

Appendix
Reduced Cardiovascular Disease Incidence With a National Lifestyle Change Program
Jackson et al.

Appendix Table 1. Multivariable Cox Proportional Hazards Results for CVD Incidence, VA 2005-2012, Restricted to Veterans <65 years

	Total CVD		CAD		CBD		PVD		HF	
	HR	95% CI	HR	95% CI	HR	95% CI	HR	95% CI	HR	95% CI
MOVE!	0.84	0.80-	0.82	0.80-	0.86	0.81-	0.89	0.83-	0.81	0.76-
Participation		0.87		0.87		0.92		0.95		0.86

Notes: Adjusted for age, sex, race, BMI at baseline, Charlson Comorbidity Index, hypertension, dyslipidemia, statin use, chronic obstructive pulmonary disease, smoking status, prescriptions for weight loss, prescriptions with weight gain risk, disability, osteoarthritis, distance from a patient's ZIP code to a facility offering MOVE!, marital status, kidney disease, sleep apnea, mental health conditions (depression, psychoses, and PTSD), number of primary care visits per year, and years of care in the VA system. N=1,297,317.

CVD, cardiovascular disease; VA, Veterans Health Administration; CAD, coronary artery disease; CBD, cerebrovascular disease; PVD, peripheral vascular disease; HF, heart failure; HR, hazard ratio

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Appendix Table 2. Population Marginal Mean Cardiovascular Risk Factors Over 3 Years, Stratified by MOVE! Participation and Diabetes Status, VA 2005-2012^a

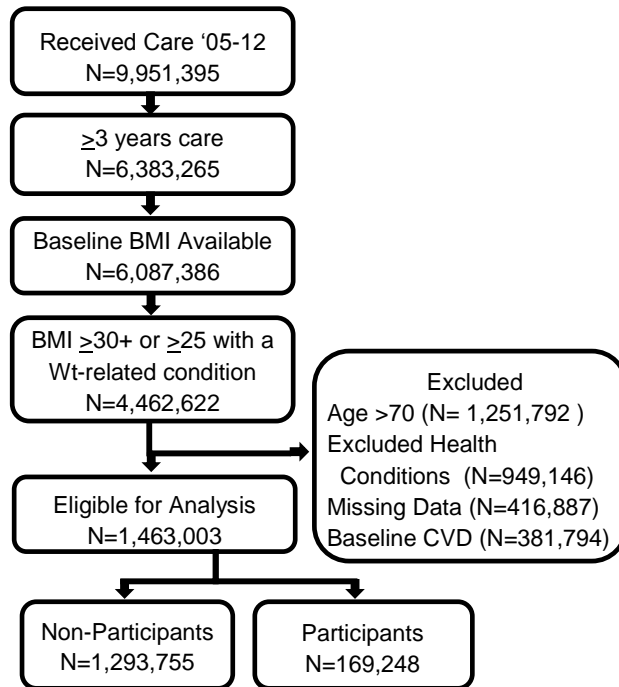
Risk factors	6 months	12 months	24 months	36 months
Systolic blood pressure				
Non-participants, No DM	131.29	130.81	130.36	130.21
Participants, No DM	130.59	130.34	130.34	130.37
Non-participants, DM	133.90	133.66	132.93	132.92
Participants, DM	133.06	132.81	132.69	132.99
HDL cholesterol				
Non-participants, No DM	44.42	44.98	44.87	44.86
Participants, No DM	44.48	45.14	45.59	45.92
Non-participants, DM	41.13	41.70	41.47	41.20
Participants, DM	41.19	41.72	42.13	42.46
Non-HDL cholesterol				
Non-participants, No DM	151.76	148.08	145.93	144.67
Participants, No DM	150.57	147.58	144.64	143.12
Non-participants, DM	135.40	132.92	130.84	129.12
Participants, DM	133.10	131.28	128.89	127.14
Random plasma glucose				
Non-participants, No DM	103.14	102.56	103.70	103.94
Participants, No DM	101.80	101.54	102.52	103.26
Non-participants, DM	147.65	148.59	149.08	149.27
Participants, DM	146.20	146.99	148.61	149.31

^a Least square means were used to obtain average systolic blood pressure, HDL cholesterol, non-HDL cholesterol, and random plasma glucose over time, among participants compared to non-participants, controlling for baseline value, BMI, age, sex, and race/ethnicity. Sample sizes vary by laboratory value and decrease over time; available upon request.

VA, Veterans Health Administration; DM, diabetes mellitus; HDL, high-density lipoprotein

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Appendix Figure 1. Study population, VA 2005-2012.



Weight-related health conditions included diabetes, hypertension, dyslipidemia, sleep apnea, or osteoarthritis. Excluded health conditions, consistent with a prior study of MOVE!, included diagnoses of sepsis, pregnancy, cancer other than skin cancer, neurodegenerative disease, HIV, or anorexia, or receipt of hospice or nursing home care.