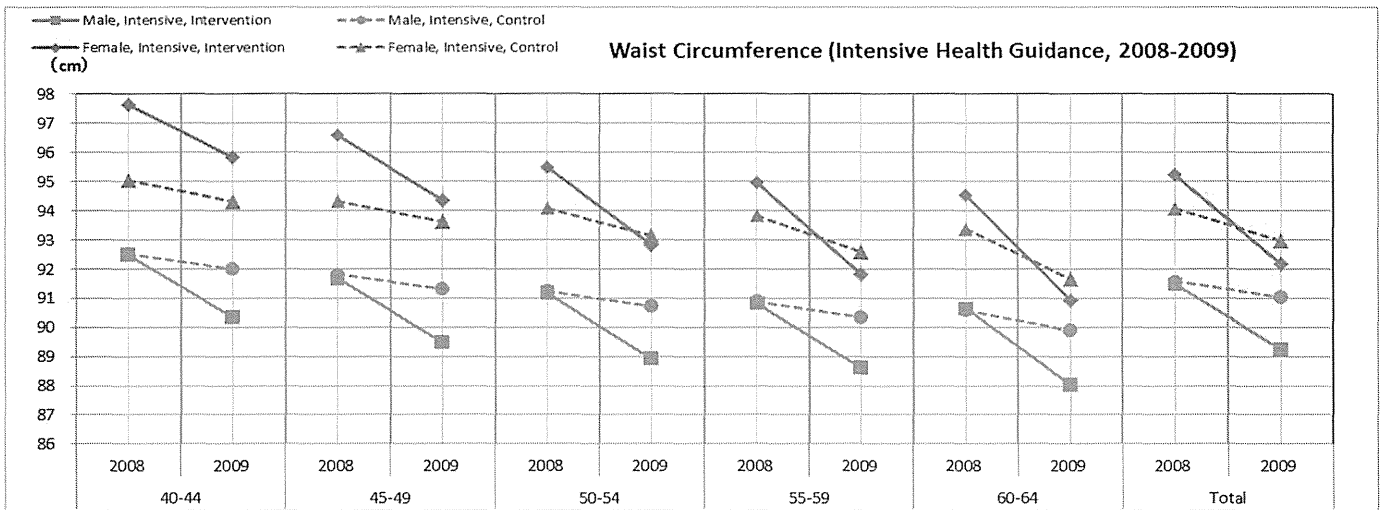


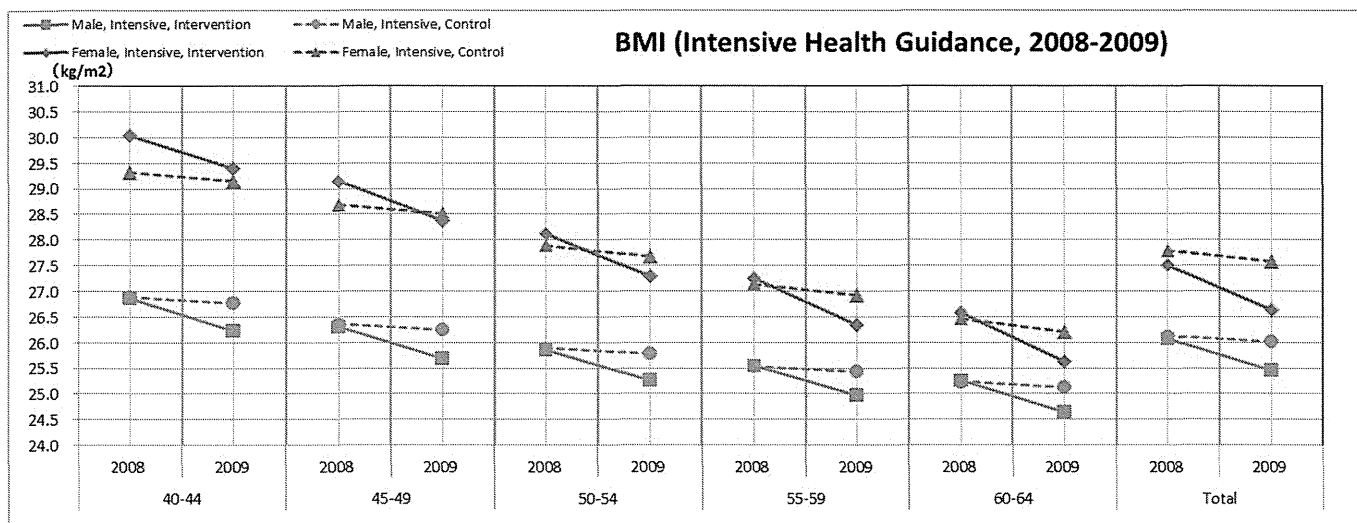
a Active Support vs Control

a-1. Waist Circumference



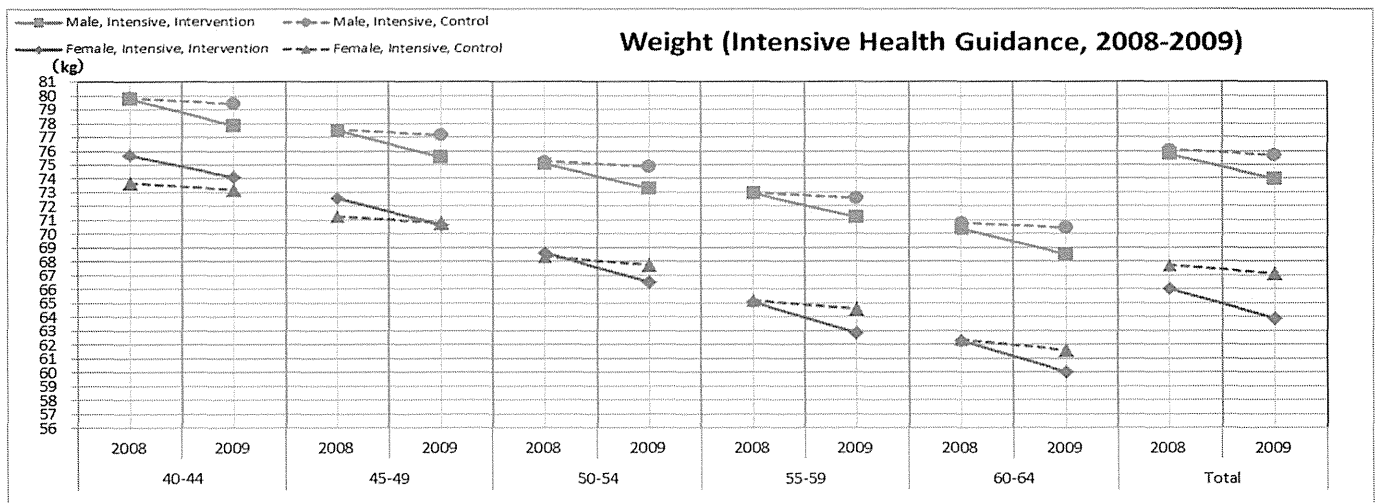
- In the intensive HG intervention group, waist circumference decreased from 91.5cm to 89.2cm (a decrease of 2.2cm) in men, and from 95.2cm to 92.2cm (a decrease of 3.1cm) in women. (FY 2008-09)
- In the control group, decreases of wait circumference were only 0.6cm for men and 1.1cm for women. The differences of decreases between intervention and control groups were statistically significant for both men (1.7cm) and women (2.0cm). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences in decreases of waist circumference between intervention and control groups were 1.2cm for men and 1.1cm for women (FY 2009-10), and 1.0cm for men and 0.9cm for women (FY 2010-11).
- For all gender and age groups, the intervention group had significantly larger decreases of wait circumference than the control group.

