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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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, 20071  Canada | 2002-2003 | Single | School | Randomized intervention | BMI: 18-30 kg/m2  Full-time, first- or second-year student Left parental home for <2 years  No medical conditions  No regular use of any medication except oral contraceptives  Not pregnant or not planning a pregnancy during the 2 years of the study | Yes  Prevent weight gain | No intervention  Self-management  Diet and exercise education |
| Matavienko, 20012  United States | 1997 | Single | School | Randomized intervention | Freshman or sophomore student  Age: 18-26 years  No previous nutrition class | Yes  Prevent weight gain | No intervention  Diet and exercise education |

BMI = Body Mass Index

**References**

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