**Table 12. Description of interventions in studies on populations in work settings**

| **Author,****Year** | **Duration of Intervention**  | **Control** | **Active intervention,** **Self-management** | **Active intervention,** **Diet** | **Active intervention,** **Physical Activity** | **Active Intervention, Environment** |
| --- | --- | --- | --- | --- | --- | --- |
| Dekkers, 201116 months | 6 months | Printed materials | N/A | Nutritional counseling via phone or InternetEncouraged reduce fat, sugar, and alcohol while increasing intake of fruits and vegetables | Exercise counseling via phone or InternetEncouraged walking at lunch and active commuting | N/A |
| Goetzel, 20092Goetzel, 20103 | 24 months | Usual care with individually-focused health promotion programs | N/A | Usual care for individual dietary counseling | Usual care physical activity programs | Environmental changes to support an increase in employees’ physical activity, improve their eating habits, and manage their weight through environmental prompts and point-of-choice messagingKey personnel recruited to set worksite health goals and train worksite leaders on health promotion |
| Kwak, 20104 | 12 months | No intervention | Receipt of In Balance box with pedometer, measuring tape, calorie guide, and instructions for food and exercise diariesAccess to In Balance website including Weight Coach instrument that provides personalized advice to maintain weightCD-ROM based training including education on energy balance behaviors, skills training, goal settingSelf monitoring  | N/A | N/A | Key worksite personnel selected and implemented different environmental interventions at each site such as changing food products available at the cafeteria, workshops, signs promoting healthy eating and physical activity, forming lunchtime walking or cycling groups |
| Lemon, 20105 | 24 months | Usual care/no intervention | N/A | Weekly displays on nutrition educationWeekly newsletter via email that included education on a healthy weight topic, a recipe, and quick tip | Weekly displays on exercise educationMonthly strength training workshop where individuals were given a simple routine and a resistance band | Promotional signs to encourage healthy eating included nutritional information for food and beverages in the cafeteria, new healthy menu options, special cafeteria events, onsite farmer’s market, healthy potlucksPromotional signs to encourage physical activity included stairway signs, indoor and outdoor walking routes, and walking groupsPeriodic campaigns and challenges targeting physical activity, healthy eating, and weight with group and individual prizes |
| Linde, 2012624 Months | 24 months | No intervention | Weight self-monitoring | Healthy eating newsletter | Participants were given pedometersPromote the formation of walking groups and exercise challenges | Increase the availability and decrease the price of calorie-smart foods in the cafeteria and vending machinesUse point-of-purchase promotional materials for calorie-smart foodsMotivational materials placed to encourage use of stairs |
| McEachan, 201173 months | 3 months | Usual care | Individual reminders and fridge magnets to track physical activity |  | Knowledge quiz and educational messages about the benefits of physical activity including health, mental health and social benefits | Leaflets and posters distributed throughout worksiteTeam challenges targeting physical activity |
| Robbins, 20068 | 12 months | Usual care | Completion of personal energy plan workbooks | Email on healthy eating habits every other week | Email on physical activity every other week | N/A |

N/A = not applicable

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