a-2. BMI



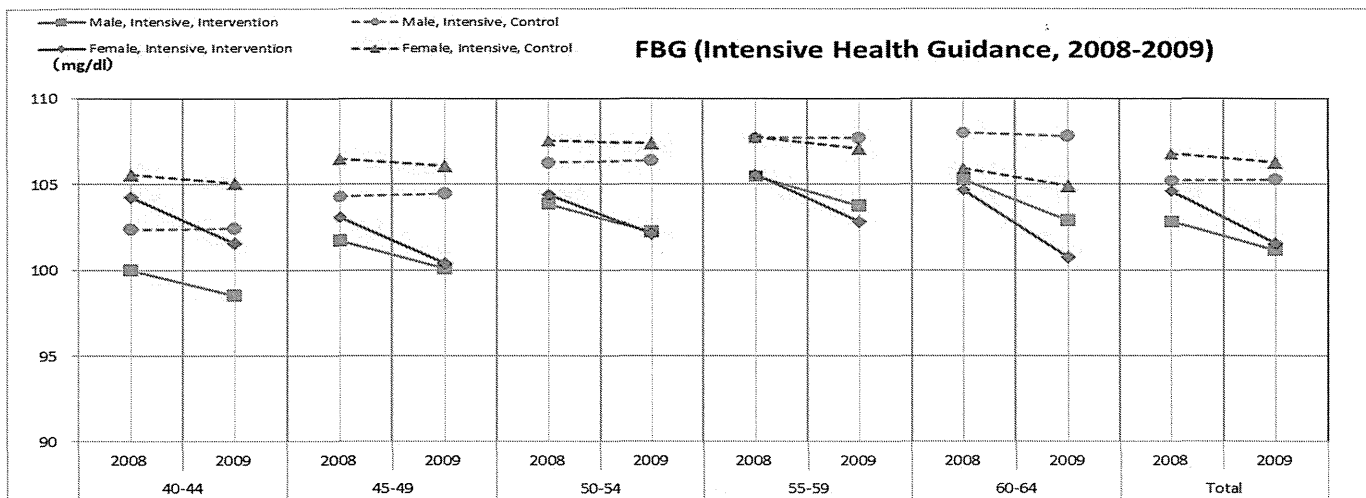
- In the intensive HG intervention group, BMI decreased from 26.1kg/m² to 25.5kg/m² (a decrease of 0.6kg/m²) in men, and from 27.5kg/m² to 26.6kg/m² (a decrease of 0.9kg/m²) in women (FY 2008-09)
- In the control group, decreases of BMI were only 0.1kg/m² for men and 0.2kg/m² for women. (FY 2008-09)
- The differences of decreases between intervention and control groups were statistically significant for both men (0.5kg/m²) and women (0.7kg/m²). (FY 2008-09)
- Similar results were observed for FY 2009-10 and FY 2010-11: the differences in decreases of BMI between intervention and control groups were 0.3kg/m² for men and 0.4kg/m² for women (FY 2009-10), and also 0.3kg/m² for men and 0.4kg/m² for women (FY 2010-11). These differences were all statistically significant.
- At baseline, younger subjects had higher BMI compared to older subjects in both intervention and control groups. Women in particular had a very visible inverse relationship between BMI and age.

a-3. Body Weight



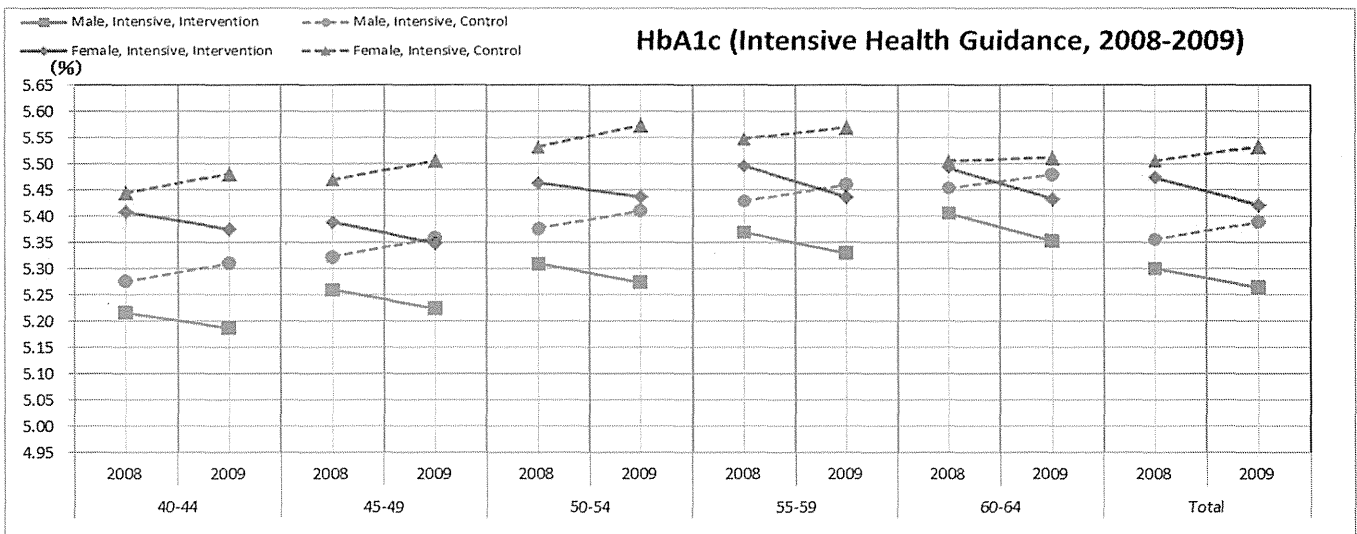
- In the intensive HG intervention group, men lost 1.9kg (2.5% reduction of baseline weight) and women lost 2.2kg (3.3% reduction of baseline weight) within a year. (FY 2008-09)
- In the control group, decreases of weight were only 0.4kg for men and 0.6kg for women. The differences of decreases between intervention and control groups were statistically significant for both men (1.5kg) and women (1.6kg). (FY 2008-09)
- Similar trends were observed for FY 2009-10 and FY 2010-11: the differences in weight reduction between intervention and control groups were 1.0kg for men and 1.1kg for women (FY 2009-10), and 0.8kg for men and 0.9kg for women (FY 2010-11). These differences were all statistically significant.
- For all gender and age groups, the intervention group had significantly larger decreases of weight than the control group.

a-4. Fasting Glucose



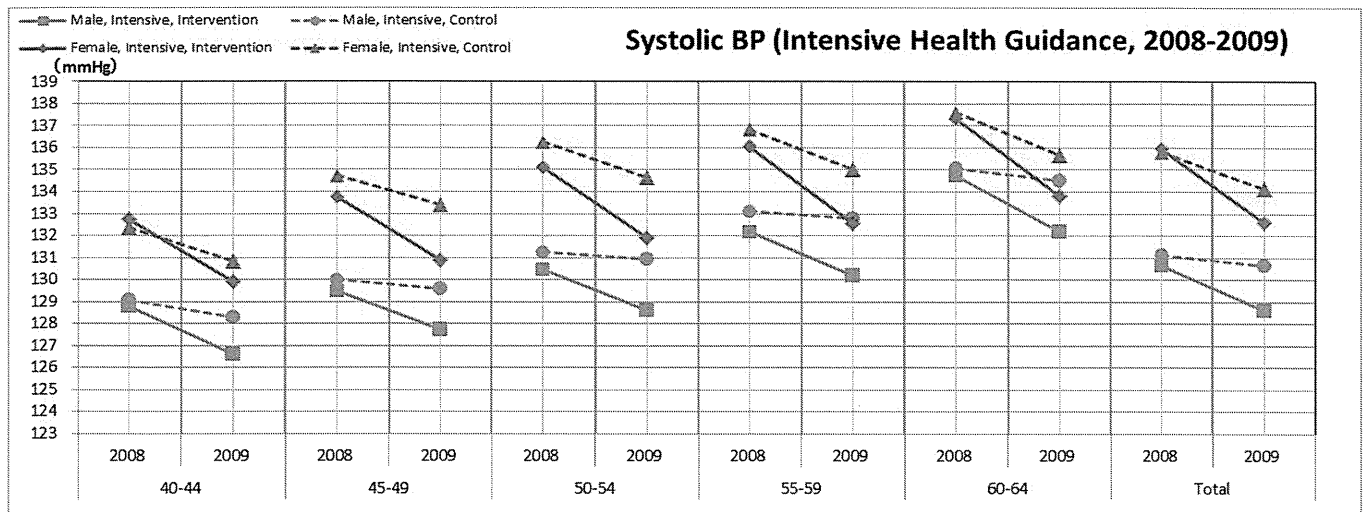
- In the intensive HG intervention group, fasting glucose decreased from 102.8mg/dl to 101.2mg/dl (a decrease of 1.7mg/dl) in men, and from 104.6mg/dl to 101.5mg/dl (a decrease of 3.1mg/dl) in women. (FY 2008-09)
- In the control group, fasting glucose increased by 0.1mg/dl in men, but decreased by 0.5mg/dl in women. (FY 2008-09) Among men 45 to 49 and 50 to 54 years of age, fasting glucose increased
- The differences of changes in fasting glucose between intervention and control groups were statistically significant for both men (1.7mg/dl) and women (2.5mg/dl). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences in changes of fasting glucose between intervention and control groups were 1.1mg/dl for men and 1.4mg/dl for women (FY 2009-10), and 1.1mg/dl for men and 1.7mg/dl for women (FY 2010-11). These differences were all statistically significant.

