

Table 1. Mean changes for anthropometric measurements and biochemical markers among 12 to 14 year olds of rural areas of Heraklion, Crete (2011 and 1989)

	2011 N=66	1989 N=150	Mean Difference	95% CI for difference	p-value
12-14 years old	Mean (SE)	Mean (SE)			
Mean systolic blood pressure, mm Hg*	109.0 (1.3)	117.2 (0.8)	-8.2	-11.2 to -5.2	<0.001
Mean diastolic blood pressure, mm Hg*	61.5 (1.0)	78.6 (0.6)	-17.1	-19.4 to -14.7	<0.001
Body Mass Index, kg/m ²	22.9 (0.4)	20.4 (0.3)	2.5	1.5 to 3.5	<0.001
Blood Glucose, mg/dl‡	84.8 (1.2)	90.9 (1.2)	-6.1	-9.5 to -2.6	0.001
Triglycerides, mg/dl‡	73.4 (7.2)	81.3 (7.3)	-7.9	-28.8 to -12.9	0.452
Total Cholesterol, mg/dl‡	162.1 (3.8)	175.6 (3.9)	-13.5	-24.7 to -2.4	0.018
HDL-C, mg/dl‡	52.3 (1.6)	48.8 (1.6)	3.5	-1.2 to 8.2	0.144
LDL-C, mg/dl‡	94.9 (3.6)	111.3 (3.7)	-16.4	-27.0 to -5.8	0.001

* Missing values: 2011= 2 (3.0%). ‡ Missing values: 1989=95(63.3%), 2011= 9 (13.6%).

Adjusted for age and gender. Analysis of covariance.