**S2 Table. Study participant self-assessment of health (n=38).** Values are in counts (%) unless otherwise noted. \* = values in mean (standard deviation).

|  |  |  |
| --- | --- | --- |
| Health (baseline) | Very good/good  | 29 (76) |
|  | Average/poor | 9 (24) |
| Health (change) | Increased | 11 (29) |
|  | Same | 25 (66) |
|  | Decreased | 2 (5) |
| Smoking (baseline) | No | 23 (61) |
|  | Yes | 15 (40) |
| Smoking (change) | Increased | 0 (0) |
|  | Same | 23 (61) |
|  | Decreased | 14 (37) |
| Exercise (baseline) | Never | 9 (24) |
|  | Sometimes | 18 (47) |
|  | Often | 11 (29) |
| Exercise (change) | Increased | 11 (29) |
|  | Same  | 22 (58) |
|  | Decreased  | 4 (11) |
| Doctor Visits\* | Baseline | 3.0 (2.6) |
|  | Change  | -0.4 (2.7) |
| ER Visits\* | Baseline  | 0.1 (0.4) |
|  | Change  | -0.08 (0.5) |
| Nights in Hospital\* | Baseline  | 0 (0) |
|  | Change  | -0.3 (1.6) |