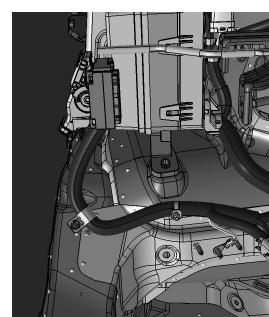
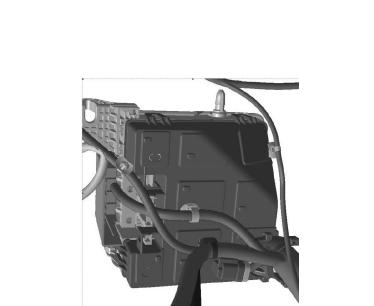
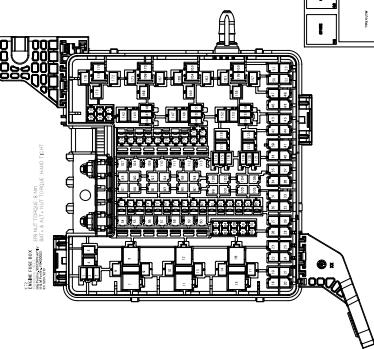


Category	Sub-Category	Parameter	Baseline		Post-Intervention		Comparison	
			Mean	SD	Mean	SD	Mean Difference	SD Difference
1. General Health	1.1 Physical Health	1.1.1 Self-rated Health	8.5	1.2	8.8	1.1	0.3	0.3
1. General Health	1.1 Physical Health	1.1.2 Number of Chronic Diseases	2.5	0.8	2.2	0.7	-0.3	0.5
1. General Health	1.2 Mental Health	1.2.1 Mood	6.8	1.5	7.2	1.4	0.4	0.4
1. General Health	1.2 Mental Health	1.2.2 Stress	7.0	1.6	6.8	1.5	-0.2	0.5
1. General Health	1.2 Mental Health	1.2.3 Anxiety	7.2	1.7	7.0	1.6	-0.2	0.5
1. General Health	1.2 Mental Health	1.2.4 Depression	7.5	1.8	7.3	1.7	-0.2	0.5
1. General Health	1.3 Social Health	1.3.1 Social Support	7.0	1.4	7.3	1.3	0.3	0.4
1. General Health	1.3 Social Health	1.3.2 Social Isolation	3.5	1.0	3.2	0.9	-0.3	0.5
1. General Health	1.4 Overall Health	1.4.1 Overall Health Score	7.5	1.5	7.8	1.4	0.3	0.4
1. General Health	1.4 Overall Health	1.4.2 Health Satisfaction	7.8	1.6	8.0	1.5	0.2	0.5
2. Work Health	2.1 Job Satisfaction	2.1.1 Job Satisfaction	7.2	1.3	7.5	1.2	0.3	0.4
2. Work Health	2.1 Job Satisfaction	2.1.2 Job Satisfaction Score	7.5	1.4	7.8	1.3	0.3	0.4
2. Work Health	2.2 Work Environment	2.2.1 Work Environment	7.0	1.2	7.3	1.1	0.3	0.4
2. Work Health	2.2 Work Environment	2.2.2 Work Environment Score	7.3	1.3	7.6	1.2	0.3	0.4
2. Work Health	2.3 Work Life Balance	2.3.1 Work Life Balance	6.8	1.1	7.1	1.0	0.3	0.4
2. Work Health	2.3 Work Life Balance	2.3.2 Work Life Balance Score	7.1	1.2	7.4	1.1	0.3	0.4
2. Work Health	2.4 Work Health	2.4.1 Work Health	7.0	1.0	7.3	0.9	0.3	0.4
2. Work Health	2.4 Work Health	2.4.2 Work Health Score	7.3	1.1	7.6	1.0	0.3	0.4
3. Financial Health	3.1 Income	3.1.1 Income	7.5	1.2	7.8	1.1	0.3	0.4
3. Financial Health	3.1 Income	3.1.2 Income Score	7.8	1.3	8.0	1.2	0.2	0.4
3. Financial Health	3.2 Expenses	3.2.1 Expenses	7.0	1.1	7.3	1.0	0.3	0.4
3. Financial Health	3.2 Expenses	3.2.2 Expenses Score	7.3	1.2	7.6	1.1	0.3	0.4
3. Financial Health	3.3 Savings	3.3.1 Savings	6.8	1.0	7.1	0.9	0.3	0.4
3. Financial Health	3.3 Savings	3.3.2 Savings Score	7.1	1.1	7.4	1.0	0.3	0.4
3. Financial Health	3.4 Investment	3.4.1 Investment	7.2	1.0	7.5	0.9	0.3	0.4
3. Financial Health	3.4 Investment	3.4.2 Investment Score	7.5	1.1	7.8	1.0	0.3	0.4
