

Additional file 2: Characteristics of the included studies

Reference (Name intervention, Author, Date)	Focus (PA, SB, EB*)	Study design	Target population	Study participants (I, C**) (n)	Environmental intervention components	Individual intervention components	Outcome measurements	European (E) or Non- European Study (NE)***
1.Romsas in Motion Jenum A.K. et al.; 2003 Jenum A.K. et al.; 2006 Lorentzen C. et al.; 2007 Jenum A.K. et al.; 2009	PA	Cluster-randomised controlled design	Age: 30 – 67 years I: Romsas C: Furuset	Baseline (2000): I: 1497 participants C: 1453 participants Follow-up (2003): I: 890 participants C: 876 participants	- Walking groups - Group sessions for indoor activity at no cost - Social support by the district administration staff - Labeling of walking trails - Improving street lighting - Gritting of pavements and trials in the winter	- Leaflets - Reminders of the health benefits of using the stairs - Local meetings about health - Individual counseling	- Health status, self-reported disease, health-related behaviour (questionnaire) - Body height, weight, waist and hip circumferences, blood pressure, cholesterol, glucose, lipids (clinical measurements)	E: Norway, Oslo
2. 10.000 steps Flanders De Cocker K.A. et al.; 2007 Van Acker R. et al.; 2011 De Cocker K.A. et al.; 2011 Van Acker R. et al.; 2012 Dubuy V. et al. ; 2013	PA	Cluster-randomised controlled design	Age: 25 – 75 years I: Ghent C: Aalst	Baseline (2005): I: 872 participants C: 810 participants Follow-up1 (2006): I: 660 participants C: 634 participants Follow-up2 (2009): I: 216 participants C: 204 participants	- Street signs, walking routes - Sale and loan of pedometers	- Website - Local media project - Flyers, posters etc.	- PA (questionnaire: IPAQ) - Steps (pedometer + activity log) - Awareness of the 10.000 steps Ghent (questionnaire)	E: Belgium; Ghent, Flanders
3. 10.000 steps Rockhampton Brown W.J. et al.; 2006 Eakin E.G. et al. ; 2007 Mummery W.K. et al.; 2006	PA	Cluster-randomised controlled design	Age > 18 years I: Rockhampton C: Mackay	Baseline (2001): I: 1280 participants C: 1059 participants Follow-up (2003): I: 1242 participants C: 1236 participants	- Improve the local environment, e.g. repairing key footpaths, erecting 10,000 steps signs	- Loan of pedometers - Logbooks are available - Print, radio and TV media campaign - Advice of general practitioners	- Changes in physical activity (questionnaire: Active Australia Survey) - Awareness of the 10,000 steps project (questionnaire) - Pedometer use (questionnaire)	NE: Australia, Rockhampton
4. Isfahan Healthy Heart Programme	PA and EB	Cluster-randomised	Age range not specified	Baseline (2000): I: 6175 participants	- Development of public exercise areas and green	- Campaigns and multi-media, education of	- Physical activity (questionnaire)	NE: Iran, Isfahan

