

**Table 3 Changes in levels of risk factors and metabolic syndrome status at baseline and at follow-up for the control group (no intervention) and the case group (exposed to educational intervention)**

	Controls ( <i>n</i> = 182)					Cases ( <i>n</i> = 133)				
	Deteriorated <sup>b</sup>		Improved <sup>c</sup>		<i>P</i> -value <sup>d</sup>	Deteriorated <sup>b</sup>		Improved <sup>c</sup>		<i>P</i> -value <sup>d</sup>
	No.	%	No.	%		No.	%	No.	%	
Diabetes	5	2.8	0	0.0	0.06	1	0.8	0	0.0	1.00
Hypertriglyceridaemia	18	12.5	20	52.6	0.87	9	8.8	10	35.7	1.00
Hypercholesterolaemia	11	7.4	21	61.8	0.11	2	1.9	15	62.5	0.002
High LDL cholesterol	16	11.0	17	48.6	1.00	3	3.3	15	65.2	0.008
Low HDL cholesterol	49	45.0	12	16.4	0.001	24	36.4	14	22.2	0.143
Hypertension	10	6.3	11	55.0	1.00	5	4.6	12	60.0	0.143
Obesity	9	6.8	4	10.2	0.26	5	5.0	3	11.5	0.72
Abdominal obesity	28	20.7	6	12.5	0.001	19	20.4	9	22.5	0.08
Metabolic syndrome	25	18.5	15	34.1	0.15	15	16.5	14	38.9	1.00

<sup>a</sup>Using standard international criteria [24–27].

<sup>b</sup>Deteriorated = number of subjects who were normal at baseline, abnormal at follow-up; % of abnormal/normal subjects.

<sup>c</sup>Improved = number of subjects who were abnormal at baseline, normal at follow-up; % of normal/abnormal subjects.

<sup>d</sup>Comparison between baseline and at follow-up using McNemar test.

LDL = low-density lipoprotein; HDL = high-density lipoprotein.