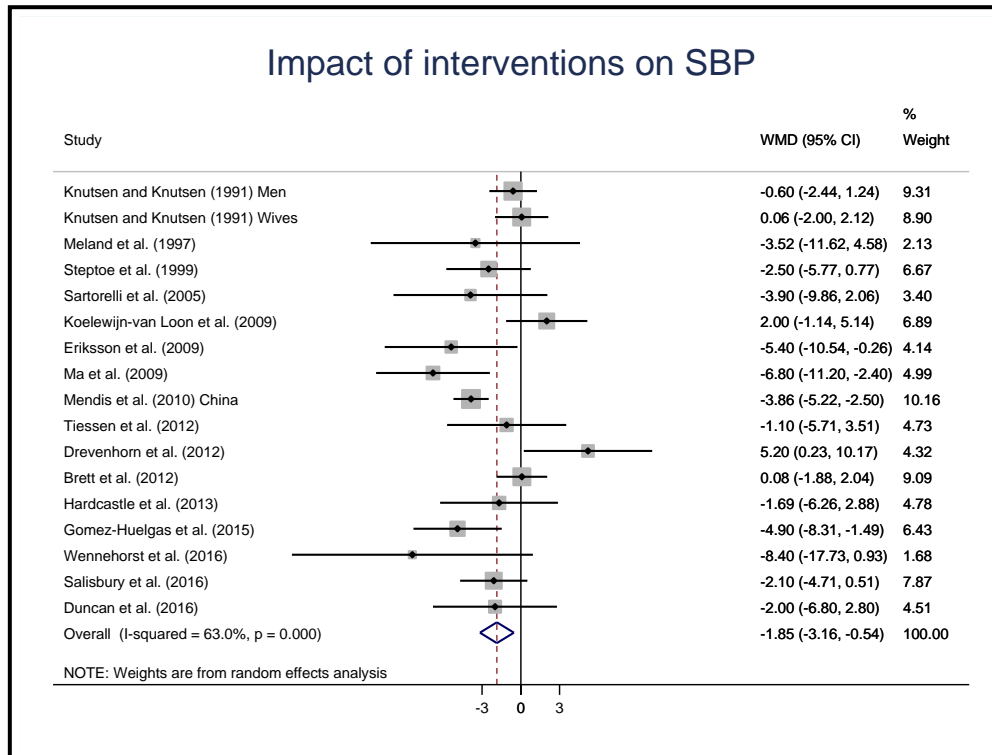
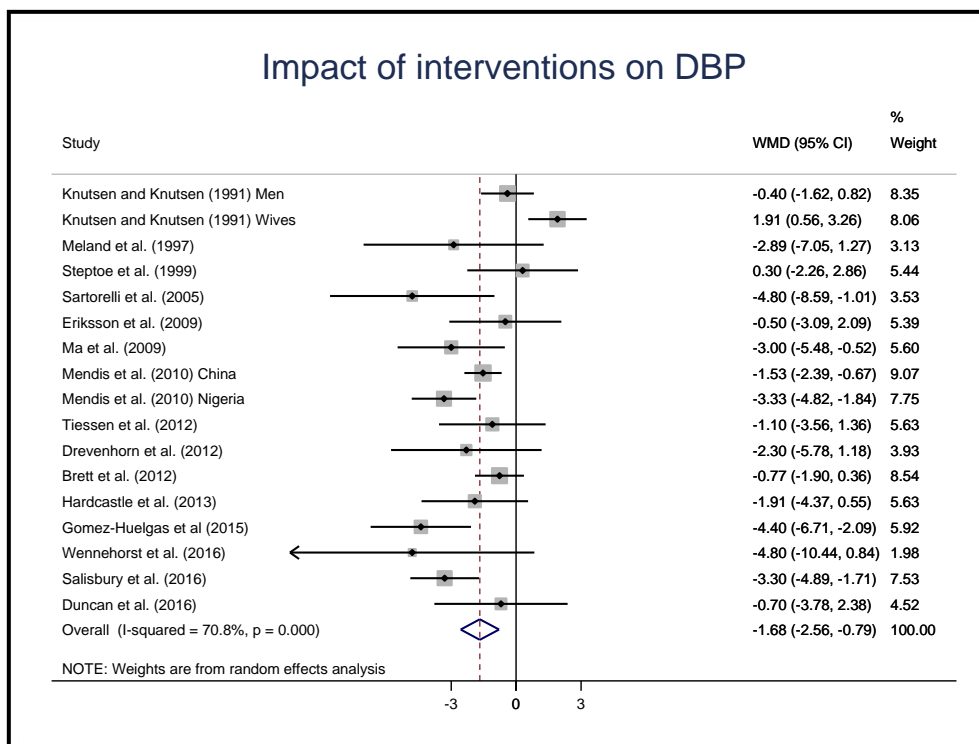