a-5. HbA1C (JDS unit)



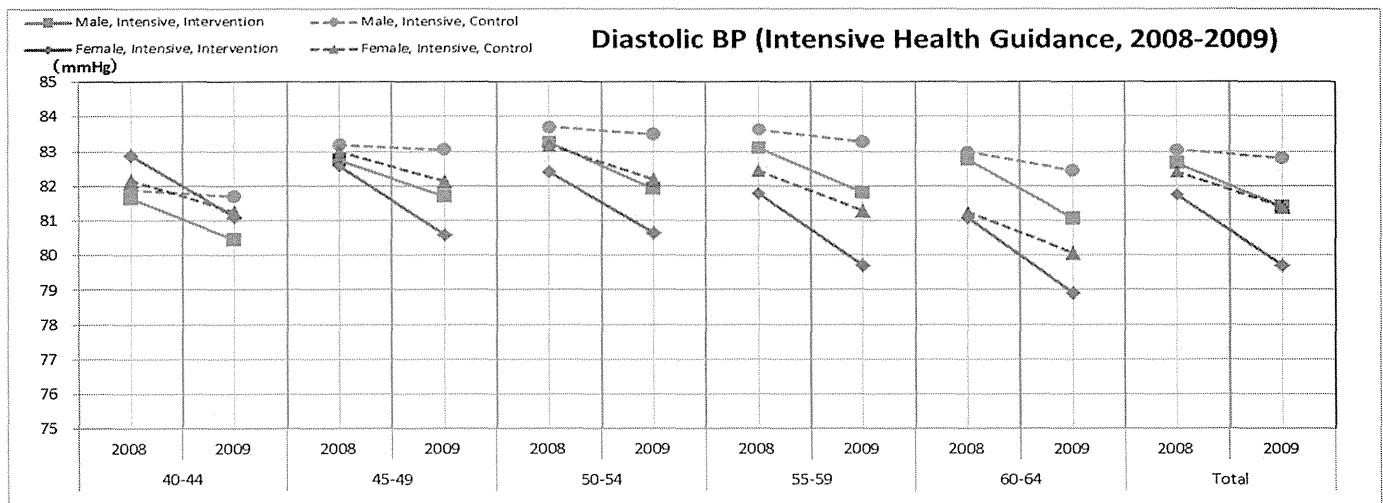
- In the intensive HG intervention group, HbA1c decreased from 5.30% to 5.26% (a decrease of 0.04%) in men, and from 5.47% to 5.42% (a decrease of 0.05%) in women. (FY 2008-09)
- In the control group, HbA1c increased by 0.03% in both men and women. A small increase of HbA1c was found in all age groups in men and women. (FY 2008-09)
- The differences of changes in HbA1c between intervention and control groups were statistically significant for both men (0.07%) and women (0.08%). (FY 2008-09)
- Similar trends were found for FY 2009-10 and FY 2010-11: the differences of changes in HbA1c between intervention and control groups were 0.04% for men and 0.05% for women (FY 2009-10), and 0.04% for men and 0.05% for women (FY 2010-11). These differences were all statistically significant.
- Baseline HbA1c increased with age in both intervention and control groups.

a-6. Systolic Blood Pressure



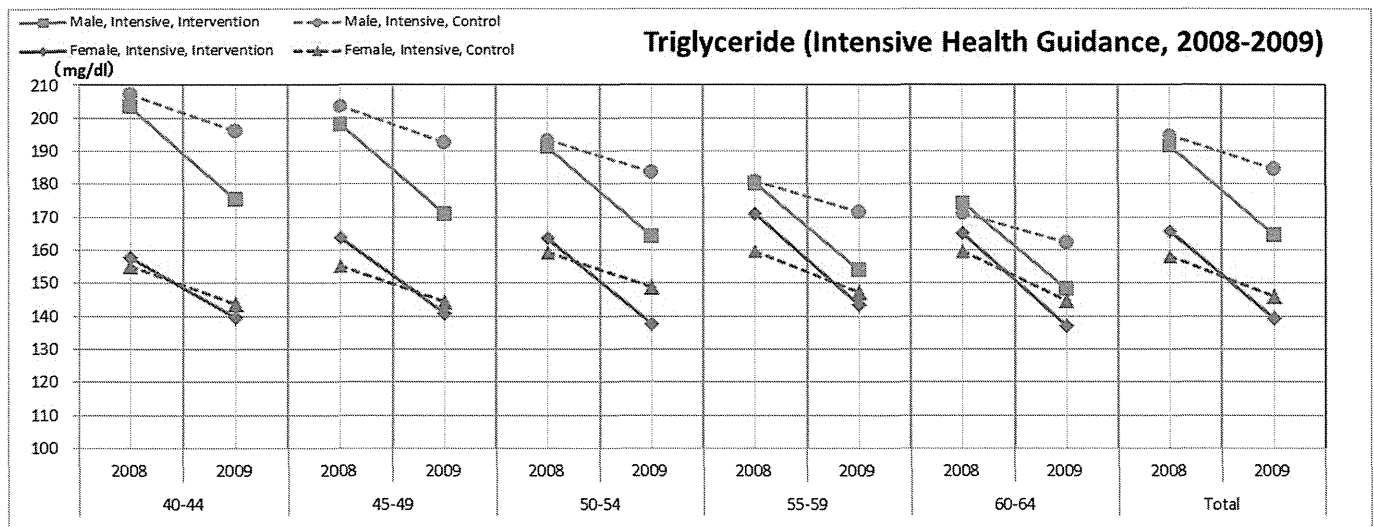
- In the intensive HG intervention group, systolic blood pressure (BP) decreased from 130.7mmHg to 128.6mmHg (a decrease of 2.0mmHg) in men, and from 136.0mmHg to 132.6mmHg (a decrease of 3.4mmHg) in women. (FY 2008-09)
- In the control group, systolic BP decreased only by 0.5mmHg in men and 1.7mmHg in women. The differences of decreases between intervention and control groups were statistically significant for both men (1.6mmHg) and women (1.7mmHg). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences of decreases in systolic BP between intervention and control groups were 1.0mmHg for men and 1.4mmHg for women (FY 2009-10), and 0.9mmHg in men and 1.1mmHg in women (FY 2010-11). These differences were all statistically significant.
- Baseline systolic BP increased with age in both intervention and control groups.