<p>Sarrafzadegan N. et al. ; 2003 Sarrafzadegan N. et al. ; 2008 Rabiei K. et al. ; 2009 Rabiei K. et al. ; 2010 Boshtam M. et al. ; 2010 Khosravi A. et al. ; 2010 Baghaei A. et al. ; 2010 Tavasolli A. et al. ; 2011</p>		<p>controlled design⁸</p>	<p>I: Isfahan and Najafabad C: Arak</p>	<p>C: 6339 participants Follow-up1 (2001): I: 2994 participants C: 2897 participants Follow-up2 (2002): I: 2400 participants C: 2393 participants Follow-up3 (2003): I: 3012 participants C: 3070 participants Follow-up4 (2004): I: 3011 participants C: NA</p>	<p>spaces - Increase in the number of sport centers - Development of the infrastructures required for reducing the use of personal motor vehicles and encouraging cycling and walking - Modification and improvement of urban environments</p>	<p>specific target groups, face-to-face education, class education</p>	<p>- Dietary intake (questionnaire : FFQ) - Smoking behaviour (questionnaire)</p>	
<p>5. The Agita São Paulo Program Matsudo V. et al. ; 2002 Matsudo S.M. et al. ; 2003 Matsudo S.M. et al. ; 2005</p>	<p>PA</p>	<p>Pre-experimental design: one group posttest only design</p>	<p>Age range not specified I: São Paulo</p>	<p>I : Metropolitan (1999) : 641 participants (2000) : 645 participants (2001) : 627 participants (2002) : 662 participants (2003): 651 participants I: SP State (2002): 2001 participants (2003): 2000 participants</p>	<p>- Mega-events: Agita Trabalhador, Agita Galera, Agita Melhoridade - Changes to physical spaces: greater access to sporting facilities , creating more green and leisure spaces</p>	<p>- Posters, flyers - Messages in newsletters, magazines of organizations - Mascot - Media messages - Agital: package containing educational materials on physical activity for health professionals to prescribe to patients</p>	<p>- Physical activity level (questionnaire: IPAQ) - Physical activity knowledge (questionnaire) - Behaviour stage (questionnaire) - Recall of the program (questionnaire)</p>	<p>NE: Brazil, São Paulo</p>
<p>6. The Healthy Hawaii Initiative Nigg C. et al.; 2005 Maddock J. et al.; 2006</p>	<p>PA and EB</p>	<p>Pre-experimental design: one group pretest posttest design</p>	<p>Age range not specified I: Hawaii</p>	<p>Baseline (1999) : I : NA Follow-up1 (2000) : I : NA Follow-up2 (2001) : I : NA Follow-up3 (2002) : I : NA Follow-up4 (2003) :</p>	<p>- Renovating walking paths - Changing health screenings - Making physical venues for older adults - Increasing healthy choices in restaurants</p>	<p>- Public education campaign ‘Start Living Healthy’ with press releases, radio advertisements, a website</p>	<p>- Mortality rate, diabetes prevalence, obese and overweight prevalence (questionnaire) - Fruit and vegetables intake, physical activity (questionnaire: BRFSS and YRBS) - Perceived environment,</p>	<p>NE: Hawaii</p>

				I : 4495 participants Follow-up5 (2004) : I : 4476 participants			attitudes, subjective norms, stage-of-change, self- efficacy (questionnaire)	
7. Walk the Ozarks to Wellness Brownson R.C. et al. ; 2004 Brownson R.C. et al. ; 2005	PA	Cluster-randomised controlled design	Age > 18 years I: Six rural communities in Missouri C: Six rural communities in Arkansas en Tennessee	Baseline (2003): I: NA C: NA Follow-up (2004): I: 752 participants C: 779 participants	- Walking clubs - Activities such as walk-a-thons	- Computer-based tailoring - Tailored newsletters - Feedback letters by mail - Counseling	- Physical activity, being aware of project, attending a project WOW event, sometimes or often seeing signs, articles, or other media related to PA, reporting that his physician advised him to exercise more (questionnaire: BRFSS)	NE: United States, Missouri, Arkansas and Tennessee
8. Healthworks Linde A.J. et al. ; 2012	PA and EB	Cluster-randomised controlled design	Age: 18-75 years I: three worksite in the Twin Cities metropolitan area C: three worksite in the Twin Cities metropolitan area	Baseline (2006 2007): I: 752 participants C: 995 participants Follow-up (2008-2009): I: 611 participants C: 795 participants	- Organized group walks - Competition between co-workers - Weight tracking competitions - Increase the availability of calorie smart foods - Reduce the price of calorie smart foods - Offer small portion sizes as substitutes	- Label calorie smart items - Activity monitoring (pedometer) - Motivation signs, posters, music were places in select stairwells - Balance beam scales with BMI charts - Monthly newsletter	- Weight, BMI (clinical measurements) - Food inventory (observational study) - Stair use (infrared beam sensors) - Health media environment (observational study)	NE: US; Minnesota
9. Hartslag Limburg Ronda G. et al. ; 2004 Ronda G. et al. ; 2004 Ronda G. et al. ; 2005 Schuit A.J. et al. ; 2006 Ronckers E.T. et al. ; 2006 Verkleij S.P. et al. ; 2011	PA and EB	Cluster-randomised controlled design	Age : 20 – 59 years I : Maastricht C : NA	Baseline (1998) : I : 3000 participants C : 895 participants Follow-up (2003) : I : 2414 participants C : 758 participants	- Public-private collaboration with the retail sector - Walking and bicycling clubs	- Nutrition education classes - Nutrition education tours in supermarkets - Food labeling	- Blood pressure, height, weight, BMI, waist circumference, total cholesterol, HDL cholesterol, glucose concentration (Clinical measurement)	E : The Netherlands, Maastricht

