

	Reach		Efficacy	Adoption		Implementation	Maintenance	
	Awareness rate (A) / Participation rate (PR)	Representativeness: Difference (D) No difference (ND)	Psychosocial effects (PSE) Behavioral effects (BE) Physiological effects (PE)	Adoption rate (AR) and representativeness of intervention agents	Adoption rate of delivery setting(AR) and representativeness of delivery settings: Difference (D) No difference(ND)	Completeness / fidelity of implementation	Individual level maintenance	Program sustainability
1.Romsas in Motion	Awareness: 95,3% Participation: 3,7% (lectures), 9,9% (walking groups), 13,3% (aerobic exercise groups), 21,7% (walk path), 6,4% (walk diary), 50,8% (physical fitness test)	Awareness: D: Sign. more active, Western people, with high BMI noticed the project ND: Gender, age and education Participation: D: Highly educated people are more likely to participate in the physical fitness test D: Older people are more likely to participate in walking groups D: Older women are more likely to participate in aerobic exercise groups D: Active people are more likely to use the walking path D: People with a high BMI are more likely to join lectures	BE: Significant increase in PA PE: Reduce in weight gain, beneficial effects for triglyceride levels, cholesterol ratio, systolic blood pressure and glucose levels				3 years FU: Increase in PA, reduce in weight gain, cholesterol, blood pressure	
2. 10.000 Steps Flanders	<u>Pilot study:</u> Awareness: 63,2% <u>Dissemination study:</u> Awareness: 35% noticed the project 33% (print media), 21% (TV), 18% (health insurance organizations), 13% (friends/ family) 22% (sale of pedometers), 9% walking circuits, 3% loan of pedometers	Awareness: ND: age, gender, education, employment status	BE: Increase in daily steps, walking time, moderate, work-related and leisure time PA	ND: age D: Staff members with more years of experience in PA promotion are more likely to adopt the program	AR: 36% ND: number of staff members, type of organization and working context (urban-rural)	Global implementation score of 52/100 90.5 (sale or loan of pedometers), 87.5 (community events), 76.2 (flyers), 64.3 (media advertisements), 52.4 (website), 37.5 (partnerships), 35.7 (posters), 19.0 (street signs), 17.2 (personal contact)	Four years FU: the positive effects seen after one year were not maintained after 4 years	50% of the organizations continued 10.000 steps

3. 10.000 Steps Rock-hamton	<u>Pilot study:</u> Awareness: 95% Participation: 18,1% (pedometer)	Awareness: D: Women are more aware than men Participation: D: Pedometer users were more likely to be female, aged 45 or older, have higher levels of education, have a BMI of 30 and higher	BE: No increase in PA, but prevent the fall in PA levels		<u>Dissemination study:</u> AR: 95 workplaces , 13 communities	33% changed the name of the intervention		Sustained intervention
4. Isfahan Healthy Heart Program			BE: Increase in healthy diet, no drop in energy expenditure	176 public health officers	<u>IHH worksite intervention:</u> AR: 45%	Well implemented, but only 57% of the factories could improve their food menus	Six years FU: positive effects were maintained	
5. Agita Sao Paulo	Awareness: 55,7% noticed the project of which 23,1% knew the main message	Awareness: ND: socio-economic levels	BE: People who knew the main message are more PA and less sedentary					Sustained intervention
6. Healthy Hawaii Initiative			BE: Reduction in no leisure time PA, increased fruit and vegetables consumption PE: Obesity rates remained stable				Four years FU: Increase in fruit and vegetables and decrease in sedentary people	Sustained intervention
7. Walk the Ozarks to Wellness			BE: Participants in the moderate and high dose categories were about three times more likely to meet walking guidelines					
8. Healthworks			PE: No intervention effects on weight change		AR: 12% (6/52)	100% change food offerings >50% calorie smart foods and beverages in cafeteria, 0% price reduce of calorie smart foods, 66% change vending food offerings, 66% enhancing stairwell		

						attractiveness, 100% pedometer intervention, 100% scale access intervention, 100% publicity, 100% newsletters		
9. Hartslag Limburg	Awareness: 24.3% Participation: 15%	Awareness: Women are more familiar with nutrition and PA activities than men, older people are more familiar with PA activities and higher educated people are more familiar with nutrition and PA activities Participation: D: women are more likely to participate, older people are more likely to participate and ND: no sign. difference in education level	PE: Sign. changes in BMI, waist circumference, systolic blood pressure, total cholesterol en serum glucose		AR: 71,2%		Five years FU: positive effects on BMI, waist circumference	Sustained intervention
10. The Well London Project			BE: Increase in healthy eating, physical activity and mental health					Sustained intervention
11. The Looma Healthy Lifestyle Program			BE: Improvements in dietary intake and PA				Four years FU: decrease in fat intake and increase in PA	Sustained, now entirely ran by community members
12. Arkansas Healthy Employee Lifestyle Program	Participation: 20%	Participation: Most participants were female and white, but HELP was able to reach the high-risk employees (45% of participating employees were obese, 29% have overweight)	BE: Sign. change in eating 3 or more fruits and vegetables a day, other dietary intake did not differ significantly		AR: 200 county-based offices and 2 central offices			Sustained intervention
13. Cycling connecting communiti	Awareness: 13,5%	Awareness: D: occasional riders are more likely to recall awareness	BE: Increasing use of cycling paths and minutes of cycling					Sustained