a-7. Diastolic Blood Pressure



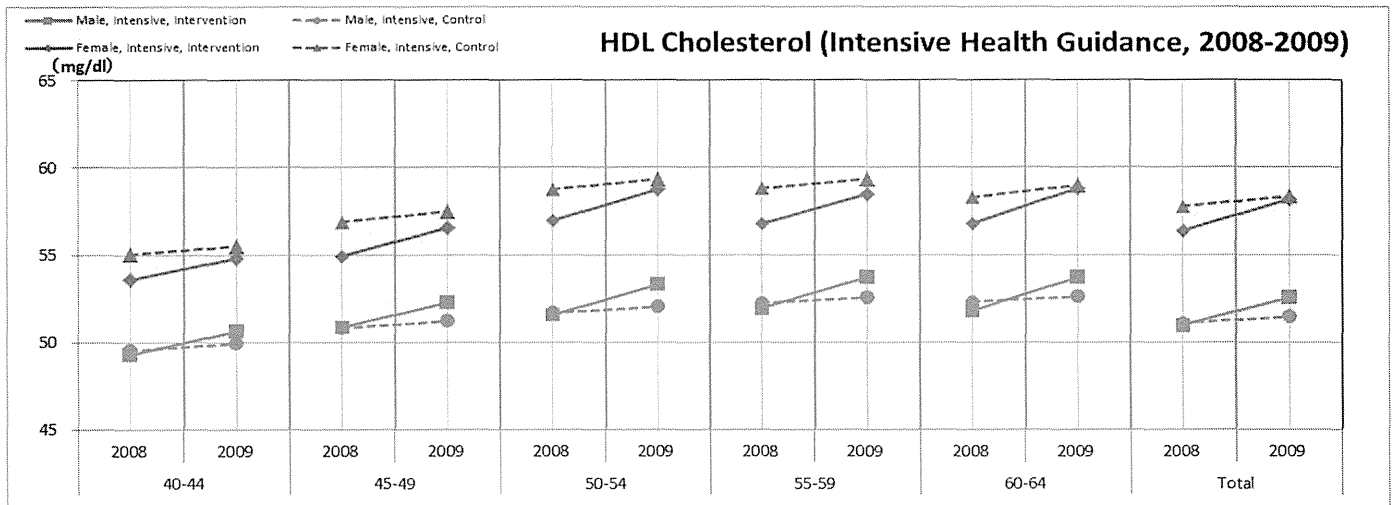
- In the intensive HG intervention group, diastolic blood pressure (BP) decreased from 82.7mmHg to 81.4mmHg (a decrease of 1.3mmHg) in men, and from 81.8mmHg to 79.7mmHg (a decrease of 2.0mmHg) in women. (FY 2008-09)
- In the control group, diastolic BP decreased only by 0.2mmHg in men and 1.0mmHg in women. The differences of decreases between intervention and control groups were statistically significant for both men (1.0mmHg) and women (1.0mmHg). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences of decreases in diastolic BP between intervention and control groups were 0.7mmHg for both men and women (FY 2009-10), and 0.6mmHg for both men and women. (FY 2010-11). These differences were all statistically significant.

a-8. Triglycerides



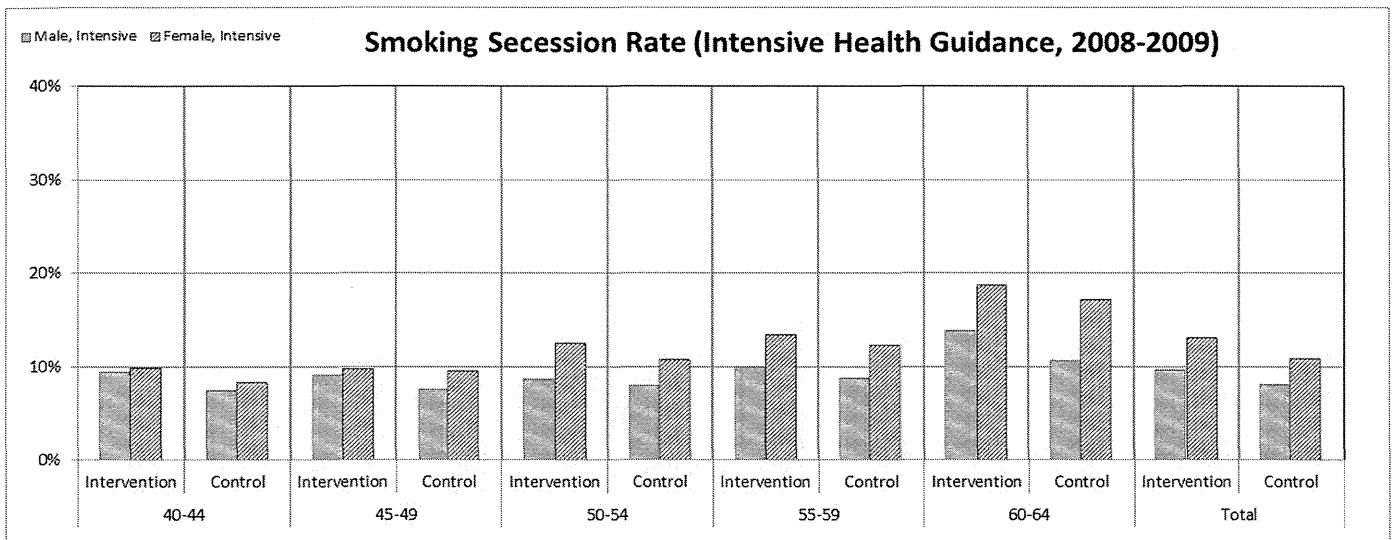
- In the intensive HG intervention group, triglycerides dropped from 191.7mg/dl to 164.5mg/dl (a decrease of 27.2mg/dl) in men, and from 165.7mg/dl to 139.3mg/dl (a decrease of 26.4mg/dl) in women. (FY 2008-09)
- In the control group, triglycerides decreased only by 10.4mg/dl in men and 12.1mg/dl in women. The differences of decreases between intervention and control groups were statistically significant for both men (16.8mg/dl) and women (14.3mg/dl). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences in decreases of triglycerides between intervention and control groups were 11.5mg/dl for men and 9.9mg/dl for women (FY 2009-10), and 7.7mg/dl for men and 8.3mg/dl for women (FY 2010-11). These differences were all statistically significant.

a-9. HDL Cholesterol



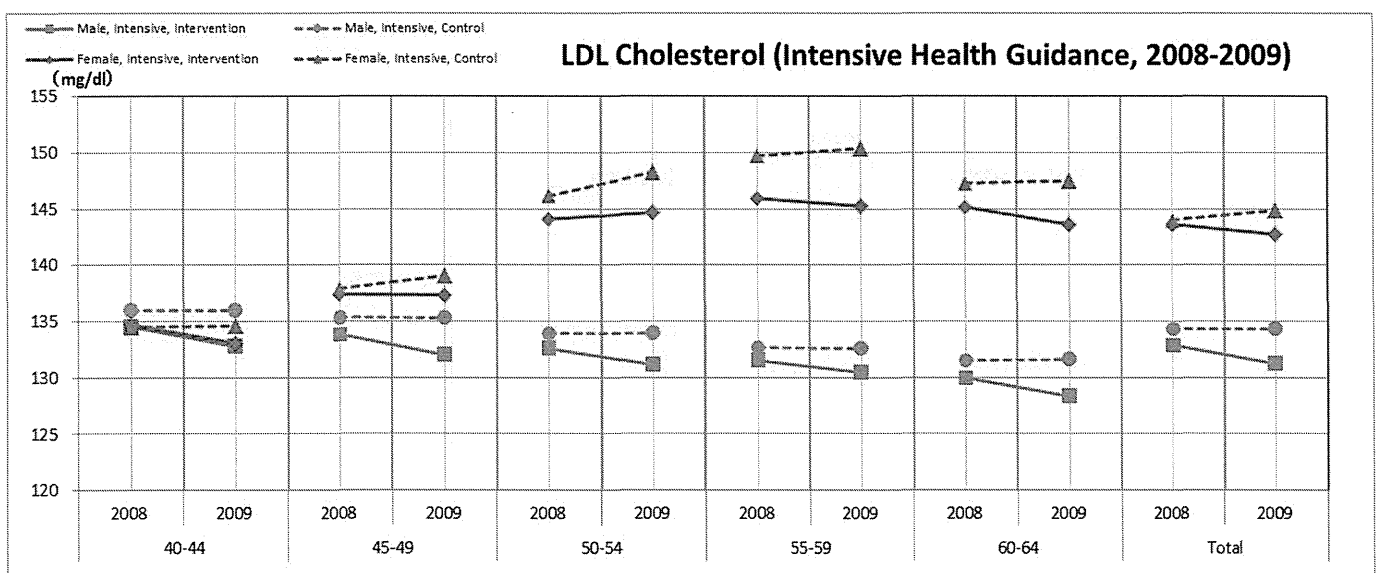
- In the intensive HG intervention group, HDL cholesterol increased from 51.0mg/dl to 52.5mg/dl (an increase of 1.6mg/dl) in men, and from 56.4mg/dl to 58.2mg/dl (an increase of 1.8mg/dl) in women. (FY 2008-09)
- In the control group, HDL cholesterol increased by 0.4mg/dl in men and 0.6mg/dl in women. The differences of increases in HDL cholesterol between intervention and control groups were statistically significant for both men (1.2mg/dl) and women (1.3mg/dl). (FY 2008-09)
- Similar trends were observed for FY 2009-10 and FY 2010-11: the differences of changes in HDL cholesterol between intervention and control groups were 0.8mg/dl for both men and women (FY 2009-10), and 0.8mg/dl for men and 1.0mg/dl for women (FY 2010-11). These differences were all statistically significant.

a-10. Smoking Status



- For smoking status assessment, smoking cessation rates (percentages of non-smokers in Time 2 among current smokers in Time 1) were assessed.
- The intensive HG intervention group had higher smoking cessation rates compared to the control group for both men and women in all study years.