10. The Well London Project Wall M. et al. ; 2009 Philips G. et al. ; 2012	PA and EB	Cluster-randomised controlled design	Age >11 years (adults and adolescents) I : 20 deprived neighborhoods in London C : 20 deprived neighborhoods in London	Baseline (2008) : I : 2061 adults and 618 adolescents C : 2046 adults and 596 adolescents Follow-up (2012) : NA	<ul style="list-style-type: none"> - Improve the quality of public spaces to encourage physical activity - Improve access to healthy food choices 	<ul style="list-style-type: none"> - Maps informing participants of local sources for making healthy choices - Project to raise awareness of the importance of diet etc. 	<ul style="list-style-type: none"> - Healthy eating, physical activity, mental wellbeing (questionnaires ; FFQ, IPAQ, PAQ-A Hope Scale, EQ5D, Strengths and Difficulties questionnaire and Positive and Negative Affect Scale) 	E : United Kingdom, London
11. Looma Healthy Lifestyle Program Rowley K.G. et al. ; 2000	PA and EB	Pre-experimental design: one group pretest posttest design	Age > 15 years I : Looma Aboriginal community	Baseline (1993-1994) : I : 199 participants Follow-up1 (1996) : I : 181 participants Follow-up2 (1997) : I : 125 participants	<ul style="list-style-type: none"> - Improved quality and quantity of fresh products - Replacement of butter with margarine - Availability of wholemeal bread and flour - Family walking groups - Activation of sporting teams - Sporting festivals 	<ul style="list-style-type: none"> - Nutrition education - Healthy cooking classes - Store tours to identify healthy food choices 	<ul style="list-style-type: none"> - BMI, fasting glucose, insulin, triglyceride (clinical measurements) - Physical activity and dietary habits (questionnaire) 	NE : Australia, Kimberley
12. Healthy Employee Lifestyle Program Perez A.P. et al. ; 2009	EB	Pre-experimental design: one group pretest posttest design	Age range not specified I : Employees of the Arkansas Department of Health	Baseline (2005) : I : 1017 participants Follow-up (2006) : I : 214 participants	<ul style="list-style-type: none"> - Possibility to redeem the earned points for rewards (e.g. water bottles, 3 days of paid leave) 	<ul style="list-style-type: none"> - Educational information (flyers, posters) - Health promotion activities - Health events 	<ul style="list-style-type: none"> - Intake frequency of fat, desserts, protein, grains, dairy, processed meat, fried foods (questionnaire) - Stage of change (questionnaire) 	NE: USA, Arkansas
13. Cycling connecting communities Rissel C.E. et al. ; 2010	PA	Cluster-randomised controlled design	Age > 18 years I: Fairfield and Liverpool C: Bankstown	Baseline (2007): I + C: 1450 participants Follow-up (2009): I: 520 participants C: 389 participants	<ul style="list-style-type: none"> - Community rides - Free cycle skill courses 	<ul style="list-style-type: none"> - ‘Discover Fairfield and Liverpool by bike’ map for illustrating the extent of local bike paths - ‘Thinking about cycling’ - Presentation about the project 	<ul style="list-style-type: none"> - Frequency of cycling, PA behaviour, usage of bicycle paths (questionnaire) - Use of bicycle paths (observational study) 	NE: Australia, Sydney
14. Concord, a great place to be active Wen L.M. et al.; 2002	PA	Pre-experimental design: one group pretest posttest design	Age: 20-50 years Women I: Concord Local Government	Baseline (1997): I: 1762 participants Follow-up (1999): I: 1801 participants	<ul style="list-style-type: none"> - Walking groups - Community walking events - Signage - Community physical activity classes 	<ul style="list-style-type: none"> - Media - Newsletters - Walking maps 	<ul style="list-style-type: none"> - PA level (questionnaire) 	NE: Australia, Sydney

