

Appendix 1a (as supplied by authors): Between and within group comparisons for spouses in the family heart health intervention group (n=67) and the control group (n=65)

Outcome measure and treatment condition	Baseline	3-Month Follow-up	12-Month Follow-up	Mixed Linear Models Comparisons					
				Group		Time		Group X Time	
	Mean (SD)	Mean (SD)	Mean (SD)	F	P	F	P	F	P
Primary Outcomes									
TC: HDL-C Ratio									
FHH group	3.73 (0.94)	3.78 (0.91)	3.70 (1.05)	0.9	0.3	0.1	0.7	0.0	0.8
Control group	3.86 (0.86)	3.88 (1.01)	3.86(1.03)						
Physical activity, minutes/week									
FHH group	92.6 (100.1)	182.2 (123.4)	176.3 (130.5)	42.0	<0.0001	0.0	0.9	0.3	0.6
Control group	76.5 (109.8)	71.5 (100.2)	81.6 (94.4)						
Fruits and vegetables, servings/day									
FHH group	62 (2.9)	8.1 (3.2)	7.2 (3.0)	4.2	0.04	0.4	0.5	1.6	0.2
Control group	6.8 (3.0)	6.6 (3.1)	6.8 (2.6)						
Secondary Outcomes									
TC, mmol/L									
FHH group	5.01 (0.86)	4.78 (0.81)	4.85 (0.86)	6.9	0.009	0.0	0.9	0.3	0.6
Control group	4.98 (0.90)	5.15 (1.10)	5.10 (0.88)						
HDL-C, mmol/L									
FHH group	1.41 (0.43)	1.34 (0.40)	1.40 (0.43)	0.1	0.8	0.1	0.8	0.9	0.3
Control group	1.35 (0.37)	1.40 (0.38)	1.36 (0.31)						
LDL-C, mmol/L									

FHH group	3.06 (0.71)	2.89 (0.82)	2.85 (0.82)	10.1	0.002	0.1	.08	0.0	0.99
Control group	3.14 (0.74)	3.22 (0.90)	3.19 (0.92)						
Triglycerides, mmol/L									
FHH group	1.18 (0.59)	1.21 (0.55)	1.32 (0.80)	1.2	0.3	0.9	0.4	0.2	0.7
Control group	1.09 (0.43)	1.16 (0.40)	1.20 (0.54)						
Glucose, mmol/L									
FHH group	5.16 (0.60)	5.16 (0.53)	5.17 (0.64)	4.4	0.04	0.2	0.7	0.3	0.6
Control group	4.93 (0.56)	5.04 (0.49)	4.97 (0.52)						
SBP, mmHg									
FHH group	125.1 (15.9)	116.4 (14.4)	118.7 (15.1)	0.8	0.4	1.0	0.3	0.1	0.8
Control group	118.1 (17.1)	118.5 (14.9)	119.8 (17.7)						
DBP, mmHg									
FHH group	75.9 (8.9)	72.8 (7.5)	74.0 (8.7)	0.3	0.6	0.2	0.6	0.4	0.5
Control group	74.2 (9.5)	74.2 (9.0)	74.0 (9.9)						
Body mass index, kg/m ²									
FHH group	28.3 (5.2)	27.8 (5.0)	27.8 (4.7)	5.6	0.02	0.0	0.96	0.0	0.99
Control group	29.6 (6.3)	28.4 (5.8)	28.4 (5.0)						
Waist circ., cm									
FHH group	93.1 (13.1)	92.7 (15.0)	91.0 (12.4)	1.4	0.2	0.1	0.8	1.1	0.31
Control group	95.2 (14.6)	92.9 (14.6)	93.9 (13.6)						
FHH = Family heart health intervention group; TC = total serum cholesterol; HDL-C = high-density lipoprotein cholesterol; LDL-C = low-density lipoprotein cholesterol; SBP = systolic blood pressure; DBP = diastolic blood pressure.									