Appendix B

Forest plots of pooled effect of multiple behaviour interventions on intervention outcomes.

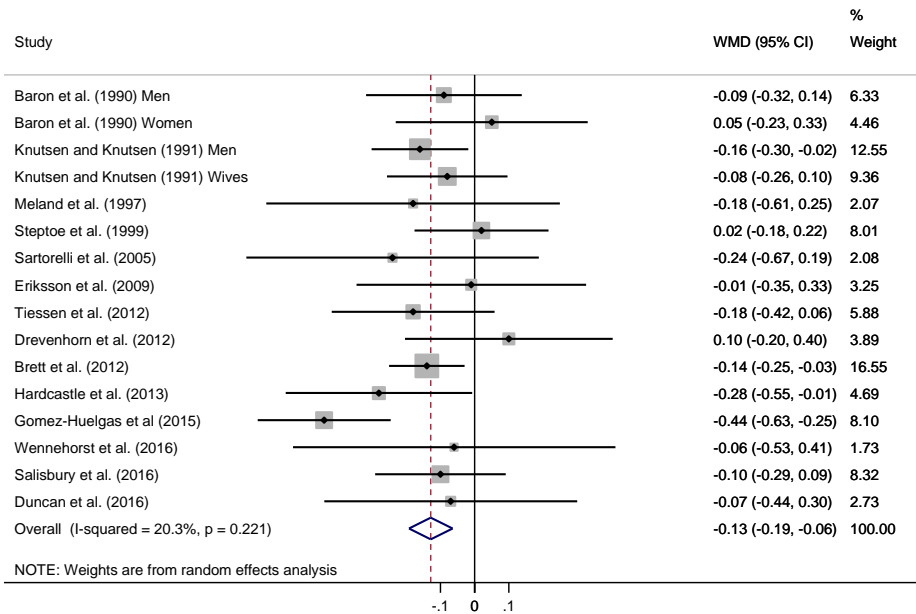


Pooled effect of multiple behaviour interventions on systolic blood pressure (mmHg). Random effects model used. MWD= mean weighted difference. 95% CI = 95% confidence intervals.



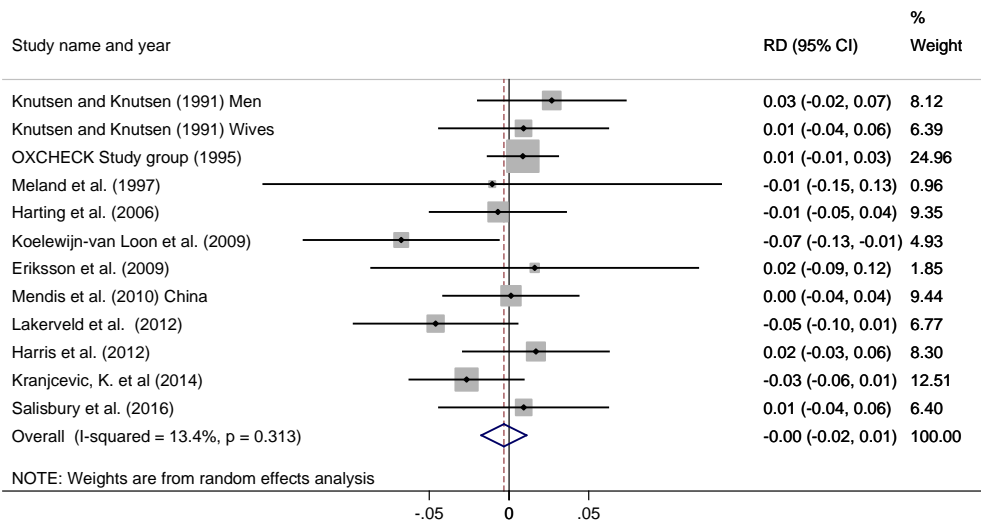
Pooled effect of multiple behaviour interventions on diastolic blood pressure (mmHg). Random effects model used. MWD= mean weighted difference. 95% CI = 95% confidence intervals.

