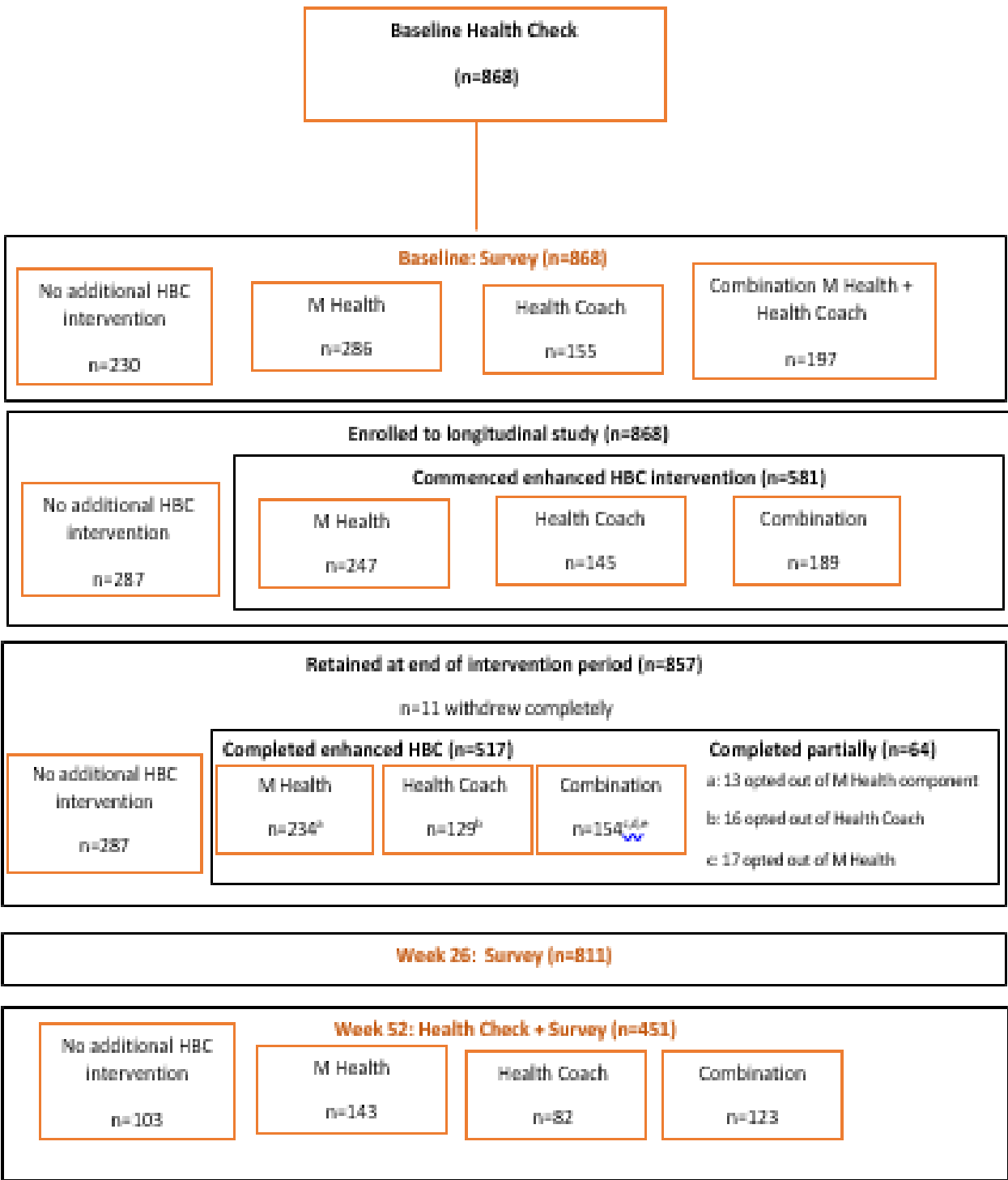


1 Farmers Have Hearts –Cardiovascular Health Programme Participation Flow



Flow chart FHH-CHP participation

2 Baseline characteristics: socio-demographic and farming information¹

Socio-demographic information

Age	All farmers	Mart (n=424)	Agri-branch (n=432)
Mean	57.55	58.2	56.9
What is your marital status? (n=858)	All farmers n (%)	Mart (n=424) n (%)	Agri-branch (n=432) n (%)
Married/ Co-habiting	669 (78.0)	306 (72.0)	363 (83.8)
Single	123 (14.3)	84 (19.8)	39 (9.0)
Separated/divorced	18 (2.1)	9 (2.0)	9 (2.1)
Widowed	20 (2.3)	13 (3.1)	7 (1.6)
In a relationship	28 (3.3)	13 (3.1)	15 (3.5)
What did your education include? (n=859)	All farmers n (%)	Mart (n=425) n (%)	Agri-branch (n=434) n (%)
Primary or below	145 (16.9)	99 (23.3)	46 (10.6)
Some secondary	332 (38.7)	149 (35.1)	183 (42.2)
Completed leaving cert	203 (23.6)	95 (22.4)	108 (24.9)
Third level	179 (20.8)	82 (19.2)	97 (22.3)

