**Table 1. Cardiometabolic risk status and self-reported lifestyle behaviours at baseline by gender.**

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**Table 2. Comparison of anthropometric measurements at baseline, 12 weeks and 12 months.**



**Table 3. Comparison of cardiometabolic markers at baseline and 12 months post-intervention.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variable**  | **N**  | **Baseline**  | **12 months** | **Mean Change**  | ***P value***  |
| Body mass index  | 16  | 31.4 (8.5)  | 31.5 (9.0)  | 0.09 (2.5)  | 0.89  |
| Waist circumference (cm)  |  ♂ 7    ♀ 7  |  100.2 (23.3) 90.7 (13.3)  | 103.5 (27.5)90. 7 (14.4)  | 3.3 (8.0)-0.04 (5.2)  | 0.320.98  |
| Systolic blood pressure (mm Hg)  | 15  | 122.4 (17.0)  | 125.2 (17.0)  | 2.8 (15.3)  | 0.49  |
| Diastolic blood pressure (mm Hg)  | 15  | 78.9 (9.2)  | 79.4 (9.4)  | 0.5 (9.5)  | 0.85  |
| Resting heart rate (beats.min-1)  | 13  | 84.7 (21.4)  | 85.5 (21.3)  | 0.8 (18.4)  | 0.88  |
| Total cholesterol (mmol.L-1)  | 9  | 4.4 (1.0)  | 4.3 (1.0)  | -0.2 (0.7)  | 0.48  |
| Triglycerides (mmol.L-1)  | 4  | 2.3 (1.9)  | 2.0 (2.0)  | -0.4 (1.5)  | 0.64  |
| HbA1C (mmol.mol)  | 7  | 31.8 (13.3)  | 37.7 (9.7)  | 5.9 (11.4)  | 0.22  |
| Prolactin (mIU/L-1)  | 6  | 852.0 (707.3)  | 371.3 (239.1)  | -480.7 (595.3)  | 0.11  |