

Appendix 3 (as supplied by the authors): Changes in PROCAM Score and continuous metabolic syndrome score and criteria and weight

| Month | Raw values (n*) mean±std | Maximum likelihood estimate (n†) mean±SE | Maximum likelihood change from baseline mean (95% CI) | p-value |
|---|-----------------------------|--|---|---------|
| PROCAM 10-year risk myocardial infarction or acute coronary death | | | | |
| 0 | (288) 8.2±6.4 | (293) 8.4±0.3 | | |
| 3 | (237) 6.9±5.4 | (263) 7.2±0.3 | -1.3 (-1.8 to -0.8) | <0.0001 |
| 6 | (205) 6.8±5.2 | (244) 6.9±0.3 | -1.6 (-2.2 to -1.0) | <0.0001 |
| 9 | (184) 7.0±5.1 | (227) 6.9±0.3 | -1.6 (-2.2 to -1.0) | <0.0001 |
| 12 | (206) 7.3±5.1 | (253) 7.0±0.3 | -1.4 (-2.0 to -0.9) | <0.0001 |
| Continuous metabolic syndrome score | | | | |
| 0 | (293) 2.6±1.1 | (293) 2.6±0.1 | | |
| 3 | (236) 2.0±1.1 | (263) 2.0±0.1 | -0.6 (-0.7 to -0.5) | <0.0001 |
| 6 | (193) 1.9±1.1 | (244) 2.1±0.1 | -0.5 (-0.6 to -0.4) | <0.0001 |
| 9 | (175) 2.0±1.1 | (227) 2.1±0.1 | -0.4 (-0.6 to -0.3) | <0.0001 |
| 12 | (189) 2.0±1.1 | (253) 2.2±0.1 | -0.4 (-0.5 to -0.3) | <0.0001 |
| Systolic blood pressure (mmHg) | | | | |
| 0 | (293) 133.5±14.5 | (293) 133.5±0.9 | | |
| 3 | (256) 127.1±12.7 | (263) 127.0±0.8 | -6.5 (-8.1 to -4.9) | <0.0001 |
| 6 | (229) 129.7±13.5 | (244) 129.5±0.8 | -4.0 (-5.8 to -2.2) | <0.0001 |
| 9 | (210) 130.3±13.6 | (227) 129.9±0.8 | -3.6 (-5.5 to -1.8) | 0.0002 |
| 12 | (230) 130.1±12.5 | (253) 130.3±0.7 | -3.3 (-5.1 to -1.4) | 0.0005 |
| Diastolic blood pressure (mmHg) | | | | |
| 0 | (293) 80.6±9.1 | (293) 80.3±0.5 | | |
| 3 | (256) 76.9±8.8 | (263) 76.8±0.5 | -3.5 (-4.5 to -2.5) | <0.0001 |
| 6 | (229) 77.6±8.3 | (244) 77.8±0.5 | -2.5 (-3.5 to -1.5) | <0.0001 |
| 9 | (210) 78.0±7.7 | (227) 78.2±0.5 | -2.1 (-3.1 to -1.1) | <0.0001 |
| 12 | (230) 77.2±8.3 | (253) 77.6±0.5 | -2.7 (-3.8 to -1.6) | <0.0001 |
| Fasting glucose (mmol/L) | | | | |
| 0 | (293) 6.6±1.4 | (293) 6.6±0.1 | | |
| 3 | (247) 6.4±1.3 | (263) 6.4±0.1 | -0.2 (-0.3 to -0.1) | 0.006 |
| 6 | (227) 6.4±1.3 | (244) 6.4±0.1 | -0.2 (-0.3 to -0.0) | 0.0055 |
| 9 | (202) 6.5±1.6 | (227) 6.5±0.1 | -0.0 (-0.2 to 0.1) | 0.5627 |
| 12 | (225) 6.6±1.5 | (253) 6.6±0.1 | -0.0 (-0.2 to 0.1) | 0.5776 |
| LDL-C (mmol/L) | | | | |
| 0 | (288) 2.6±1.1 | (293) 2.6±0.1 | | |
| 3 | (250) 2.6±1.1 | (263) 2.5±0.1 | -0.1 (-0.2 to -0.0) | 0.0167 |
| 6 | (223) 2.5±1.1 | (244) 2.5±0.1 | -0.1 (-0.2 to 0.0) | 0.0566 |
| 9 | (206) 2.6±1.1 | (227) 2.5±0.1 | -0.1 (-0.2 to 0.0) | 0.1259 |
| 12 | (236) 2.6±1.0 | (253) 2.6±0.1 | -0.1 (-0.1 to 0.0) | 0.2194 |