Appendix 1b (as supplied by authors): : Between and within group comparisons for offspring in the family heart health intervention group (n=98) and the control group (n=101)

Outcome measure and treatment condition	Baseline	3-Month Follow-up	12-Month Follow-up	Mixed Linear Models Comparisons					
				Group		Time		Group X Time	
	Mean (SD)	Mean (SD)	Mean (SD)	F	P	F	P	F	P
Primary Outcomes									
TC: HDL-C Ratio									
FHH group	4.35 (1.51)	4.20 (1.48)	4.35 (1.51)	1.8	0.2	0.1	0.8	0.6	0.5
Control group	4.38 (1.36)	4.11 (1.16)	4.04 (1.07)						
Physical activity, minutes/week									
FHH group	82.3 (102.1)	172.3 (121.7)	122.7 (127.0)	2.1	0.1	2.7	0.1	2.7	0.1
Control group	89.2 (114.0)	125.3 (135.5)	125.4 (132.9)						
Fruits and vegetables, servings/day									
FHH group	6.4 (3.0)	8.0 (3.2)	7.3 (3.3)	4.7	0.03	2.2	0.1	0.0	0.9
Control group	6.3 (3.1)	7.0 (3.5)	6.4 (3.4)						
Secondary Outcomes									
TC, mmol/L									
FHH group	5.17 (1.04)	5.15 (1.01)	5.08 (1.03)	6.3	0.01	0.5	0.5	0.0	0.97
Control group	5.22 (1.06)	4.87 (0.93)	4.79 (1.06)						
HDL-C, mmol/L									
FHH group	1.29 (0.37)	1.32 (0.40)	1.29 (0.40)	3.5	0.06	0.4	0.5	0.0	0.8
Control group	1.25 (0.30)	1.24 (0.29)	1.22 (0.27)						
LDL-C,									

mmol/L FHH group Control group	3.26 (0.94) 3.30 (0.96)	3.23 (0.88) 3.04 (0.88)	3.24 (0.79) 2.89 (0.97)	6.9	0.009	0.5	.05	0.6	0.4
Triglycerides, mmol/L FHH group Control group	1.41 (0.95) 1.52 (1.06)	1.28 (0.81) 1.29 (0.65)	1.42 (0.95) 1.49 (0.76)	0.2	0.6	3.5	0.06	0.1	0.8
Glucose, mmol/L FHH group Control group	5.05 (0.47) 5.10 (0.59)	5.05 (0.47) 5.20 (0.55)	5.11 (0.63) 5.16 (0.57)	2.6	0.1	0.0	0.9	0.6	0.4
SBP, mmHg FHH group Control group	117.9 (14.4) 118.4 (15.8)	113.8 (14.2) 111.6 (10.4)	115.8 (14.6) 115.0 (10.3)	1.2	0.3	3.9	0.048	0.2	0.6
DBP, mmHg FHH group Control group	76.6 (9.7) 76.6 (10.1)	73.8 (9.3) 72.9 (7.2)	75.2 (10.1) 75.1 (7.1)	0.2	0.6	3.5	0.06	0.2	0.6
Body mass index, kg/m ² FHH group Control group	29.9 (5.9) 29.5 (5.4)	28.6 (4.9) 29.3 (5.6)	28.5 (5.2) 29.6 (4.7)	12.4	0.001	0.2	0.6	0.7	0.4
Waist circ., cm FHH group Control group	98.1 (14.3) 97.9 (14.5)	93.8 (13.1) 96.2 (14.2)	93.8 (13.9) 96.8 (12.9)	7.7	0.006	0.1	0.7	0.1	0.7
FHH = Family heart health intervention group; TC = total serum cholesterol; HDL-C = high-density lipoprotein cholesterol; LDL-C = low-density lipoprotein cholesterol; SBP = systolic blood pressure; DBP = diastolic blood pressure.									