Impact of interventions on serum total cholesterol

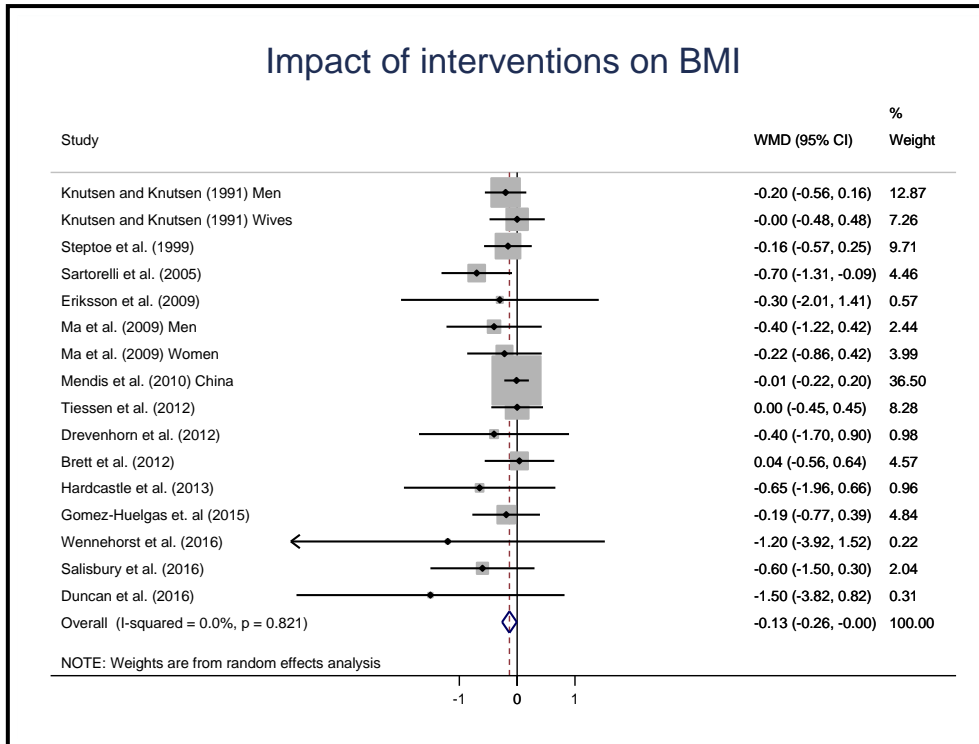


Pooled effect of multiple behaviour interventions on serum total cholesterol (mmol/L). Random effects model used. MWD= mean weighted difference. 95% CI = 95% confidence intervals.