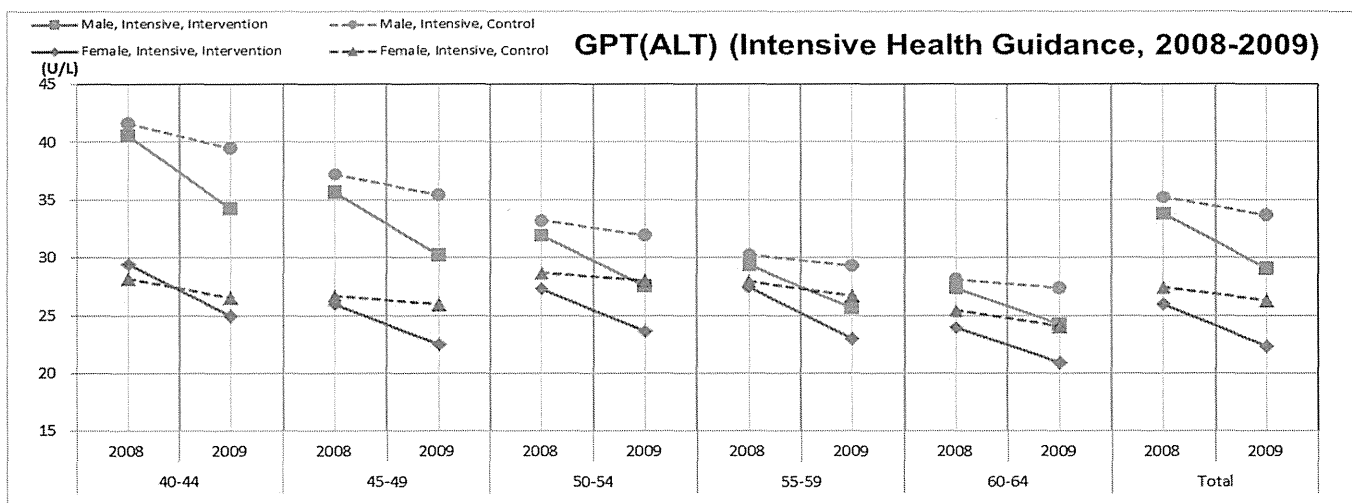
a-11. LDL Cholesterol - additional indicator



- In the intensive HG intervention group, LDL cholesterol decreased from 132.9mg/dl to 131.3mg/dl (a decrease of 1.6mg/dl) in men, and from 143.6mg/dl to 142.7mg/dl (a decrease of 0.9mg/dl) in women. (FY 2008-09)

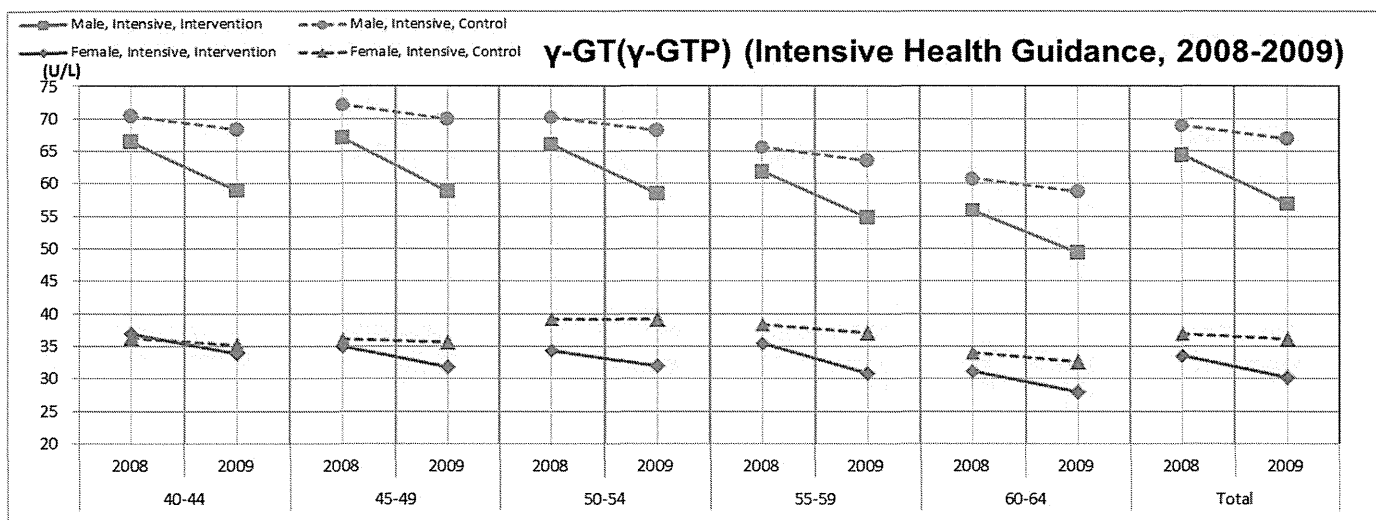
- In the control group, LDL cholesterol decreased by 0.04mg/dl in men but increased by 0.9mg/dl in women. The differences of changes in HDL cholesterol between intervention and control groups were statistically significant for both men (1.5mg/dl) and women (1.7mg/dl). (FY 2008-09)
- At baseline, LDL cholesterol was elevated in women aged 50 years and older. (FY 2008-09)
- Similar trends were observed for FY 2009-10: the differences of changes in LDL cholesterol between intervention and control groups were 1.1mg/dl for men and 1.4mg/dl in women. These differences were all statistically significant.

a-12. ALT (GTP) – additional indicator



- In the intensive HG intervention group, ALT decreased from 33.9U/L to 29.0U/L in men (a decrease of 4.9U/L), and from 26.0U/L to 22.3U/L in women (a decrease of 3.7U/L). (FY 2008-09)
- In the control group, ALT decreased only by 1.5U/L in men and 1.1U/L in women. The differences of decreases in ALT between intervention and control groups were statistically significant for both men (3.3U/L) and women (2.6U/L). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences of decrease in ALT between intervention and control groups were 2.3U/L for men and 1.7U/L for women (FY 2009-10), and 1.6U/L for men and 2.1U/L for women (FY 2010-11). These differences were all statistically significant.

