

Table 3: Changes in cardiovascular risk factors after one year follow up according to changes in BMI z-score

Table showing means with standard deviations (SD)

	Group 1 Decrease in BMI z-score ≥0.23		Group 2 Decrease in BMI z-score ≥0.1-<0.23		Group 3 Decrease in/stable BMI z-score ≥0.0-<0.1		Group 4 Increase in BMI z-score >0.00-0.55		*p-value for differences between groups	Adjusted** p-value for differences between groups
	n		n		n		n			
HOMA-IR	49	-0.7 (2.1) ^{1, 1a, 2}	54	-0.6 (2.6) ^{1, 1a}	48	-0.1 (2.7) ^{1, 1a}	41	1.4 (2.8) ³	< 0.001	< 0.001
Glucose	49	-0.1 (0.3)	58	0 (0.4)	52	0 (0.4)	42	0 (0.4)	0.44	0.48
Insulin	50	-16 (57) ^{1, 1a}	56	-18 (66) ^{1, 1a}	49	-1 (67) ^{1, 1a}	43	38 (68) ³	< 0.001	< 0.001
HbA1c	49	0 (0.3)	60	-0.2 (0.3)	51	0 (0.2)	44	0.1 (0.2)	0.15	0.37
C-peptide	50	-46 (233) ^{1a}	56	-35 (303) ^{1a}	49	16 (380)	41	104 (232) ³	0.07	0.02
Total cholesterol	52	-0.4 (0.5) ^{1, 1a, 2}	57	-0.1 (0.5) ^{1a}	52	-0.1 (0.5) ^{1a, 2}	42	0.1 (0.5)	0.002	0.01
HDL cholesterol	52	0.02 (0.23)	57	-0.02 (0.18)	52	0.02 (0.19)	42	-0.04 (0.18)	0.25	0.15
LDL cholesterol	50	-0.35 (0.47) ^{1, 1a, 2}	57	-0.31 (0.45) ^{1, 1a, 2}	52	-0.12 (0.42) ^{1, 1a, 2}	42	0.10 (0.49)	< 0.001	< 0.001
Total/HDL cholesterol	52	-0.3 (0.6) ^{1, 1a, 2}	57	0 (0.6) ^{1, 1a}	52	-0.2 (0.6) ^{1, 1a, 2}	42	0.2 (0.5) ³	< 0.001	< 0.001
Triglycerides	52	-0.12 (0.63)	57	0.09 (0.46)	52	-0.09 (0.43)	42	0.03 (0.58)	0.14	0.02
VO ₂ peak	31	3.0 (5.7) ^{1, 1a, 2}	28	- 0.1 (4.8)	24	0.7 (5.3)	19	-1.0 (6.2)	0.05	0.02

* One way Anova

** Linear regression. Adjusted for baseline BMI z-score, waist circumference and gender

¹ Means are significant different (p<0.05) from means in group 4. ^{1a} Means are significant different (p<0.05) from means in group 4 after adjustment.² Significant improvement (p<0.05) after intervention. Paired sample t-test, ³ Significant worsening (p<0.05) after intervention