**Table 14. Characteristics of studies on populations in a college setting**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Author, Year****Study Location** | **Years of Recruitment** | **Single or Multicenter** | **Recruitment Setting** | **Study Design** | **Inclusion Criteria** | **Study’s stated goal is weight maintenance** | **Control****Active Interventions** |
| Hivert, 20071Canada | 2002-2003 | Single | School | Randomized intervention | BMI: 18-30 kg/m2Full-time, first- or second-year studentLeft parental home for <2 yearsNo medical conditionsNo regular use of any medication except oral contraceptivesNot pregnant or not planning a pregnancy during the 2 years of the study | YesPrevent weight gain | No interventionSelf-managementDiet and exercise education |
| Matavienko, 20012United States | 1997 | Single | School | Randomized intervention | Freshman or sophomore studentAge: 18-26 yearsNo previous nutrition class | YesPrevent weight gain | No interventionDiet and exercise education |

BMI = Body Mass Index

**References**

 1. Hivert MF, Langlois MF, Bérard P, et al. Prevention of weight gain in young adults through a seminar-based intervention program. Int J Obes (Lond) 2007; 31(8):1262-9.

 2. Matvienko O, Lewis DS, Schafer E. A college nutrition science course as an intervention to prevent weight gain in female college freshmen. J Nutr Educ 2001; 33(2):95-101.