

Effects of Individual Components of Multiple Behavior Changes: The PREMIER Trial

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Objectives: To assess contributions of individual lifestyle changes on systolic blood pressure (SBP) changes. **Methods:** We examined associations between lifestyle behavior changes and SBP after 6 and 18 months in 782 PREMIER trial participants. **Results:** In multivariate models omitting weight, predicted SBP reductions ranged from $\frac{1}{2}$ to $1\frac{1}{2}$ mm Hg for reduced urinary sodium, improved fitness, and ad-

herence to the DASH diet (except sodium at 18 months). With weight included, only fitness change additionally predicted SBP at 18 months. **Conclusions:** Several lifestyle behavior changes are important for BP lowering, but are difficult to detect when weight is included in multivariate models.

Key words: blood pressure, nutrition, physical activity, fitness, lifestyle

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