**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 |
| Matvienko20012 | 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.