Appendix to: Jeejeebhoy K, Dhaliwal R, Heyland DK, et al. Family physician–led, team-based, lifestyle intervention in patients with metabolic syndrome: results of a multicentre feasibility project. *CMAJ Open* 2017. DOI:10.9778/cmajo.20160101.

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|--------------------------|-------|------------|-------|-----------|-----------------------------|
| HDL-C (mmol/L) | | | | | |
| 0 | (291) | 1.2±0.3 | (293) | 1.2±0.0 | |
| 3 | (251) | 1.2±0.3 | (263) | 1.2±0.0 | -0.0 (-0.0 to 0.0) 0.6208 |
| 6 | (226) | 1.2±0.3 | (244) | 1.2±0.0 | 0.0 (0.0 to 0.0) 0.0137‡ |
| 9 | (208) | 1.2±0.3 | (227) | 1.2±0.0 | 0.0 (0.0 to 0.1) 0.0019‡ |
| 12 | (241) | 1.3±0.3 | (253) | 1.2±0.0 | 0.1 (0.0 to 0.1) <0.0001 |
| Triglycerides (mmol/L) | | | | | |
| 0 | (293) | 2.2±1.7 | (293) | 2.2±0.1 | |
| 3 | (252) | 1.8±1.1 | (263) | 1.8±0.1 | -0.4 (-0.5 to -0.2) <0.0001 |
| 6 | (226) | 1.9±1.0 | (244) | 1.8±0.1 | -0.3 (-0.5 to -0.2) <0.0001 |
| 9 | (208) | 1.9±0.9 | (227) | 1.8±0.1 | -0.4 (-0.5 to -0.2) <0.0001 |
| 12 | (240) | 1.9±0.9 | (253) | 1.9±0.1 | -0.3 (-0.4 to -0.1) 0.0003 |
| Waist circumference (cm) | | | | | |
| 0 | (293) | 108.1±9.4 | (293) | 108.1±0.5 | |
| 3 | (249) | 105.2±9.0 | (263) | 105.4±0.5 | -2.7 (-3.1 to -2.3) <0.0001 |
| 6 | (215) | 103.3±9.5 | (244) | 104.5±0.6 | -3.6 (-4.2 to -3.0) <0.0001 |
| 9 | (193) | 103.2±9.6 | (227) | 104.5±0.6 | -3.5 (-4.1 to -2.9) <0.0001 |
| 12 | (204) | 103.0±10.2 | (253) | 104.4±0.6 | -3.7 (-4.3 to -3.0) <0.0001 |
| Weight (kg) | | | | | |
| 0 | (293) | 91.0±15.2 | (293) | 90.7±0.8 | |
| 3 | (251) | 88.5±14.2 | (263) | 88.9±0.8 | -1.8 (-2.2 to -1.5) <0.0001 |
| 6 | (220) | 86.9±14.1 | (244) | 88.5±0.8 | -2.3 (-2.7 to -1.9) <0.0001 |
| 9 | (199) | 87.1±14.6 | (227) | 88.4±0.8 | -2.3 (-2.8 to -1.8) <0.0001 |
| 12 | (206) | 86.5±14.8 | (253) | 88.3±0.8 | -2.5 (-3.0 to -2.0) <0.0001 |

STD=Standard deviation; SE=standard error; CI=Confidence interval; LDL-C= Low-density lipoprotein cholesterol, HDL-C=High density lipoprotein-cholesterol , kg-kilogram

* Number of patients where the variable was known.

† Number of patients with any lab assessment so missing values could be imputed based on the correlation with the available lab values.

‡ Although the change rounds to 0.0, the actual differences are non-zero and statistically but not clinically significant.

The maximum likelihood mean and estimated change use all available data to estimate the expected values utilizing within patient correlations between lab values and time points. The maximum likelihood mean is estimated for a 60-year-old assuming even numbers of males and females.