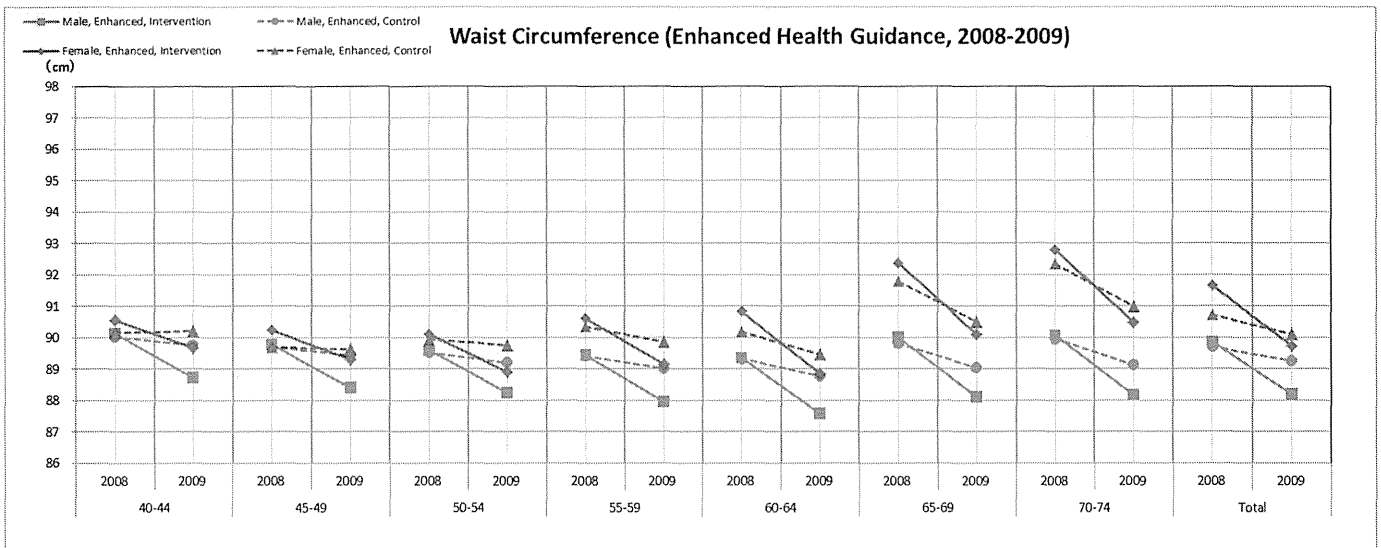
a-13. γ -GT (γ -GTP) – additional indicator



- In the intensive HG intervention group, γ -GT decreased from 64.5U/L to 57.0U/L in men (a decrease of 7.6U/L), and from 33.5U/L to 30.1U/L in women (a decrease of 3.4U/L). (FY 2008-09)
- In the control group, γ -GT decreased only by 2.1U/L in men and 0.9U/L in women. The differences of decreases in ALT between intervention and control groups were statistically significant for both men (5.4U/L) and women (2.5U/L). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences of decrease in γ -GT between intervention and control groups were 3.7U/L for men and 1.7U/L for women (FY 2009-10), and 2.8U/L for men and 2.0U/L for women (FY 2010-11). These differences were all statistically significant.

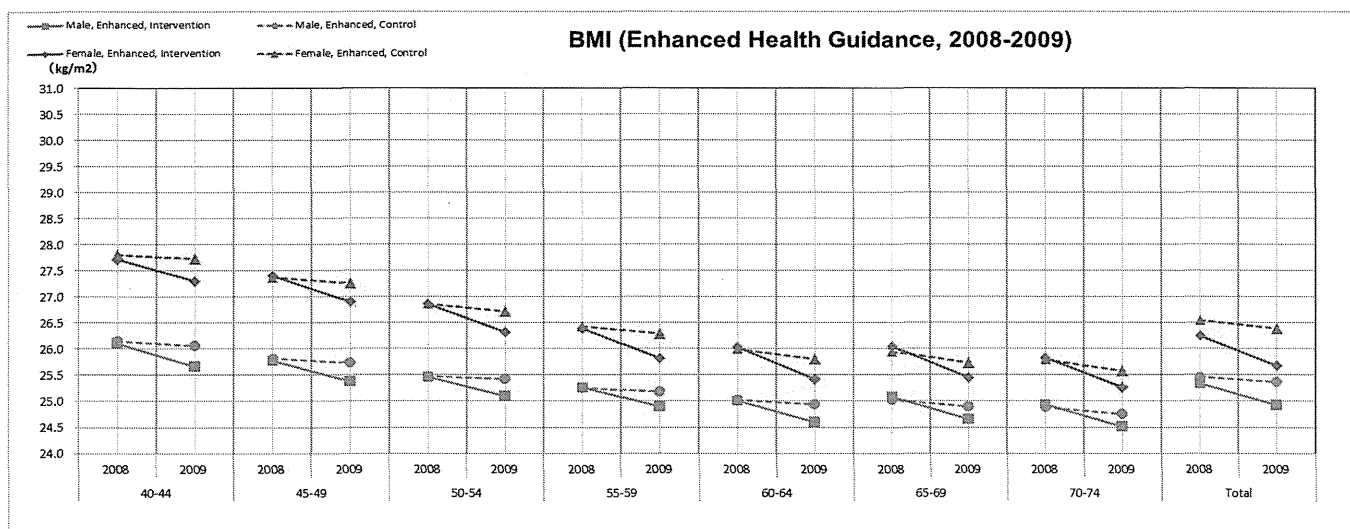
b Motivational Support vs Control

b-1. Waist Circumference



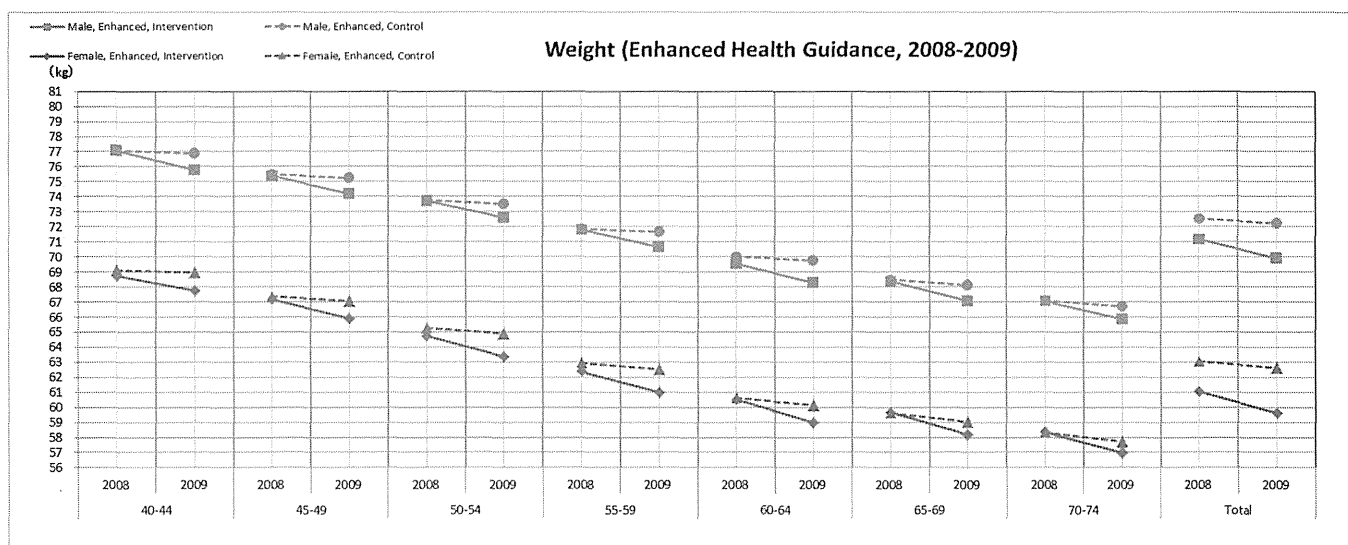
- In the enhanced HG intervention group, waist circumference decreased from 89.9cm to 88.2cm (a decrease of 1.7cm) in men, and from 91.7cm to 89.7cm (a decrease of 1.9cm) in women. (FY 2008-09)
- In the control group, decreases of wait circumferences were 0.5cm for men and 0.6cm for women. The differences of decreases between intervention and control groups were statistically significant for both men (1.2cm) and women (1.3cm). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences in decreases of waist circumference between intervention and control groups were 0.9cm for both men and women (FY 2009-10), and 0.7cm for men and 0.8cm for women (FY 2010-11).

