

**Table A. Demographic Characteristics, Chronic Conditions, BMI and Waist Circumference at Baseline by Group<sup>a</sup>**

	COACH (N=150) %	RealAge (N=135) %	Control (N=138) %
<b>Age (mean)</b>	51	52	51
<b>range</b>	40-68	40-66	40-66
<b>Female</b>	84	79	83
<b>Race/Ethnicity</b>			
White	39	37	39
African-American	46	44	44
Hispanic	10	13	10
Other	5	6	7
<b>Education</b>			
High School/GED	7.3	8.9	10.9
Some College	34.0	34.1	33.3
College Graduate	58.7	57.0	55.8
<b>Years at UIC</b>	12.6	12.6	12.7
<b>Chronic Conditions</b>			
Chronic Back Pain	31	31	30
Hypertension	27	35	30
High Cholesterol	29	27	31
Arthritis	25	31	19
Depression	21	30	18
Chronic Heartburn/GERD	20	20	14
Diabetes	11	9	9
<b>Body Mass Index</b>			
Normal	29	21	16
Overweight	23	33	36
Obese	46	42	43
<b>Waist Circumference: (mean inches)</b>	36.7	37.9	37.5

Abbreviations: GERD = gastro-esophageal reflux disease

a. No significant differences by group