<p>15. The NHF-NRG In Balance Project Kwak L. et al.; 2006 Kwak L. et al.; 2009 Kwak L. et al.; 2010</p>	<p>PA and SB</p>	<p>Cluster-randomised controlled design</p>	<p>Area Age < 40 year BMI > 18 kg/m² I: 6 Dutch worksites C: 6 Dutch worksites</p>	<p>Baseline (2003) I: 365 participants C: 188 participants Follow-up1 (2004) I: 294 participants C: 164 participants Follow-up2 (2005-2006) I: 255 participants C: 145 participants</p>	<ul style="list-style-type: none"> - Form lunch walking groups - Form employee advisory board - Form groups of colleagues that actively commute together - Increase distance from individual offices to printers, faxes, coffee machines etc. - Facilitate of improve shower/change facilities - Facilitate or improve bike sheds - Bike-to-work campaign 	<ul style="list-style-type: none"> - Feedback on measured BMI, fat percentage and waist circumference - In-balance-box: pedometer, waist circumference measuring tape, calorie guide and instruction brochure - In-Balance website - Computer-tailored CD-rom - Posters and leaflets 	<ul style="list-style-type: none"> - Body weight, height, skinfold thickness and waist circumference (clinical measurements) 	<p>E: The Netherlands</p>
<p>16. Familias Sanas y Activas Ayala G.X. et al. ; 2011</p>	<p>PA</p>	<p>Pre-experimental design: one group pretest posttest design</p>	<p>Age > 18 years Women I: South San Diego county</p>	<p>Baseline (2007): I: 337 participants Follow-up1 (2008): I: participants Follow-up2 (2008-2009): I: 207 participants</p>	<ul style="list-style-type: none"> - Incentives for participants: a pedometer, water bottle, stretch band etc. - Free exercise classes in public places 	<ul style="list-style-type: none"> - PA promotional material (e.g. community resource guide of free and low-cost PA resources) - Walking path maps 	<ul style="list-style-type: none"> - Sitting resting blood pressure, waist circumference, weight, height (clinical measurements) - Leg and hamstrings flexibility (Sit-and-reach test) - Aerobic fitness (6-minute walk test) - Physical activity (questionnaire ; GPAQ) - Psychosocial variables (questionnaire ; GRAD) 	<p>NE: USA, San Diego County</p>
<p>17. Samoan communities church intervention Bell A.C. at al.; 2001</p>	<p>PA and EB</p>	<p>Cluster-randomised controlled design</p>	<p>Age: 20-77 years Samoan church community members I: Otara C: Glen Innes and Glen Eden</p>	<p>Baseline (1995-1996): I: 365 participants C: 106 participants Follow-up (1996): I: 275 participants C: 71 participants</p>	<ul style="list-style-type: none"> - Aerobic sessions - Walking clubs 	<ul style="list-style-type: none"> - Nutrition education sessions 	<ul style="list-style-type: none"> - Diet and lifestyle behaviour (questionnaire) - Fat knowledge (questionnaire) - PA (questionnaire) - Anthropometric measurement and blood pressure (clinical measurements) 	<p>NE: New-Zealand, Otara, Glen Innes and Glen Eden</p>
<p>18. Health-e-AME Bopp M. et al.; 2007</p>	<p>PA</p>	<p>Cluster-randomised</p>	<p>Age > 18 years AME church</p>	<p>Baseline (2002): I: 311 participants</p>	<ul style="list-style-type: none"> - Praise aerobics - Walking programs 	<ul style="list-style-type: none"> - Educational messages 	<ul style="list-style-type: none"> - Physical activity behaviour (questionnaire); 	<p>NE: South Carolina</p>