es		ND: age and gender						
14. Concord, a great place to be active	Awareness: 50,6%		BE: Sign. decrease in sedentary women, no sign. change in moderate and vigorous PA					
15. NHF-NRG In balance			PE: Sign. changes in skinfold thickness and waist circumference		AR: 9% (12/ 128)	67% places posters near the elevators and stairs, 33% formed worksite linkage boards and organized more environmental interventions (e.g. information booklets, walking routes, bike scheme)		
16. Familias Sanas y Activas			PSE: Improvements in depressed mood and anhedonia BE: Increased use of parks and PA facilities, PE: Improved waist circumference, blood pressure, fitness, hamstrings flexibility	30 unpaid promotores D: all trainers were women aged between 19 and 45 years				Sustained intervention
17. Samoan church intervention			BE: Sign. improvements in vigorous activity PE: Sign. improvements in weight					
18. Health-e-AME	Participation: vary between 2%-100%, with a median of 18,5%	Participation: D: women were more likely to participate	No sign. effects		AR: 66% D: large churches are more likely to adopt the intervention ND: geographical area, ethnicity and SES	14% (8 Steps to Fitness), 32% (walking program), 22% (praise aerobics), 18% (chair aerobics), 26% (educational activities)		Sustained intervention; 13 churches were still offering at least one component of the intervention
19. Body and Soul	<u>Pilot study:</u> Participation: 75% attended kick-off		BE: Increased fruit and vegetables intake	64 church members were	AR: 16 churches, 25-50% adopted the program	1/8 initiated all 4 pillars (pastoral involvement,		Sustained intervention

	event, 63% attended at least one other activity <u>Dissemination study:</u> Awareness: 79% Participation: 74%			volunteer advisors, of which 74% was female	D: Intervention agents are more likely to be higher educated and have a higher income	educational activities, church environmental changes, and peer counseling), the other initiated at least two pillar		
20. Walk Kansas	Participation: 1%	Participation: D: Women were more likely to participate, older people are more likely to participate and active people were more likely to participate ND: ethnicity	BE: Increase in minutes of moderate and vigorous activity		AR: 92% D: Counties that adopted the intervention had higher populations		6 months FU: no decrease in PA	Sustained, 76% of the counties adopted the intervention for at least 3 years
21. Metropolitan Transit Workers	Participation: 55%		BE: Energy intake decreased sign, and fruit and vegetable intake increased sign., no change in PA					
22. Merrill Lynch Company			PE: Sign. improvements in BMI and systolic BP					
23. Dow Chemical Company			BE: Significant improvements in nutrition and PA				Two years FU: increase in PA	
24. Eating for a Healthy Life			BE: Significantly healthier dietary behaviors		AR: 60% (12/20)	5/7 implemented social activities (= healthful eating into existing activities), 3/7 healthy eating sessions, 2/7 advisory meetings, 6/7 motivational messages		Sustained
25. Worksite Opportunities for Wellness			PE: Improvements in fitness, blood pressure, and cholesterol Improvements in BMI in one worksite					
26.			PSE: Sign. increase in health-					

Bangladesh Intervention			related quality of life					
27. Elementary school personnel	Awareness: 100% Participation: 70%		PE: Sign. decrease in BMI					
28. Academia da Cidade	Awareness: 61.7% Participation: 5.2%	Active people are more likely to participate in the intervention	BE: Moderate to high levels of leisure-time physical activity were higher among former and current intervention participants					Sustained, integrated in public health care
29. Beijing Universities	Awareness: 51,2%		PSE: increase in mental health BE: Sign. decrease in PA!!! Sign. reduce in high-fat food intake			All of the intervention activities are implemented by the 6 universities		
30. Heart at Work			PSE: sign. improvements in CVD risk awareness, and self-efficacy BE: No sign. effect on diet, PA, weight loss	One health care coordinator (=nurse) per workplace				
31. Pasos adelante			BE: Significant increase in moderate to vigorous walking among participants and shifts in nutritional patterns PE: Decreases in BMI, waist and hip circumferences, total cholesterol and blood pressure	11 promotores				
32. Wijkgezondheidswerk	Awareness: 24% knew the program by name, but 70% were aware of subinterventions		BE: Only small impact on fruit consumption			Most key principles were carried out		Sustained (other name)
33. Groninger Active Living			BE: Sign. effect for energy expenditure for recreational sports activities, other leisure time PA and total PA					