Table 3. Mean Values and Effect of Wellness Program on Biometrics[a]

Outcome	Group mean (SD)		Effect of Wellness Program Eligibility		
	Treatment	Control	Effect (95% CI)	P Value	Adjusted P Value[b]
Biometric outcomes, 2017					
Continuous measures					
Height, cm	170.3 (9.4)	170.3 (9.4)	0.24 (−0.41 to 0.89)	0.48	>0.99
Weight, kg	84.1 (21.9)	84.3 (22.0)	−0.05 (−2.01 to 1.91)	0.96	>0.99
Waist, cm	95.2 (16.8)	95.6 (17.1)	−0.37 (−1.89 to 1.16)	0.64	>0.99
BMI	28.9 (7.0)	29.0 (7.1)	−0.12 (−0.76 to 0.53)	0.72	>0.99
Blood pressure, mm Hg					
Systolic	123.8 (13.7)	124.9 (14.9)	−1.07 (−2.37 to 0.24)	0.11	0.90
Diastolic	75.5 (9.1)	75.8 (8.9)	−0.34 (−1.16 to 0.47)	0.41	>0.99
Lipid panel					
Total cholesterol, mg/dL	187.4 (41.2)	185.9 (38.8)	1.69 (−2.04 to 5.41)	0.37	>0.99
HDL cholesterol, mg/dL	54.4 (17.3)	54.8 (17.9)	−0.38 (−1.93 to 1.17)	0.63	>0.99
Total cholesterol / HDL cholesterol	3.7 (1.2)	3.6 (1.1)	0.06 (−0.05 to 0.17)	0.26	>0.99
LDL cholesterol, mg/dL	107.4 (34.6)	106.6 (33.1)	1.07 (−2.21 to 4.35)	0.52	>0.99
Triglycerides, mg/dL	129.1 (70.1)	124.5 (61.3)	4.02 (−2.12 to 10.17)	0.20	0.99
Glucose, mg/dL	94.1 (20.5)	93.4 (21.0)	0.43 (−1.56 to 2.41)	0.67	>0.99
Binary measures, %					
Obesity (BMI ≥30)	35.5 (47.9)	33.9 (47.4)	1.36 (−3.09 to 5.81)	0.55	>0.99
Hypertension (systolic ≥130 or diastolic ≥80)	49.8 (50.0)	50.4 (50.0)	−0.63 (−5.23 to 3.98)	0.79	>0.99
High LDL cholesterol (≥100 mg/dL)	56.4 (49.6)	57.7 (49.4)	−1.06 (−5.86 to 3.74)	0.66	>0.99
High glucose (≥100 mg/dL)	25.1 (43.4)	22.5 (41.8)	2.54 (−1.44 to 6.52)	0.21	0.99
Biometric outcomes, 2018					
Continuous measures					
Height, cm	170.2 (9.5)	170.2 (9.6)	0.02 (−0.68 to 0.72)	0.95	>0.99
Weight, kg	84.1 (21.7)	84.8 (22.2)	−0.86 (−2.97 to 1.24)	0.42	>0.99
Waist, cm	95.2 (17.3)	95.3 (17.4)	−0.11 (−1.80 to 1.59)	0.90	>0.99
BMI	29.0 (6.9)	29.3 (7.5)	−0.40 (−1.11 to 0.31)	0.27	>0.99
Blood pressure, mm Hg					
Systolic	122.3 (13.8)	122.4 (14.0)	−0.15 (−1.48 to 1.18)	0.83	>0.99
Diastolic	76.3 (9.8)	76.2 (9.8)	0.04 (−0.91 to 1.00)	0.93	>0.99
Lipid panel					
Total cholesterol, mg/dL	178.8 (40.6)	178.3 (37.8)	0.70 (−3.19 to 4.59)	0.72	>0.99
HDL cholesterol, mg/dL	54.1 (16.7)	54.0 (17.1)	−0.09 (−1.64 to 1.47)	0.91	>0.99
Total cholesterol / HDL cholesterol	3.5 (1.1)	3.5 (1.2)	0.01 (−0.10 to 0.13)	0.80	>0.99
LDL cholesterol, mg/dL	101.7 (35.1)	101.2 (33.7)	0.89 (−2.71 to 4.48)	0.63	>0.99
Triglycerides, mg/dL	120.2 (65.0)	119.4 (62.6)	1.13 (−5.48 to 7.74)	0.74	>0.99
Glucose, mg/dL	103.4 (18.7)	103.8 (17.6)	−0.52 (−2.32 to 1.27)	0.57	>0.99
Binary measures, %					
Obesity (BMI ≥30)	36.5 (48.2)	36.3 (48.1)	−0.15 (−4.88 to 4.59)	0.95	>0.99
Hypertension (systolic ≥130 or diastolic ≥80)	49.3 (50.0)	47.8 (50.0)	1.01 (−3.91 to 5.92)	0.69	>0.99
High LDL cholesterol (≥100 mg/dL)	47.5 (50.0)	48.1 (50.0)	0.31 (−4.94 to 5.57)	0.91	>0.99
High glucose (≥100 mg/dL)	55.3 (49.7)	52.8 (50.0)	2.83 (−2.01 to 7.68)	0.25	>0.99
Standardized treatment effect[c]					
Biometric outcomes			−0.00 (−0.05 to 0.04)	0.83	

[a] This table reports effects of the wellness program. All regressions included stratification variables as controls. All outcome variables were obtained during the on-site screening in either 2017 (12-month follow-up) or 2018 (24-month follow-up). The sample size of the regressions ranged from 1,662 to 2,004 because fewer subjects participated in the 2018 screening than in the 2017 screening and because some outcomes were occasionally missing or illegible.
[b] Adjusted P values account for the 32 hypotheses tested in this domain.
[c] The standardized treatment effect gives equal weight to each outcome within a domain and includes both the 2017 and 2018 outcomes. It excludes height, BMI, total cholesterol / HDL cholesterol, LDL cholesterol, and the four binary measures.