Wilcox S. et al.; 2007 Bopp M. et al.; 2009		controlled design	members I: eleven AME churches C: nine AME churches	C: 260 participants Follow-up1: 418 participants Follow-up2: 316 participants	- Health directors or physical activity coordinators		BRFSS) - Health-related variables (questionnaire)	
19. Body and Soul Resnicow K. et al.; 2004 Campbell M.K. et al. ; 2007 Allicock M. et al.; 2012	EB	Cluster-randomised controlled design	Age > 18 years African American church members	Baseline: I+ C: 1022 participants Follow-up: I+C: 864 participants	- Pastor support - Motivational interviewing	- Nutrition events - Food demonstrations - Supermarket tours - Information sessions - Self-help materials (e.g. cookbook)	- Fruit and vegetable intake (questionnaire; FFQ) - Fat intake (questionnaire; NCI Fat Screener) - Vegetable preparation practices (questionnaire) - Intrinsic, extrinsic motivation, social support, self-efficacy (questionnaire) - Program exposure and attendance (questionnaire)	NE: USA, North Carolina
20. Walk Kansas Estabrooks P.A. et al.; 2008	PA	Pre-experimental design: one group pretest posttest design	Age > 18 years I: Kansas	Baseline: I: 1045 participants Follow-up: I: 900 participants Follow-up 6 month after completion of the program: I: 278 participants	- Social support (team competition)	- Weekly newsletter - Goal setting - Healthy tips - Celebration event	- PA (questionnaire, BRFSS)	NE: USA, Kansas
21. Worksite intervention among Metropolitan Transit Workers French S.A. et al. ; 2010	PA and EB	Cluster-randomised controlled design	Age range not specified Metropolitan Transit Workers	Baseline (2005): I+C: 1102 participants Follow-up (2007): I+C: 940 participants	- Increased availability of healthful food and beverage in vending machines - Lower prices for healthy food - Fitness facilities - Self-weighting team competition - Team walking competition	- A free one-day health expo was held to increase awareness	- Weight and height (clinical measurement) - Dietary intake, physical activity (questionnaire, FFQ, dietary recall, Godin leisure time PA and accelerometry) - Perceived worksite environment and social support (questionnaire)	NE: USA, Mineapolis
22. Merrill Lynch Intervention Gemson D.H. et al.; 2008	PA and EB	Cluster-randomised controlled design	Age range not specified Employees with high blood pressure of Merrill Lynch	Baseline (2004): I: 298 participants C: 255 participants Follow-up (2005): I: 47 participants C: 94 participants	- Variety of fruits in the cafeteria	- Screening program - Health information - Educational brochures - Pedometers - Information of nurses	- Blood pressure (clinical measurements) - PA, diet and nutrition behaviours, pedometer use, weight, and motivation to change (questionnaire)	NE: USA

