

Table 2 Prevalence of risk factors and metabolic syndrome at baseline and at follow-up for the control group (no intervention) and the case group (exposed to educational intervention)

Risk factor ^a	Controls (<i>n</i> = 182)					Cases (<i>n</i> = 133)					<i>P</i> -value ^c (cases vs controls)	<i>P</i> -value ^d adjusted (cases vs controls)
	Baseline		Follow-up		<i>P</i> -value ^b	Baseline		Follow-up		<i>P</i> -value ^b		
	No.	%	No.	%		No.	%	No.	%			
Diabetes	5	2.7	10	5.5	0.06	4	3.1	5	3.8	1.00	0.48	0.40
Hypertriglyceridaemia	38	20.8	36	19.8	0.87	29	22.1	28	21.2	1.00	0.75	0.99
Hypercholestromaemia	34	18.6	24	13.2	0.11	24	18.3	11	8.3	0.002	0.18	0.23
High LDL cholesterol	35	19.2	34	18.9	1.00	28	21.7	11	9.5	0.008	0.02	0.02
Low HDL cholesterol	73	39.9	110	60.4	0.001	64	49.2	76	57.6	0.143	0.61	0.20
Hypertension	20	10.9	19	10.6	1.00	20	15.4	13	9.8	0.143	0.82	0.65
Obesity	41	22.9	46	26.3	0.26	29	21.8	28	22.2	0.72	0.42	0.73
Abdominal obesity	48	26.2	70	38.3	0.001	40	30.1	50	37.6	0.08	0.90	0.59
Metabolic syndrome	45	24.6	54	30.2	0.15	37	28.7	39	29.8	1.00	0.94	0.66

^aUsing standard international criteria [24–27].

^bComparison between baseline and at follow-up using McNemar test.

^cComparison between case and control groups at follow-up using chi-squared test.

^dComparison between case and control groups at follow-up using Mantel–Haenszel, and after adjusting for baseline of each variable.

SD = standard deviation; LDL = low-density lipoprotein; HDL = high-density lipoprotein.