**Table 10 Characteristics of studies on populations in work setting**

| **Author, Year****Study Location** | **Years of Recruitment** | **Single or Multicenter** | **Recruitment Setting** | **Study Design** | **Inclusion Criteria** | **Study’s stated goal is weight maintenance** | **Control****Active Interventions** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Dekkers, 20111Europe | 2004 | Multicenter | Work place | Randomized intervention | Age≥18 yearsBMI≥25 kg/m2Paid employment for at least 8 hours a week in a participating companyNot pregnantSpeak DutchAccess to Internet and knowledge how to use itNot diagnosed or treated for disorders that make physical activity difficult | NoImprove cardiovascular risk factors | Printed materialsDiet and exercise counseling |
| Goetzel, 20092Goetzel, 20103United States | 2006 | Multicenter | Work place | Non-randomized intervention | Not pregnantParticipated in concurrent annual health risk assessments | YesPrevent obesity and reduce prevalence of obesity among workers | Usual careUsual careEnvironmental changes |
| Kwak, 20104Europe | 2003-2004 | Multicenter | Work place | Non-randomized intervention | Worksite with ≥100 employeesWorksite with canteen facilitiesAge: <40 yearsBMI: >18.0 kg/m2No medical restrictions regarding diet or physical activity | YesPrevent weight gain | No interventionSelf-managementEnvironmental changes |
| Lemon, 20105United States | 2005 | Multicenter | Work place | Randomized intervention | Age:18-65 yearsAble to understand and communicate in English or SpanishNot planning on leaving employment in next 2 yearsWorking at least 20 hours per weekNot working in more than one of the participating hospitalsNo impediment to being weighed and measuredNot pregnantDid not drop out after 6-month washout period Still eligible after 6-month washout period | YesPrevent weight gain | No interventionDiet and exercise educationEnvironmental changes |
| Linde, 20126United States | 2005-2006 | Multicenter |  Work place | Randomized intervention | Worksite with food service presentWorksite with at least a two-story buildingWorksite with minimal seasonal fluctuation of employeesWorksite with stabile location and workforceWorksite willing to provide employees’ work contact informationEmployed at least 50% time on-site during a daytime shift at an eligible worksite | YesReduce weight gain | No interventionDiet and exercise educationSelf-managementEnvironmental changes |
| McEachan, 20117Europe |  2007-2008 | Multicenter |  Work place | Randomized intervention | No known heart disease requiring medication or pace makerNo significant valvular heart diseaseNot on medication that alters heart rate No significant breathing problems including asthma of a level that makes it difficult to exercise or climb a flight of stairs No complaints of chest pain within the previous four weeksNo history of heart attack, angina, or heart surgery within the previous three monthsNot pregnant | NoIncrease physical activity | Usual careExercise educationSelf-managementEnvironmental changes |
| Robbins, 20068United States | 2002 | Multicenter | Workplace(Military) | Non-randomized intervention | BMI: 24-29.9 kg/m2 | YesPrevent weight gain | Usual careSelf-managementDiet and exercise education |

BMI = Body Mass Index; Kg/m2 = kilogram per meter squared

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