**Table 1.** Sample Description Stratified by Allocation Arm.

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| --- | --- | --- | --- |
| **Characteristic** | **Control Arm (N=226)** | **Treatment Arm (N=219)** | **P-value** |
| Age (y) | 60.1 ± 8.2 | 59.7 ± 7.9 | .593 |
| BMI (kg/m2) | 29.1 ± 7.3 | 28.3 ± 7.2 | .287 |
| Race  American Indian or Alaska Native  Asian or Asian American  Black or African American  Native Hawaiian or Pacific Islander  White  More than one race  Other  Do not wish to provide | 4 (1.8)  3 (1.3)  41 (18.1)  0 (0)  174 (77.0)  1 (0.4)  1 (0.4)  2 (0.9) | 2 (0.9)  3 (1.4)  34 (15.5)  0 (0)  175 (79.9)  3 (1.4)  1 (0.5)  1 (0.5) | .863 |
| Ethnicity Hispanic, Latina, or Spanish origin | 5 (2.2) | 4 (1.8) | .564 |
| Education  8th grade or lower  Some high school  High school diploma or GED  Vocational school or other specialized training  Some college  College degree (Associate’s or Bachelor’s)  Master’s or Doctorate degree | 0 (0)  0 (0)  4 (1.8)  10 (4.4)  13 (5.8)  85 (37.6)  114 (50.4) | 0 (0)  0 (0)  7 (3.2)  5 (2.3)  23 (10.5)  67 (30.6)  117 (53.4) | .120 |
| Work status  Retired  Not working due to a disability  Not working for another reason  Stay at home parent or caregiver  Working full-time  Working part-time  Looking for work | 60 (26.5)  3 (1.3)  5 (2.2)  5 (2.2)  131 (58.0)  22 (9.7)  0 (0) | 60 (27.4)  6 (2.7)  5 (2.3)  1 (0.5)  118 (53.9)  29 (13.2)  0 (0) | .392 |
| Health insurance  I do not have any health insurance  Medicare  Medicaid  A plan provided by an employer or union  A plan purchased directly from an insurance company, through an insurance exchange, or through a group such as AARP  TRI-CARE, CHAMPUS, or CHAMP-VA  I get care from the Department of Veterans Affairs  Something else  I’m not sure | 2 (0.9)  71 (51.1)  31 (13.7)  113 (50.0)  46 (20.4)  5 (2.2)  5 (2.2)  3 (1.3)  1 (0.4) | 3 (1.4)  68 (48.9)  31 (14.2)  108 (49.3)  28 (12.8)  7 (3.2)  3 (1.4)  11 (5.0)  2 (0.9) | .628  .934  .894  .885  **.032**  .522  .504  **.026**  .544 |
| Medical history  High blood pressure  Diabetes  Obesity  Memory problems  Anxiety  Depression  Cancer  Chronic pain | 57 (25.2)  12 (5.3)  46 (20.4)  16 (7.1)  72 (31.9)  66 (29.2)  5 (2.2)  32 (14.2) | 58 (26.5)  13 (5.9)  40 (18.3)  11 (5.0)  60 (27.4)  52 (23.7)  7 (3.2)  40 (18.3) | .761  .774  .577  .364  .303  .192  .522  .240 |
| Surgical history  Hysterectomy  Cholecystectomy  Surgery for pelvic or prolapse  Mesh sling for urinary incontinence  Other surgery for urinary incontinence  Surgery for bowel incontinence | 36 (15.9)  30 (13.3)  5 (2.2)  7 (3.1)  15 (6.6)  0 (0) | 36 (15.9)  20 (9.1)  6 (2.7)  6 (2.7)  10 (4.6)  3 (1.4) | .884  .167  .720  .823  .343  .077 |
| Overall health excellent or very good | 94 (41.6) | 112 (51.1) | **.043** |