4. Personal Health	4.1 Diet	4.1.1 Diet	7.0	1.0	7.3	0.9	0.3	0.4
4. Personal Health	4.1 Diet	4.1.2 Diet Score	7.3	1.1	7.6	1.0	0.3	0.4
4. Personal Health	4.2 Exercise	4.2.1 Exercise	6.8	0.9	7.1	0.8	0.3	0.4
4. Personal Health	4.2 Exercise	4.2.2 Exercise Score	7.1	1.0	7.4	0.9	0.3	0.4
4. Personal Health	4.3 Sleep	4.3.1 Sleep	7.2	0.8	7.5	0.7	0.3	0.4
4. Personal Health	4.3 Sleep	4.3.2 Sleep Score	7.5	0.9	7.8	0.8	0.3	0.4
4. Personal Health	4.4 Hygiene	4.4.1 Hygiene	7.0	0.7	7.3	0.6	0.3	0.4
4. Personal Health	4.4 Hygiene	4.4.2 Hygiene Score	7.3	0.8	7.6	0.7	0.3	0.4
5. Social Health	5.1 Social Support	5.1.1 Social Support	7.0	0.6	7.3	0.5	0.3	0.4
5. Social Health	5.1 Social Support	5.1.2 Social Support Score	7.3	0.7	7.6	0.6	0.3	0.4
5. Social Health	5.2 Social Isolation	5.2.1 Social Isolation	6.8	0.5	7.1	0.4	0.3	0.4
5. Social Health	5.2 Social Isolation	5.2.2 Social Isolation Score	7.1	0.6	7.4	0.5	0.3	0.4
5. Social Health	5.3 Social Interaction	5.3.1 Social Interaction	7.2	0.4	7.5	0.3	0.3	0.4
5. Social Health	5.3 Social Interaction	5.3.2 Social Interaction Score	7.5	0.5	7.8	0.4	0.3	0.4
5. Social Health	5.4 Social Satisfaction	5.4.1 Social Satisfaction	7.0	0.3	7.3	0.2	0.3	0.4
5. Social Health	5.4 Social Satisfaction	5.4.2 Social Satisfaction Score	7.3	0.4	7.6	0.3	0.3	0.4
6. Environmental Health	6.1 Air Quality	6.1.1 Air Quality	7.0	0.2	7.3	0.1	0.3	0.4
6. Environmental Health	6.1 Air Quality	6.1.2 Air Quality Score	7.3	0.3	7.6	0.2	0.3	0.4
6. Environmental Health	6.2 Water Quality	6.2.1 Water Quality	7.2	0.1	7.5	0.0	0.3	0.4
6. Environmental Health	6.2 Water Quality	6.2.2 Water Quality Score	7.5	0.2	7.8	0.1	0.3	0.4
6. Environmental Health	6.3 Soil Quality	6.3.1 Soil Quality	7.0	0.0	7.3	0.1	0.3	0.4
6. Environmental Health	6.3 Soil Quality	6.3.2 Soil Quality Score	7.3	0.1	7.6	0.0	0.3	0.4
6. Environmental Health	6.4 Noise Pollution	6.4.1 Noise Pollution	7.2	0.0	7.5	0.1	0.3	0.4
6. Environmental Health	6.4 Noise Pollution	6.4.2 Noise Pollution Score	7.5	0.1	7.8	0.0	0.3	0.4
7. Financial Health	7.1 Income	7.1.1 Income	7.5	0.2	7.8	0.1	0.3	0.4
7. Financial Health	7.1 Income	7.1.2 Income Score	7.8	0.3	8.0	0.2	0.2	0.4
7. Financial Health	7.2 Expenses	7.2.1 Expenses	7.0	0.1	7.3	0.0	0.3	0.4
7. Financial Health	7.2 Expenses	7.2.2 Expenses Score	7.3	0.2	7.6	0.1	0.3	0.4
7. Financial Health	7.3 Savings	7.3.1 Savings	6.8	0.0	7.1	0.1	0.3	0.4
