



5x1 Update

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9th June 2011

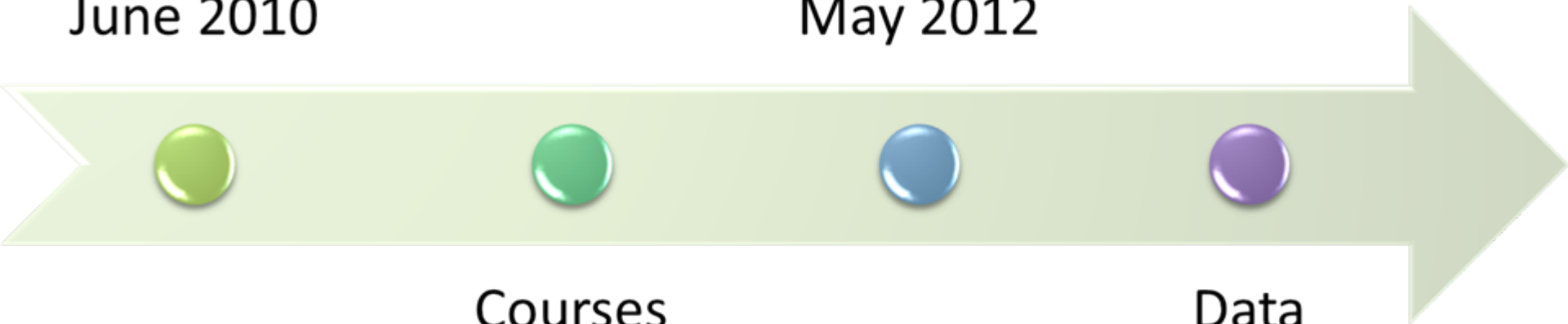
Timeline

Courses
Commenced
June 2010

12 month
follow-up
complete
May 2012

Courses
completed
May 2011

Data
analysis
complete
Sept 2012





Current Status

- Recruitment and running of courses is now complete
- Major task is now
 - Completion of 6 month data collection
 - 12 month data collection
 - data input

Recruitment and Courses

213 Randomised across 7 centres

188 completed baseline data collection

180 attended 30 courses

172 graduated 82 on 1 week course
 90 on 5 week course

Current Issues

- The data input is behind schedule
 - Individual centre glitches with inputting data into the database have now been largely resolved
 - First data dump from database received 6th June 2011
 - Some missing data – variable across different centres
 - Celia (Project Manager) and I to devise strategy
 - Liaise with centres individually
 - Will require database access
- Awaiting SAP
 - Dummy run in Autumn

Baseline Characteristics

	1 week (n=92)	N	5 week (n=96)	N	P-value
Gender %F : %M	47 : 53	83	38 : 62	93	0.16
Age (y)	40.6 \pm 13.0	82	42.5 \pm 12.8	94	0.34
Duration (y)	20.0 \pm 13.2	81	17.2 \pm 12.6	94	0.15
HbA1c (%)	8.67 \pm 1.2	91	8.46 \pm 1.6	95	0.29
Weight (kg)	79.0 \pm 15.2	76	77.6 \pm 15.1	91	0.53
BMI (m ² /kg)	27.2 \pm 4.4	76	26.4 \pm 4.6	91	0.26
Cholesterol	4.5 \pm 0.9	72	4.3 \pm 0.8	87	0.08
Systolic BP (mmHg)	131 \pm 18	70	128 \pm 18	90	0.21
Diastolic BP (mmHg)	75 \pm 9	70	74 \pm 10	90	0.47
SMBG / d	3.1 \pm 2.2	81	3.4 \pm 2.1	94	0.41