b-2. BMI



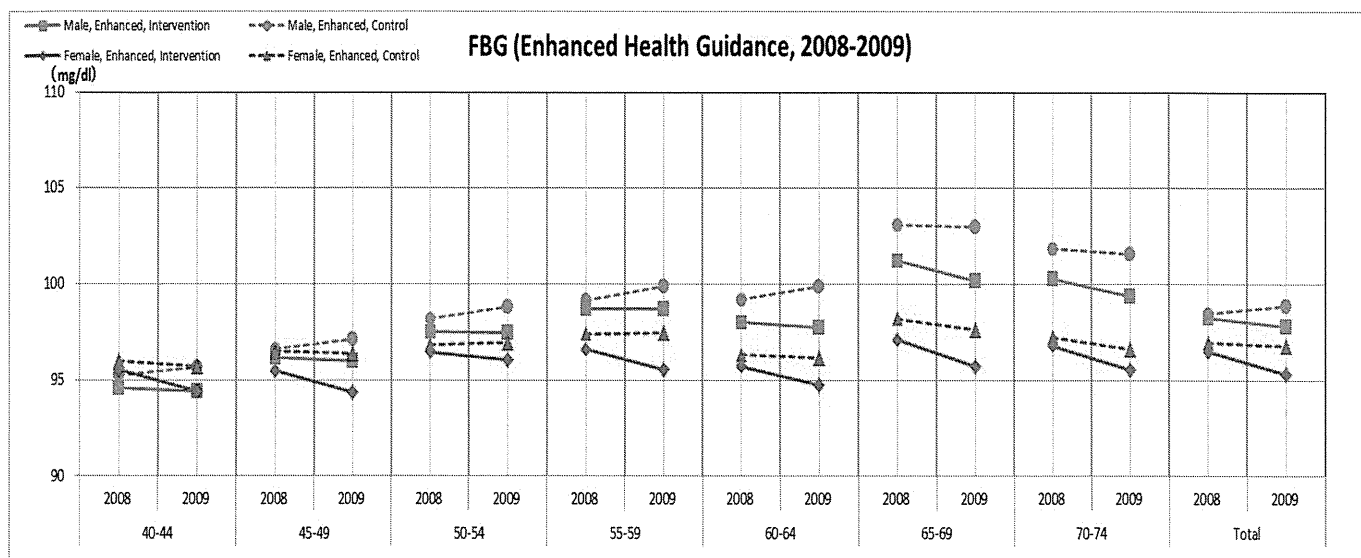
- In the enhanced HG intervention group, BMI decreased from 25.3kg/m² to 24.9kg/m² (a decrease of 0.4kg/m²) in men, and from 26.3kg/m² to 25.7kg/m² (a decrease of 0.6kg/m²) in women. (FY 2008-09)
- In the control group, decreases of BMI were only 0.1kg/m² for men and 0.2kg/m² for women. The differences of decreases between intervention and control groups were statistically significant for both men (0.3kg/m²) and women (0.4kg/m²). (FY 2008-09)
- Similar trends were observed for FY 2009-10 and FY 2010-11: the differences in decreases of BMI between intervention and control groups were 0.2kg/m² for men and 0.3kg/m² for women (FY 2009-10), and 0.2kg/m² for both men and women (FY 2010-11). These differences were all statistically significant.

b-3. Body Weight



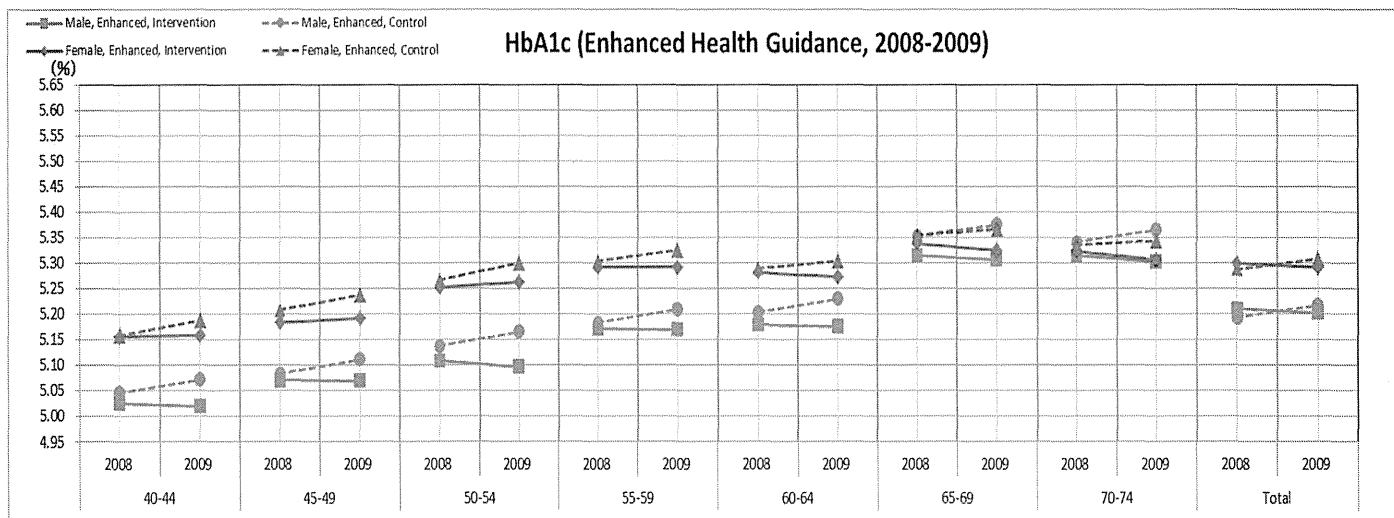
- In the enhanced HG intervention group, men lost 1.2kg (1.7% reduction of baseline weight) and women lost 1.4kg (2.3% reduction of baseline weight) within a year. (FY 2008-09)
- In the control group, decreases of weight were only 0.3kg for men and 0.4kg for women. The differences of decreases between intervention and control groups were statistically significant for both men (1.0kg) and women (1.0kg). (FY 2008-09)
- Similar trends were observed for FY 2009-10 and FY 2010-11: the differences in weight reduction between intervention and control groups were 0.7kg for both men and women (FY 2009-10), and 0.6kg for both men and women (FY 2010-11). These differences were all statistically significant.

b-4. Fasting Glucose



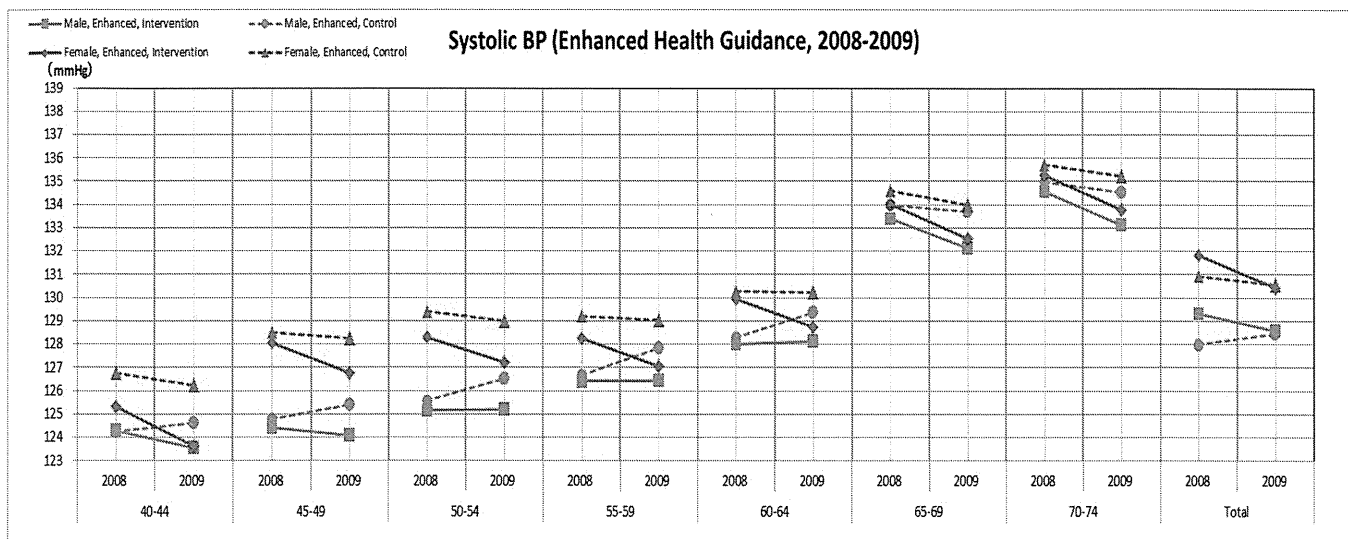
- In the enhanced HG intervention group, fasting glucose decreased from 98.3mg/dl to 97.8mg/dl (a decrease of 0.5mg/dl) in men, and from 96.5mg/dl to 95.3mg/dl (a decrease of 1.1mg/dl) in women. (FY 2008-09)
- In the control group, fasting glucose increased by 0.4mg/dl in men, but decreased by 0.2mg/dl in women. The differences of changes in fasting glucose between intervention and control groups were statistically significant for both men (0.9mg/dl) and women (1.0mg/dl). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences on changes in fasting glucose between intervention and control groups were 0.7mg/dl for men and 0.6mg/dl for women (FY 2009-10), and 0.6mg/dl for men and 0.7mg/dl for women (FY 2010-11). These differences were all statistically significant.