<p>23. Dow Chemical Company Intervention Goetzel R.Z. et al.; 2009 Goetzel R.Z. et al.; 2010</p>	<p>PA and EB</p>	<p>Cluster-randomised controlled design</p>	<p>Company Age range not specified Employees of Dow Chemical Company</p>	<p>Baseline (2006): I: 4231 participants (health risk assessment) 2924 participants (biometric measurements) C: 978 participants (health risk assessment) 646 participants (biometric measurements) Follow-up (2007): I: 2518 participants (health risk assessment) 1583 participants (biometric measurements) C: 634 participants (health risk assessment) 417 participants (biometric measurements)</p>	<ul style="list-style-type: none"> - Environmental prompts to encourage healthy food choices and PA behaviour - Modifying vending machine items and cafeteria menus - Creating walking paths 	<ul style="list-style-type: none"> - Health education material (newsletters, posters, mailing, etc.) - PA and weight management counseling - Health assessment 	<ul style="list-style-type: none"> - Health behaviours (questionnaire) - Biometric screening measurement: height, weight, blood pressure (clinical measurements) 	<p>NE: USA, Texas, Louisiana, New Jersey, West Virginia</p>
<p>24. Eating for a Healthy Life Hannon P.A. et al.; 2008 Bowen D.J. et al.; 2009</p>	<p>EB</p>	<p>Cluster-randomised controlled design</p>	<p>Age > 18 years Members of faith communities</p>	<p>Baseline: I: 1099 participants C: 1076 participants Follow-up: I: 996 participants C: 959 participants</p>	<ul style="list-style-type: none"> - Social activities 	<ul style="list-style-type: none"> - Healthful eating sessions (educational classes) - Motivational messages 	<ul style="list-style-type: none"> - Dietary behaviour (questionnaire; Fat and Fiber Behaviour Questionnaire and 24-hour dietary recall) - Stages of change, perceived health (questionnaire) 	<p>NE: Seattle, Washington</p>
<p>25. Worksite Opportunities for Wellness (WOW) Racette S.B. et al.; 2009</p>	<p>PA and EB</p>	<p>Cluster-randomised controlled design</p>	<p>Age > 18 years Employees of a large medical center in St.-Louis</p>	<p>Baseline (2005): C: 67 participants I: 84 participants Follow-up (2006): C: 55 participants I: 68 participants</p>	<ul style="list-style-type: none"> - Weekly healthy snack card - Exercise program - Team competition - Participation rewards 	<ul style="list-style-type: none"> - Pedometers - One site Weight-Watchers group meetings - Newsletters - Walking maps 	<ul style="list-style-type: none"> - Health assessment: height, weight, waist circumference, body composition, resting heart rate, blood pressure, fasting lipids and glucose, cardiovascular fitness (clinical measurements) 	<p>NE: USA, Missouri</p>

							- Dietary and PA patterns (questionnaires; National Institutes of health fruit and vegetable screener, The Kristal Fat and Fiber Behaviour Questionnaire and the IPAQ)	
26. Community intervention Bangladesh Rana A.K.M. et al.; 2009	PA and EB	Cluster-randomised controlled design	Age > 60 years I: 4 rural communities in Bangladesh C: 4 rural communities in Bangladesh	Baseline (2003): C: 517 participants I: 514 participants Follow-up (2004): C: 414 participants I: 425 participants	- Training on physical activity - Social support	- Advice to avoid harmful food items - Posters and leaflets to raise awareness	- Health related quality of life (questionnaire)	NE: Bangladesh
27. Elementary school personnel intervention Siegel J.M. et al.; 2010	PA and EB	Cluster-randomised controlled design	Age range not specified I: Personnel of 8 schools C: Personnel of 8 schools	Baseline (2005): C: 288 participants I: 145 participants Follow-up (2007): C: 125 participants I: 66 participants	- Healthy snacks at meetings - Walking clubs - Interschool competition (with prizes)	- Newsletter - Healthy cooking classes	- Weight, height, waist – and hip circumferences (clinical measurements) - Physical activity and fruit and vegetables consumption (questionnaires: IPAQ and NCI all day screener)	NE: Los Angeles, California
28. Academia Da Cidade Simoes E.J. et al.; 2009	PA and EB	Pre-experimental design: one group posttest only design	Age > 16 years Residents of Recife	(2007): 2046 participants	- Free supervised PA lessons	- Nutrition education - Health monitoring	- Leisure time PA and transport PA (questionnaire, IPAQ) - Participation and awareness of the activities (questionnaire)	NE: Recife, Brazilia
29. Beijing University Inytervention Xiangyang T. et al.; 2003	PA and EB	Pre-experimental design: one group pretest posttest design	Age range not specified Employees and students of Beijing University	Baseline (1999): 2360 participants Follow-up (2000): 2347 participants	- Workshops to develop healthy policies (e.g. provision of healthy food, routine annual physical examination etc.)	- Booklets, lecturers, interactive arena for health consultations, etc.	- Health knowledge, lifestyle behaviours: physical activity, smoking, dietary behaviour, sexual intercourse and mental health (questionnaire)	NE: Beijing
30. Heart at Work Pegus C. et al.; 2002	PA and EB	Cluster-randomised controlled design	Age range not specified Employees of American worksites	Baseline (1998): I: NA C: NA follow-up (1999): I: 223 participants C: 410 participants	- Walking group led by an coordinator who encourages the participants - Health care coordinator - Walking track was constructed on the	- E-mails messages and memos, flyers and posters, - Small incentives: T-shirts, bags etc. - Information about how to reduce fat intake	- Knowledge of CVD risk factors, nutrition and diet, self-efficacy (questionnaire) - PA, weight management, CVD-related diet and nutrition and tobacco use (questionnaire) - Cholesterol, blood	NE: USA

