n (%) | 452 | 303 (67.0) | 460 | 321 (69.8) |