**Table 16. Description of interventions in studies on populations in a college setting**

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| --- | --- | --- | --- | --- | --- |
| **Author,**  **Year** | **Duration of Intervention** | **Control** | **Active intervention,**  **Self-management** | **Active intervention,**  **Diet** | **Active intervention,**  **Physical Activity** |
| Hivert, 20071 | 24 months | No intervention | Small group sessions focused on:  -Increasing knowledge on weight gain  -Problem solving  -Goal setting  -Monitoring strategies | Small group sessions focused on:  -Increasing knowledge on national recommendations on diet | Small group sessions focused on:  -Increasing knowledge on national recommendations on exercise |
| Matvienko  20012 | 4 months | No intervention | N/A | College course focused on:  -Lectures to increase knowledge of nutrition science including physiology and metabolism  -Laboratory exercises including body composition measurements, serving sizes, food sensory exercises, and food preparation methods | College course focused on:  -Lectures to increase knowledge of exercise science including physiology and metabolism |

N/A = Not applicable

**References**

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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.