**Evidence Table 53. Description of the interventions used in community only settings**

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| **Author, year** | **Arm** | **Description** | **Psycho-social dietary intervention** | **Physical/environ-mental dietary inter-vention** | **Psychosocial physical activity/ exercise intervention** | **Physical/environmental physical activity/ exercise intervention** | **Decrease sedentary behavior intervention** | **Other interventions** | **General Comments** |
| Eiholzer, 20101 | 1 | Usual care/no intervention |  |  |  |  |  |  |  |
| 2 | GCK lions groupLength of intervention: 16 weeksSetting: Community or environ-ment level Focus was on High-Intensity Training exercises. |  |  |  | The resistance exercise program consisted of supervised 1-hour exercise sessions twice weekly (Tuesday, Thursday) for12 weeks. The program consisted of 7 basic multiple-joints exercises training the main muscle groups (arm, 15 repetitions; leg, 15 repetitions; trunk, 25 repetitions); once weekly, the training loads were individually adapted to optimizestrength and power gainsTarget: ChildDuration: 60/sessionFrequency: 2 |  | Goal settingTarget: ChildDelivery: TeacherDuration: combined with psychosocial intervention targeting dietary intake. | After teachers were provided with preparatory teaching and classroom materials, they undertook special seminars that were designed and conducted to the intervention classes. In cooperation with the school directors, two 3 h seminars were performed by the authors. The aims ofthe seminars were:(i) to familiarize teachers with theobjectives of the program and their role therein; and(ii) to increase teachers’ awareness of the significance of incorporating health and nutrition in their curriculum.The intervention itself was delivered by class home economics teacher supervised by a health visitor or a family doctor |

h = hours