|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |