

A total of 160 of 270 individuals (59%) were identified as “at-risk” meaning that at least 3 of the HRI measures were outside of normal limits. At baseline, the average risk score for this group was 2.84/1.86. From the baseline reading, to a year later, there was a statistically significant reduction in Blood pressure readings, Waist circumference, and blood glucose levels. Risk scores were also significantly reduced, to 2.38/1.82 after 1 year.

WDS measures--	Mean	N	Std. Error Mean	T	p=	Mean Difference
Risk Group measured baseline to 1 year later						
Weight 0	223.3	159	3.9	0.71	0.48	0.81
Weight 1	224.1	159	3.8			
Systolic BP 0	131.6	160	1.3	4.43	0.000*	-6.62
Systolic BP 1	125.0	160	1.3			
Diastolic BP 0	84.3	160	0.9	3.23	0.001*	-4.03
Diastolic BP 1	80.2	160	1.2			
Waist Circumference 0	41.2	161	0.6	2.20	0.03*	-1.11
Waist Circumference 1	40.1	161	0.4			
Blood Glucose 0	107.8	160	1.7	3.17	0.002*	-7.02
Blood Glucose 1	100.8	160	2.9			
Triglycerides 0	155.9	160	8.7	0.77	0.44	-5.11
Triglycerides 1	150.8	160	7.6			
HDL 0	44.6	160	1.0	0.15	0.88	0.12
HDL 1	44.4	160	1.0			

Importantly, the changes in some of these metrics represent clinically meaningful reductions. Studies show that a 6mm/Hg decrease in blood pressure accounts for a 10% reduction in cardiovascular disease risk². The blood glucose level for the group was reduced on average to normal levels.