

Table 2. Mean Values and Effect of Wellness Program on Health Beliefs and Self-Reported Health Behaviors^a

Outcome	Group mean (SD)		Effect of Wellness Program Eligibility		
	Treatment	Control	Effect (95% CI)	P Value	Adjusted P Value ^b
Health beliefs, 2017					
Height, cm	170.5 (9.8)	170.9 (10.2)	-0.22 (-0.92 to 0.49)	0.55	0.96
Weight, kg	83.9 (21.7)	84.1 (21.7)	0.03 (-1.91 to 1.97)	0.98	>0.99
Chance of BMI > 30, %	46.2 (40.1)	46.8 (39.5)	-0.87 (-4.53 to 2.80)	0.64	0.96
Chance of high cholesterol, %	37.1 (28.2)	40.2 (27.7)	-3.01 (-5.70 to -0.31)	0.03	0.23
Chance of high blood pressure, %	29.0 (26.0)	31.6 (27.1)	-2.41 (-4.96 to 0.14)	0.06	0.41
Chance of impaired glucose, %	28.3 (24.3)	31.0 (24.0)	-2.68 (-5.01 to -0.36)	0.02	0.22
Health beliefs, 2018					
Height, cm	170.4 (10.1)	170.8 (10.9)	-0.33 (-1.11 to 0.45)	0.40	0.95
Weight, kg	83.5 (21.4)	83.9 (22.1)	-0.61 (-2.70 to 1.47)	0.56	0.96
Chance of BMI > 30, %	46.2 (40.1)	46.1 (39.4)	-0.10 (-3.97 to 3.78)	0.96	>0.99
Chance of high cholesterol, %	37.3 (27.6)	39.2 (28.5)	-1.74 (-4.57 to 1.09)	0.23	0.81
Chance of high blood pressure, %	29.4 (25.5)	32.4 (26.5)	-2.93 (-5.53 to -0.33)	0.03	0.23
Chance of impaired glucose, %	28.4 (25.3)	29.5 (25.2)	-1.00 (-3.59 to 1.58)	0.45	0.95
Self-reported health behaviors, 2017, %					
Has primary physician	89.4 (30.8)	85.9 (34.8)	3.20 (0.09 to 6.30)	0.04	0.43
No tobacco use	94.8 (22.3)	94.4 (23.0)	0.46 (-1.76 to 2.67)	0.69	>0.99
Exercise 1+ times/week	92.6 (26.2)	93.4 (24.9)	-0.84 (-3.26 to 1.58)	0.50	>0.99
Exercise 3+ times/week	57.6 (49.4)	53.1 (49.9)	4.73 (0.03 to 9.44)	0.05	0.44
Exercise for 20 minutes	93.4 (24.9)	94.2 (23.5)	-0.83 (-3.14 to 1.48)	0.48	>0.99
Exercise for 40 minutes	49.2 (50.0)	50.1 (50.0)	-0.86 (-5.66 to 3.95)	0.73	>0.99
Never anxious/depressed	32.1 (46.7)	31.6 (46.5)	0.18 (-4.28 to 4.65)	0.94	>0.99
Never or sometimes anxious/depressed	86.9 (33.8)	87.1 (33.6)	-0.50 (-3.69 to 2.69)	0.76	>0.99
Self-reported health behaviors, 2018, %					
Has primary physician	92.2 (26.9)	86.1 (34.6)	6.13 (3.04 to 9.22)	0.00	<0.01
No tobacco use	95.2 (21.5)	93.0 (25.6)	2.60 (0.16 to 5.04)	0.04	0.39
Exercise 1+ times/week	91.0 (28.7)	89.9 (30.1)	1.26 (-1.79 to 4.31)	0.42	>0.99
Exercise 3+ times/week	52.3 (50.0)	47.8 (50.0)	4.42 (-0.55 to 9.39)	0.08	0.59
Exercise for 20 minutes	92.1 (27.0)	91.2 (28.3)	0.89 (-2.00 to 3.78)	0.54	>0.99
Exercise for 40 minutes	46.8 (49.9)	46.5 (49.9)	0.50 (-4.53 to 5.54)	0.84	>0.99
Never anxious/depressed	32.6 (46.9)	31.5 (46.5)	0.68 (-4.05 to 5.42)	0.78	>0.99
Never or sometimes anxious/depressed	85.8 (35.0)	84.6 (36.1)	1.31 (-2.33 to 4.95)	0.48	>0.99
Standardized treatment effect ^c					
Health beliefs			-0.07 (-0.12 to -0.01)	0.02	
Self-reported health behaviors			0.04 (-0.00 to 0.08)	0.05	

^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 1,739 to 1,999 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 number of hypotheses tested in each domain. We tested 12 hypotheses in the health beliefs domain and 16 hypotheses in the self-reported health behaviors domain.

^c The standardized treatment effect gives equal weight to each outcome within a domain and includes both the 2017 and 2018 outcomes. The standardized treatment effect for health beliefs excludes height and weight.