7. Financial Health	7.3 Savings	7.3.2 Savings Score	7.1	0.1	7.4	0.0	0.3	0.4
7. Financial Health	7.4 Investment	7.4.1 Investment	7.2	0.0	7.5	0.1	0.3	0.4
7. Financial Health	7.4 Investment	7.4.2 Investment Score	7.5	0.1	7.8	0.0	0.3	0.4
8. Personal Health	8.1 Diet	8.1.1 Diet	7.0	0.1	7.3	0.0	0.3	0.4
8. Personal Health	8.1 Diet	8.1.2 Diet Score	7.3	0.2	7.6	0.1	0.3	0.4
8. Personal Health	8.2 Exercise	8.2.1 Exercise	6.8	0.0	7.1	0.1	0.3	0.4
8. Personal Health	8.2 Exercise	8.2.2 Exercise Score	7.1	0.1	7.4	0.0	0.3	0.4
8. Personal Health	8.3 Sleep	8.3.1 Sleep	7.2	0.0	7.5	0.1	0.3	0.4
8. Personal Health	8.3 Sleep	8.3.2 Sleep Score	7.5	0.1	7.8	0.0	0.3	0.4
8. Personal Health	8.4 Hygiene	8.4.1 Hygiene	7.0	0.0	7.3	0.1	0.3	0.4
8. Personal Health	8.4 Hygiene	8.4.2 Hygiene Score	7.3	0.1	7.6	0.0	0.3	0.4
9. Social Health	9.1 Social Support	9.1.1 Social Support	7.0	0.0	7.3	0.1	0.3	0.4
9. Social Health	9.1 Social Support	9.1.2 Social Support Score	7.3	0.1	7.6	0.0	0.3	0.4
9. Social Health	9.2 Social Isolation	9.2.1 Social Isolation	6.8	0.0	7.1	0.1	0.3	0.4
9. Social Health	9.2 Social Isolation	9.2.2 Social Isolation Score	7.1	0.1	7.4	0.0	0.3	0.4
9. Social Health	9.3 Social Interaction	9.3.1 Social Interaction	7.2	0.0	7.5	0.1	0.3	0.4
9. Social Health	9.3 Social Interaction	9.3.2 Social Interaction Score	7.5	0.1	7.8	0.0	0.3	0.4
9. Social Health	9.4 Social Satisfaction	9.4.1 Social Satisfaction	7.0	0.0	7.3	0.1	0.3	0.4
9. Social Health	9.4 Social Satisfaction	9.4.2 Social Satisfaction Score	7.3	0.1	7.6	0.0	0.3	0.4
10. Environmental Health	10.1 Air Quality	10.1.1 Air Quality	7.0	0.0	7.3	0.1	0.3	0.4
10. Environmental Health	10.1 Air Quality	10.1.2 Air Quality Score	7.3	0.1	7.6	0.0	0.3	0.4
10. Environmental Health	10.2 Water Quality	10.2.1 Water Quality	7.2	0.0	7.5	0.1	0.3	0.4
10. Environmental Health	10.2 Water Quality	10.2.2 Water Quality Score	7.5	0.1	7.8	0.0	0.3	0.4
10. Environmental Health	10.3 Soil Quality	10.3.1 Soil Quality	7.0	0.0	7.3	0.1	0.3	0.4
10. Environmental Health	10.3 Soil Quality	10.3.2 Soil Quality Score	7.3	0.1	7.6	0.0	0.3	0.4
10. Environmental Health	10.4 Noise Pollution	10.4.1 Noise Pollution	7.2	0.0	7.5	0.1	0.3	0.4
10. Environmental Health	10.4 Noise Pollution	10.4.2 Noise Pollution Score	7.5	0.1	7.8	0.0	0.3	0.4



22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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