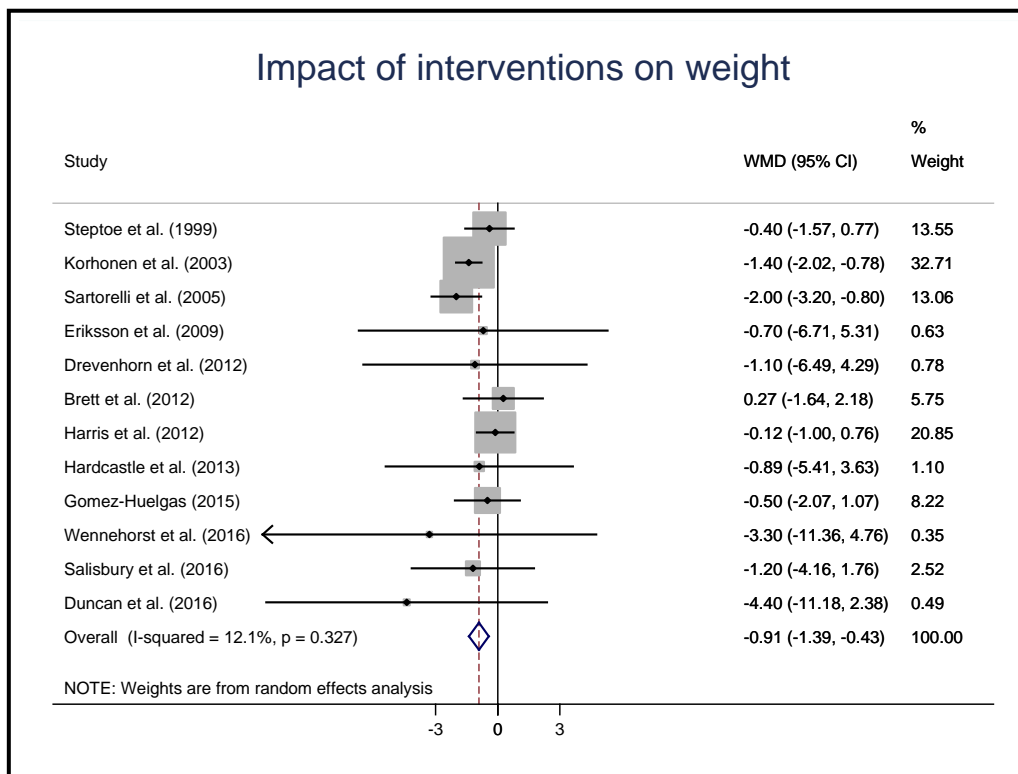
Impact of interventions on Smoking



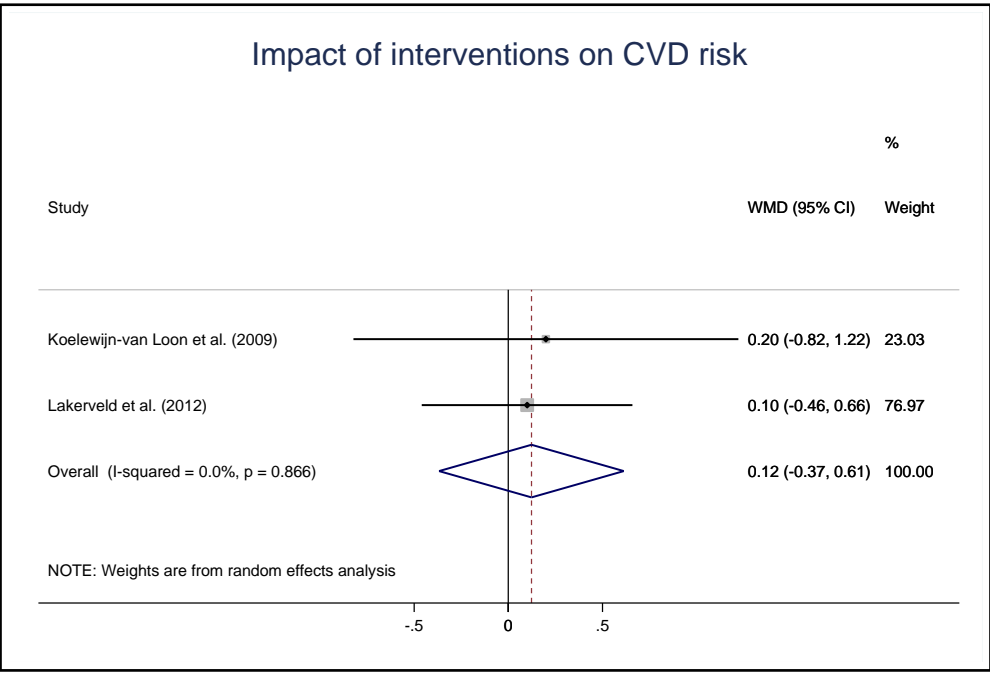
Pooled effect of multiple behaviour interventions on smoking prevalence. Random effects models used. RD= risk difference. 95% CI = 95% confidence intervals.



Pooled effect of multiple behaviour interventions on body mass index (Kg/m^2). Random effects model used. MWD= mean weighted difference. 95% CI = 95% confidence intervals.



Pooled effect of multiple behaviour interventions on weight (Kg). Random effects model used. MWD= mean weighted difference. 95% CI = 95% confidence intervals.



Pooled effect of multiple behaviour interventions on cardiovascular risk (SCORE). Random effect models used. MWD= mean weighted difference. 95% CI = 95% confidence intervals.