

## Class report card

This table shows the outcomes for the individuals who participated in our fifth group lifestyle balance class. Most participants experienced reductions in several categories.

Participant	Total weight loss (in pounds)	Decrease in waist circumference (inches)	Points decreased in fasting blood glucose level	Points decreased in systolic blood pressure	Points decreased in diastolic blood pressure
1	0	1	3	6	0
2	29	3	9	8	6
3	40	5	6	30	10
4	0	0	12	18	0
5	30	5	12	8	18
6	42	3	8	0	0
7	19	4	14	4	0
8	25	5	0	4	4
9	31	4	2	6	0
10	8	2	8	0	0
<b>Per group</b>	<b>224</b>	<b>32</b>	<b>74</b>	<b>84</b>	<b>38</b>