**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, 20111  6 months | 6 months | Printed materials | N/A | Nutritional counseling via phone or Internet  Encouraged reduce fat, sugar, and alcohol while increasing intake of fruits and vegetables | Exercise counseling via phone or Internet  Encouraged walking at lunch and active commuting | N/A |
| Goetzel,  20092  Goetzel, 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 messaging  Key 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 diaries  Access to In Balance website including Weight Coach instrument that provides personalized advice to maintain weight  CD-ROM based training including education on energy balance behaviors, skills training, goal setting  Self 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 education  Weekly newsletter via email that included education on a healthy weight topic, a recipe, and quick tip | Weekly displays on exercise education  Monthly 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 potlucks  Promotional signs to encourage physical activity included stairway signs, indoor and outdoor walking routes, and walking groups  Periodic campaigns and challenges targeting physical activity, healthy eating, and weight with group and individual prizes |
| Linde, 20126  24 Months | 24 months | No intervention | Weight self-monitoring | Healthy eating newsletter | Participants were given pedometers  Promote the formation of walking groups and exercise challenges | Increase the availability and decrease the price of calorie-smart foods in the cafeteria and vending machines  Use point-of-purchase promotional materials for calorie-smart foods  Motivational materials placed to encourage use of stairs |
| McEachan, 20117  3 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 worksite  Team 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

**References**

1. Dekkers JC, van Wier MF, Ariëns GA et al. Comparative effectiveness of lifestyle interventions on cardiovascular risk factors among a Dutch overweight working population: a randomized controlled trial. BMC Public Health 2011; 11(1):49.

2. Goetzel RZ, Baker KM, Short ME et al. First-year results of an obesity prevention program at the Dow Chemical Company. Journal of Occupational and Environmental Medicine 2009; 51(2):125-38.

3. Goetzel RZ, Roemer EC, Pei X et al. Second-year results of an obesity prevention program at the Dow Chemical Company. Journal of Occupational and Environmental Medicine / American College of Occupational and Environmental Medicine 2010; 52(3):291-302.

4. Kwak L, Kremers SP, Candel MJ, et al. Changes in skinfold thickness and waist circumference after 12 and 24 months resulting from the NHF-NRG In Balance-project. Int J Behav Nutr Phys Act 2010; 7:26.

5. Lemon SC, Zapka J, Li W et al. Step ahead: A worksite obesity prevention trial among hospital employees. American Journal of Preventive Medicine 2010; 38(1):27-38.

6. Linde JA, Nygaard KE, MacLehose RF et al. HealthWorks: results of a multi-component group-randomized worksite environmental intervention trial for weight gain prevention. Int J Behav Nutr Phys Act 2012; 9:14.

7. McEachan RR, Lawton RJ, Jackson C, et al. Testing a workplace physical activity intervention: a cluster randomized controlled trial. The International Journal of Behavioral Nutrition and Physical Activity 2011; 8:29.

8. Robbins AS, Chao SY, Baumgartner N, Runyan CN, Oordt MS, Fonseca VP. A low-intensity intervention to prevent annual weight gain in active duty Air Force members. Mil Med 2006; 171(6):556-61.