

Supplementary Table S2. Characteristics of lifestyle behavior change interventions

	Total trials (n=26)	Dietary (n=11)	Physical activity (n=8)	Lifestyle ¹ (n=7)
Characteristic				
<i>Setting²</i>				
Individual	9	6	1	2
Combination individual and group	7	1	4	2
Group	2	1	0	1
Not specified	7	3	2	2
<i>Delivery</i>				
Face-to-face with telephone follow-up	14	7	6	1
Face-to-face	7	3	1	3
Online	1	0	0	1
Not specified	3	1	0	2
<i>Location²</i>				
Hospital/clinic	10	7	1	2
Home	8	1	4	3
Gym	3	0	1	2
Other ³	3	1	2	0
Not specified	6	3	1	2
<i>Total intervention duration</i>				
1 month	1	1	0	0
3 months	10	3	6	1
4 to 6 months	6	3	1	2
12 months	5	1	1	3
24 to 36 months	4	3	0	1
<i>Facilitator/ educator²</i>				
Dietician	12	8	0	4
Nurse	6	0	1	5
Exercise physiologist/ physiotherapist	4	0	2	2
Psychologist	3	1	0	2
Social worker	2	0	0	2
Nephrologist	2	1	0	1
Researcher	2	2	0	0
General practitioner/medical doctor	1	0	1	0

¹ Any combination of diet, physical activity, weight reduction or smoking cessation² Many interventions use multiple settings, locations and facilitators, therefore numbers overlap³ Community, physical therapy or cardiac rehabilitation centers, university premises

Volunteers/peers	1	1	0	0
Other ⁴	5	0	3	2
Not specified	4	2	2	0
<i>Number of facilitators</i>				
Single	12	7	3	2
Multiple	8	2	2	4
Not specified	6	2	3	1
<i>Informed by theory</i>				
Yes	5	2	2	1
No	21	9	6	6

⁴ Clinical pharmacy specialist, health educator, physical education professional, community network officer