b-5. HbA1C (JDS unit)



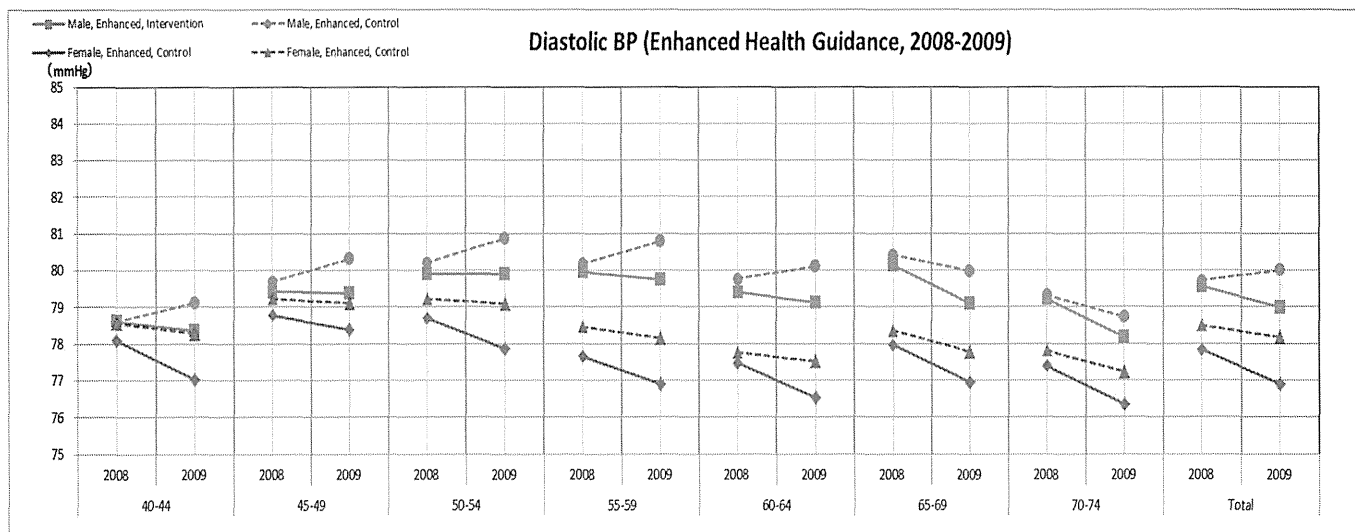
- In the enhanced HG intervention group, HbA1c decreased from 5.21% to 5.20% (a decrease of 0.01%) in men, and from 5.30% to 5.29% (a decrease of 0.01%) in women. (FY 2008-09)
- In the control group, HbA1c increased by 0.02% in both men and women. The differences of changes in HbA1c between intervention and control groups were statistically significant for both men (0.03%) and women (0.03%). (FY 2008-09)
- Similar trends were observed for FY 2009-10 and FY 2010-11: the differences of changes in HbA1c between intervention and control groups were 0.02% for both men and women (FY 2009-10), and 0.02% for men and 0.03% for women (FY 2010-11). These differences were all statistically significant.

b-6. Systolic Blood Pressure



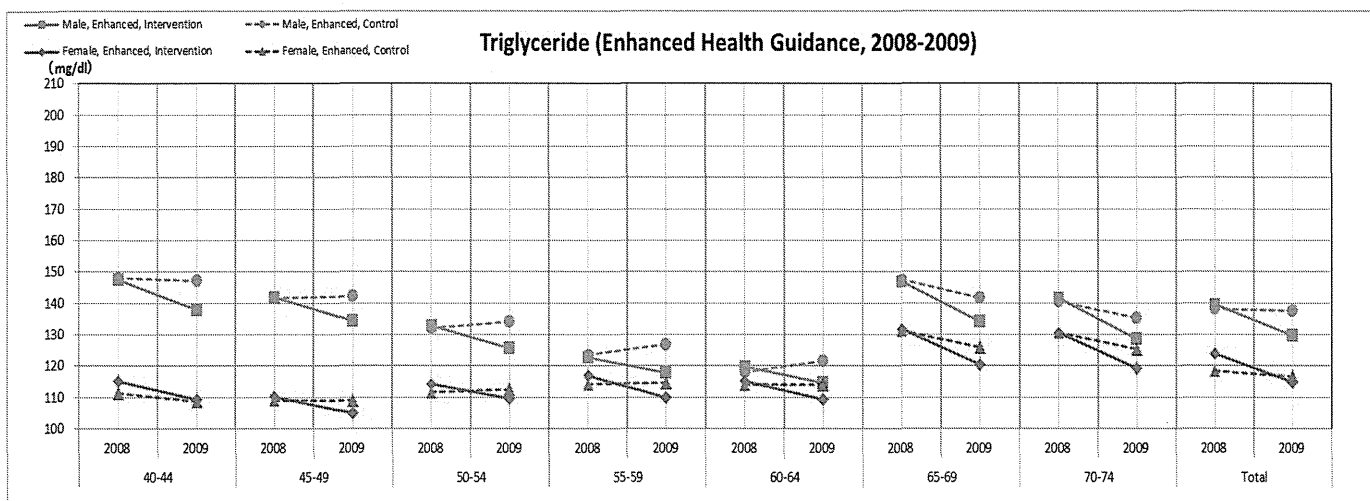
- In the enhanced HG intervention group, systolic blood pressure (BP) decreased from 129.3mmHg to 128.6mmHg (a decrease of 0.8mmHg) in men, and from 131.8mmHg to 130.4mmHg (a decrease of 1.4mmHg) in women. (FY 2008-09)
- In the control group, systolic BP decreased by 0.5mmHg in men and 0.4mmHg in women. The differences of decreases between intervention and control groups were statistically significant for both men (1.2mmHg) and women (1.0mmHg). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences of decreases in systolic BP between intervention and control groups were 0.9mmHg for men and 0.7mmHg for women (FY 2009-10), and 0.7mmHg in men and 0.8mmHg in women (FY 2010-11). These differences were all statistically significant.

b-7. Diastolic Blood Pressure



- In the enhanced HG intervention group, diastolic blood pressure (BP) decreased from 79.6mmHg to 79.0mmHg (a decrease of 0.6mmHg) in men, and from 77.8mmHg to 76.9mmHg (a decrease of 0.9mmHg) in women. (FY 2008-09)
- In the control group, diastolic BP increased by 0.3mmHg in men, but decreased by 0.3mmHg in women. The differences of decreases between intervention and control groups were statistically significant for both men (0.8mmHg) and women (0.6mmHg). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences of decreases in diastolic BP between intervention and control groups were 0.6mmHg for men and 0.5mmHg in women (FY 2009-10), and 0.4mmHg for both men and women. (FY 2010-11). These differences were all statistically significant.

b-8. Triglycerides



- In the enhanced HG intervention group, triglycerides dropped from 139.6mg/dl to 129.8mg/dl (a decrease of 9.9mg/dl) in men, and from 123.8mg/dl to 114.9mg/dl (a decrease of 8.9mg/dl) in women. (FY 2008-09)
- In the control group, triglycerides decreased only by 0.6mg/dl in men and 1.8mg/dl in women. The differences of decreases between intervention and control groups were statistically significant for both men (9.3mg/dl) and women (7.0mg/dl). (FY 2008-09)
- Similar results were found for FY 2009-10 and FY 2010-11: the differences in decreases of triglycerides between intervention and control groups were 7.2mg/dl for men and 5.0mg/dl for women (FY 2009-10), and 5.5mg/dl for men and 3.9mg/dl for women (FY 2010-11). These differences were all statistically significant.