Table 2 Health lifestyle risk level of participants pre-intervention in each section of the health lifestyle questionnaire by age group

Section/Health lifestyle risk level	Age group (years)				P-value
	20–< 40 (n = 130)		40–60 (n = 105)		
	No.	%	No.	%	
Tobacco, alcohol & other drugs					
Excellent	59	45.4	44	41.9	< 0.05[a]
Good	65	50.0	61	58.1	
Risky	6	4.6	0	0.0	
Serious	0	0.0	0	0.0	
Eating habits					n/a
Excellent	0	0.0	0	0.0	
Good	0	0.0	0	0.0	
Risky	130	100.0	105	100.0	
Serious	0	0.0	0	0.0	
Exercises/fitness					0.342[b]
Excellent	0	0.0	0	0.0	
Good	0	0.0	0	0.0	
Risky	30	23.1	21	20.0	
Serious	100	76.9	84	80.0	
Stress management					0.499[b]
Excellent	68	52.3	54	51.4	
Good	62	47.7	51	48.6	
Risky	0	0.0	0	0.0	
Serious	0	0.0	0	0.0	
Safety					0.018[b]
Excellent	7	5.4	15	14.3	
Good	0	0.0	0	0.0	
Risky	123	94.6	90	85.7	
Serious	0	0.0	0	0.0	

[a]Chi-squared test; [b]Fisher exact test.