					factory grounds - Vending machines stocked more low-fat snacks - Low-fat lunch option		pressure (clinical measurements)	
31. Pasos Adelante Staten L.K. et al.; 2005	PA and EB	Pre-experimental design: one group pretest posttest design	Age range not specified I: Yuma and Santa Cruz counties	Baseline (2000-2003): 248 participants Follow-up (2000-2003): 216 participants	- Walking club/group	- Lectures on health - Educational classroom session on health	- Food intake and physical activity (questionnaires; Behavioural Risk Factor Surveillance Survey and Minnesota Leisure Time Physical Activity Questionnaire)	NE: USA; Arizona, United States-Sonora, Mexico border counties
32. Wijkgezondheids-werk – Gezond in de buurt Kloek G.C. et al.; 2006 Kloek G.C. et al.; 2006	PA and EB	Cluster-randomised controlled design	Age: 18-65 years I: Tivoli and De Bennekel (deprived neighborhoods in Eindhoven) C: Three comparison neighborhoods in Eindhoven	Baseline (2000): I: 1426 C: 1355 Follow-up (2002): I: 1021 C: 908	- Neighborhoods walking tours - Gymnastic classes - Large community events related to health - Collaboration with the greengrocer's shop	- Information on healthy nutrition	- Intervention awareness (questionnaire) - Daily fruit and vegetable intake and physical activity (questionnaires: Food Frequency Questionnaire, SQUASH) - Attitude, self-efficacy expectations, awareness, stages of change (questionnaire)	E: The Netherlands; Eindhoven
33. The Groninger Active Living Model Stevens M. et al.; 2008 De Jong J. et al.; 2006 De Jong J. et al.; 2007 Stevens M. et al.; 2003	PA	Cluster-randomised controlled trial	Age: 55-65 years I: 6 neighborhoods in 3 Dutch municipalities C: 6 neighborhoods in 3 Dutch municipalities	Baseline (2000): I: 163 C: 152 Follow-up (2001): I: 79 C: 102	- Group physical activity sessions	- Sport and exercise advice	- Physical activity (Voorrips Physical Activity questionnaire) - Perceived fitness (Groningen Fitness test for elderly questionnaire) - Fitness (Groninger Fitness test) - Blood pressure, body fat and BMI (clinical measures)	E: The Netherlands
34. The Navajo Healthy Stores Program Gittelsohn J. et al.; 2013	EB	Cluster-randomised controlled trial	Age: ≥ 18 years I+C: 10 store regions in the Navaja Nation	Baseline: I+C: 276 Follow-up: I+C: 145	- Increase availability of healthy food	- Promotion of healthy foods - Demonstrating healthier cooking methods	- Attitudes, knowledge and dietary behaviour (Adult Impact Questionnaire) - Intervention exposure (Intervention Exposure Questionnaire)	NE: USA, Arizona

35. The Healthy Alberta Communities Raine K.D.; 2013	PA and EB	Pre-experimental design: one group pretest posttest design	Age: ≥ 18 years I: 4 communities in Alberta C: all other communities in Alberta	Baseline (2006): I: 4761 C: 9775 Follow-up (2009): I: 4733 C: 9784	- Increase access to fruit and vegetables - Increase accessibility of community recreation space -Increase healthy restaurant options - Increase opportunities for unstructured physical activity -Increase the capacity of social programs	- Promotion of physical activity and healthy food items	- Health status, physical activity and dietary behaviour, height and weight (Canadian Community Health Survey) -Anthropometric measures and blood pressure (clinical measures) - Cholesterol, glucose, lipoprotein and triglycerides (blood sample)	NE: Canada, Alberta
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* PA = physical activity; SB = sedentary behaviour; EB = eating behaviour

** I = Intervention group; C = control group

*** E = European study; NE = Non-European study