Farming characteristics mart and agri-branch farmers

Is farming your full-time or part-time occupation? (n=857)	All farmers n (%)	Mart (n=425) n (%)	Agri-branch (n=432) n (%)
Full-time	632 (73.7)	268 (63.1)	364 (84.3)
Part-time	225 (26.3)	157 (36.9)	68 (15.7)
What do you consider to be your MAIN farming enterprise based on farm income? (n=856)	All farmers n (%)	Mart (n=423) n (%)	Agri-branch (n=433) n (%)
Dairy	325 (38.0)	56 (13.2)	269 (62.1)
Specialised beef	331 (38.7)	238 (56.2)	93 (21.5)
Mainly sheep	35 (4.1)	32 (7.6)	3 (0.7)
Mixed livestock	119 (13.9)	82 (19.4)	37 (8.5)
Tillage	26 (3.0)	4 (0.9)	22 (5.1)
Other	20 (2.3)	11 (2.7)	9 (2.1)

¹ Please note that the baseline clinical characteristics are included in the Key Outcome Measures Section (Outcome measure 3) on page 5.

How many acres do you farm? (n=853)	All farmers n (%)	Mart (n=421) n (%)	Agri-branch (n=432) n (%)
0-25	29 (3.4)	22 (5.2)	7 (1.6)
26-50	83 (9.7)	61 (14.5)	22 (5.1)
51-75	97 (11.4)	66 (15.7)	31 (7.2)
76-124	234 (27.4)	123 (29.2)	111 (25.7)
125-248	302 (35.4)	115 (27.3)	187 (43.3)
249 acres and over	108 (12.7)	34 (8.1)	74 (17.1)

3 Key Outcome Measures

Outcome measure 1: Follow-up use of GP services

	Week 26
Follow-up use of GP services	53.6%

Effectiveness HBC intervention in relation to follow-up use of GP services	HBC intervention	Usual Care	p value*
Yes	53.8	53.3	<0.01

*p<0.05 indicates statistical significance based on McNemar 2x2 analysis

Outcome measure 2: Health behaviour change

Self-reported health behaviour change Week 26 – Week 52			
	Week 26	Week 52	p value*
Having made health behaviour change (HBC)	71.0%	81.5%	0.01
Incorporation of lifestyle changes in my daily life (maintenance)	19.9%	84.2%	0.01
Most cited lifestyle changes			
- Improved diet	76.0%	54.3%	
- Increased levels of physical activity	37.0%	45.8%	
- Decreased levels of stress	8.9%	2.7%	
- Reduced alcohol consumption	3.3%	2.9%	
- Stopped smoking (n=40)	15.9%	9.1%	
Health difference as a result of making HBC	Not available	82.3%	
- Feel fitter / more energy		49.6%	
- Feel better overall		19.1%	
- Weight loss		14.2%	
- Improved physical health		9.6%	
- Improved mental health		9.3%	

*p<0.05 indicates statistical significance based on McNemar 2x2 analysis

Effectiveness of HBC intervention	HBC intervention	Usual Care	p value
Week 26 Made HBC	78.3%	44.3%	0.04
Week 52 Made HBC	86.7%	62.5%	ns

Week 26 'Having incorporated lifestyle changes in their daily life' (Maintenance)	18.6%	28.2%	0.04
Week 52 'Having incorporated lifestyle changes in their daily life' (Maintenance)	85.7%	76.4%	<0.01

*p<0.05 indicates statistical significance based on McNemar 2x2 analysis

Outcome measure 3: Reduced cardiovascular health risk

Changes recorded between Baseline – Week 52			
Multiple risk factors profile	Baseline	Week 52	p value*
≥4 risk factors for CVD	45.1%	39.0%	0.02
Objective clinical measurements			
Blood pressure ≥140/90 mmHg	35.6%	27.3%	<0.01
Lipid profile			
Total cholesterol ≥5.0 mmol/L	45.7%	43.0%	ns
LDL-C ≥3.0 mmol/L	45.6%	47.4%	ns
Triglycerides ≥1.7 mmol/L	50.3%	43.1%	<0.01
HDL-C ≤1.00 mmol/L	30.0%	38.7%	<0.01
Blood glucose ≥7.0 mmol/L (non-fasting)	25.6%	17.2%	<0.01
BMI kg/m² ≥ 25.0	85.0%	84.5%	ns
Waist circumference ≥94 cm	79.1%	78.0%	ns
Self-reported health-outcomes and behaviours			
	Baseline	Week 52	
Smoking	9.1%	6.9%	<0.01
Standard drinks per week ≥17	11.5%	8.0%	ns
Harmful drinking pattern	35.3%	38.3%	ns
Physically inactive	31.8%	23.8%	0.02
Stressed ('often'/'very often')	12.4%	8.5%	0.04
Wellbeing 'poor' or 'below average'	28.5%	27.2%	ns
Advised to visit GP based on health check outcomes	74.4%	65.6%	<0.01

*p<0.05 indicates statistical significance based on McNemar 2x2 analysis

Effectiveness of HBC intervention in relation to change in multiple risk factor profile at Week 52	HBC Intervention	Usual Care	p value*
Improved multiple risk factor profile	44.0%	32.0%	<0.01

*p<0.05 indicates statistical significance based on McNemar 2x2 analysis

Adverse events

There were no adverse events associated with this trial