**Table 3. Description of observational exposures in studies among adults in the general population**

| **Author, year****Study name\*****Mean duration of followup** | **Primary aim of original cohort** | **Self-Management Measures** | **Dietary Measures**  | **Physical Activity Measures** |
| --- | --- | --- | --- | --- |
| **Studies reporting on more than 1 approach** |
| Adair 20111Cebu Longitudinal Health and Nutrition Survey24 months Median duration | Prospective study of infant feeding patterns among Filipino women | None reported | Energy intake in kilojoules per day, protein intake as a percent of energy | Occupational physical activity |
| Berry, 20112Not reported; responders to two cross-sectional surveys | Survey the health of residents of Edmonton, Canada | None reported | Fruit and vegetable consumption, five servings per day threshold | Physical activity during last week (METs)Neighborhood walkability (measured on community level)Traffic (measured on community level) |
| Lewis 19973Pereira 20054Coronary Artery Risk Development in Young AdultsMean duration not reported | Prospective study of cardiovascular risk factors in young adults | None reported | Percent calories from fat3,Fast food consumption per week4 | Exercise duration in seconds from a treadmill test3 |
| Mozaffarian 20115Nurses’ Health studyNurses’ Health Study IIHealth Professionals’ Follow-up StudyMean duration not reported | Prospective study of cancer and cardiovascular disease risk factors in married female nursesProspective study of modifiable risk factors for health problems affecting younger women in female nursesProspective study of nutritional factors and serious illnesses including cancer and cardiovascular disease in male health professionals | Daily hours of sleep, Television watching in hours per day | Fruits, Vegetables, Nuts, Whole-fat dairy foods, Low-fat dairy foods, Potato chips, Potatoes, Whole grains, Refined grains, 100% fruit juice, Sugar-sweetened beverages, Diet soda, Sweets and desserts, Processed meats, Unprocessed red meats, Trans fat, Fried foods, Quintiles of eating pattern | Metabolic equivalent of task (MET) hours per week, Quintiles of physical activity |
| **Studies reporting on a dietary approach** |
|  |  |  |  |  |
| Bes-Rastrollo 20096Seguimiento Universidad de NavarraDuration 4.4 years | Prospective study of diet and chronic diseases, including obesity among graduates of a Spanish university | None reported | Eating meals away from home | None reported |
| Purslow 20087European Prospective Investigation into Cancer and NutritionDuration 3.7 years | Prospective study of nutrition and cancer in 10 European countries, Norfolk cohort | None reported | Percent of daily energy intake consumed during breakfast | None reported |
| Schulz 20058European Prospective Investigation into Cancer and NutritionDuration 4.4 years | Prospective study of nutrition and cancer in 10 European countries, Potsdam cohort | None reported | Quintiles of high-fiber/ low fat food pattern score | None reported |
| Vioque 20089Duration not reported | Followup study of responders to a cross-sectional health and nutrition survey in Valencia and Alicante, Spain | None reported | Fruits, Vegetables | None reported |
| **Study reporting on a physical activity approach** |
| Lee 201010Women’s Health StudyDuration 13.1 years | Trial of low dose aspirin and vitamin E to prevent cardiovascular disease and cancer in female health professionals | None reported | None reported | Metabolic equivalent of task (MET) hours per week |

METs = Metabolic equivalent of task

1. Study name listed only if applicable

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