|  |  |  |  |
| --- | --- | --- | --- |
|  | baseline | program end | change (n=549) |
|  |  |  |  |  |  |  | mean (95%CI) | p-value |
| Current smoking (%) |  | 9 |  |  | 8 |  | –3,5 | –1,5 | 0,5 | 0,16 |
| Fruit and vegetable: ≥ 5 portions/day (%) |  | 36 |  |  | 48 |  | 7,7 | 12,2 | 16,8 | <0,001 |
| Mediterranean Diet Score mean (SD)  |  | 7,5 | 2,2 |  | 8,5 | 1,9 | 0,9 | 1 | 1,1 | <0,001 |
| Estimated METs maximum mean (SD)  |  | 7,6 | 2,0 |  | 8,5 | 2,2 | 0,8 | 0,9 | 1,1 | <0,001 |
| HADS –Anxiety median (IQR) | 2 | 5 | 8 | 2 | 5 | 8 | 0 | 0 | 0 | 0,55 |
|  % with score >8 |  | 28 |  |  | 26 |  | –8,4 | –1,5 | 5,3 | 0,76 |
|  –Depression median (IQR)  | 2 | 3 | 7 | 2 | 2 | 6 | –1 | –1 | 0 | <0,001 |
| EQ-VAS (IQR)  | 50 | 65 | 77 | 60 | 73 | 85 | 0 | 5 | 10 | <0,001 |
| Dartmouth COOP median (IQR)  | 17 | 22 | 27 | 15 | 19 | 24 | –2 | –2 | –1 | <0,001 |