Appendix 1c (as supplied by authors): : Between and within group comparisons for siblings in the family heart health intervention group (n=46) and the control group (n=49)

Outcome measure and treatment condition	Baseline	3-Month Follow-up	12-Month Follow-up	Mixed Linear Models Comparisons					
				Group		Time		Group X Time	
	Mean (SD)	Mean (SD)	Mean (SD)	F	P	F	P	F	P
Primary Outcomes									
TC: HDL-C Ratio									
FHH group	4.18 (1.51)	3.92 (1.13)	4.08 (1.15)	0.0	0.9	0.4	0.5	0.1	0.7
Control group	4.34 (1.40)	4.00 (1.38)	4.06 (1.19)						
Physical activity, minutes/week									
FHH group	110.5 (151.6)	179.7 (108.6)	135.9 (132.3)	1.2	0.3	0.4	0.5	2.4	0.1
Control group	103.8 (121.6)	126.6 (118.3)	144.6 (137.2)						
Fruits and vegetables, servings/day									
FHH group	6.3 (3.3)	7.9 (3.8)	7.9 (4.1)	5.1	0.03	0.0	0.9	0.0	0.99
Control group	6.7 (2.7)	6.6 (2.8)	6.5 (2.8)						
Secondary Outcomes									
TC, mmol/L									
FHH group	5.21 (1.01)	4.92 (1.01)	5.10 (1.04)	0.0	0.9	0.7	0.4	0.2	0.7
Control group	5.36 (1.07)	4.97 (1.06)	5.03 (1.06)						
HDL-C, mmol/L									
FHH group	1.30 (0.32)	1.32 (0.37)	1.32 (0.37)	0.0	0.9	0.1	0.8	0.1	0.8
Control group	1.31 (0.37)	1.32 (0.37)	1.30 (0.34)						
LDL-C,									

mmol/L FHH group	3.38 (0.89)	3.12 (0.89)	3.25 (0.94)	0.4	0.5	0.7	0.4	0.1	0.8
Control group	3.43 (0.98)	3.07 (0.89)	3.14 (0.94)						
Triglycerides, mmol/L FHH group	1.16 (0.46)	1.07 (0.42)	1.20 (0.45)	4.5	0.04	1.3	0.3	0.4	0.6
Control group	1.32 (0.64)	1.28 (0.59)	1.31 (0.50)						
Glucose, mmol/L FHH group	5.22 (0.54)	5.18 (0.48)	5.22 (0.46)	0.9	0.3	0.2	0.7	0.0	0.98
Control group	5.28 (0.58)	5.26 (0.56)	5.30 (0.59)						
SBP, mmHg FHH group	125.4 (14.6)	120.4 (15.6)	121.9 (12.9)	0.0	0.9	0.1	0.7	0.1	0.8
Control group	127.7 (17.3)	120.5 (19.2)	120.8 (16.3)						
DBP, mmHg FHH group	78.3 (7.4)	74.8 (7.6)	77.9 (9.3)	0.0	0.98	0.6	0.4	1.5	0.2
Control group	78.2 (9.9)	76.7 (12.9)	76.0 (9.5)						
Body mass index, kg/m ² FHH group	28.9 (4.6)	28.2 (4.3)	28.4 (4.3)	13.4	<0.001	0.0	0.8	1.3	0.3
Control group	29.8 (6.6)	29.1 (6.7)	28.9 (6.6)						
Waist circ., cm FHH group	97.0 (11.4)	94.6 (13.1)	94.3 (13.9)	1.3	0.3	0.4	0.5	0.2	0.7
Control group	99.2 (17.0)	96.7 (15.7)	95.3 (15.7)						
FHH = Family heart health intervention group; TC = total serum cholesterol; HDL-C = high-density lipoprotein cholesterol; LDL-C = low-density lipoprotein cholesterol; SBP = systolic blood pressure; DBP = diastolic blood pressure.									