The table below shows the baseline (0) and 1-year follow- up (1) readings for the metabolic metrics captured in the WDS Health Risk Index. Significance levels with an asterisk (*) indicate statistically significant differences between the before and after values. This is for all individuals who had a reading at each time point, regardless of whether or not they were at risk at the time of the first screening.

WDS measures-- All measured baseline to 1 year later	Mean	N	Std. Error Mean	T	Significance	Mean Difference
Weight 1	197.2	268	3.1	1.72	0.09	-1.47
Weight 2	198.7	268	3.2			
Systolic BP 1	128.0	269	0.9	4.58	0.00*	-4.63
Systolic BP 2	123.4	269	0.9			
Diastolic BP 1	82.1	269	0.9	3.16	0.002*	-3.08
Diastolic BP 2	79.0	269	0.6			
Waist Circumference 1	37.6	270	0.4	2.21	0.03*	-0.71
Waist Circumference 2	36.9	270	0.5			
Blood Glucose 1	100.7	269	1.9	2.25	0.03*	-3.62
Blood Glucose 2	97.0	269	1.3			
Triglycerides 1	127.3	269	5.2	0.56	0.58	-2.35
Triglycerides 2	124.9	269	5.7			
HDL 1	50.5	269	0.9	1.52	0.13	0.95
HDL 2	51.4	269	1.0			

The Health Risk Index (HRI) is presented as a two-factor indicator, with metabolic indicators and BMI risk. WDS has repeat measurement data from baseline to one year post baseline readings for 150 individuals. The average risk score for all individuals was 1.95/1.28 with 160 individuals having 3 or more risk factors above the ideal range. After 1 year, metabolic risk scores for the entire group were significantly reduced to 1.66/1.29. BMI was not significantly changed.