









Figure S-2: Changes of Total-, LDL- HDL-cholesterol (C), triglycerides (TG) and fasting glucose (FG) in intervention and control group and according to risk status at baseline (high risk: Total-C ≥ 200 mg/dl, LDL-C ≥ 130 mg/dl, HDL-C ≤ 40 and 45 for men and women, respectively, TG ≥ 150 mg/dl, FG ≥ 100 mg/dl). Changes of systolic and diastolic blood pressure (BP) in intervention and control group.