**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, 20111  Europe | 2004 | Multicenter | Work place | Randomized intervention | Age≥18 years  BMI≥25 kg/m2  Paid employment for at least 8 hours a week in a participating company  Not pregnant  Speak Dutch  Access to Internet and knowledge how to use it  Not diagnosed or treated for disorders that make physical activity difficult | No  Improve cardiovascular risk factors | Printed materials  Diet and exercise counseling |
| Goetzel, 20092  Goetzel, 20103  United States | 2006 | Multicenter | Work place | Non-randomized intervention | Not pregnant  Participated in concurrent annual health risk assessments | Yes  Prevent obesity and reduce prevalence of obesity among workers | Usual care  Usual care  Environmental changes |
| Kwak, 20104  Europe | 2003-2004 | Multicenter | Work place | Non-randomized intervention | Worksite with ≥100 employees  Worksite with canteen facilities  Age: <40 years  BMI: >18.0 kg/m2  No medical restrictions regarding diet or physical activity | Yes  Prevent weight gain | No intervention  Self-management  Environmental changes |
| Lemon, 20105  United States | 2005 | Multicenter | Work place | Randomized intervention | Age:18-65 years  Able to understand and communicate in English or Spanish  Not planning on leaving employment in next 2 years  Working at least 20 hours per week  Not working in more than one of the participating hospitals  No impediment to being weighed and measured  Not pregnant  Did not drop out after 6-month washout period  Still eligible after 6-month washout period | Yes  Prevent weight gain | No intervention  Diet and exercise education  Environmental changes |
| Linde, 20126  United States | 2005-2006 | Multicenter | Work place | Randomized intervention | Worksite with food service present  Worksite with at least a two-story building  Worksite with minimal seasonal fluctuation of employees  Worksite with stabile location and workforce  Worksite willing to provide employees’ work contact information  Employed at least 50% time on-site during a daytime shift at an eligible worksite | Yes  Reduce weight gain | No intervention  Diet and exercise education  Self-management  Environmental changes |
| McEachan, 20117  Europe | 2007-2008 | Multicenter | Work place | Randomized intervention | No known heart disease requiring medication or pace maker  No significant valvular heart disease  Not 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 weeks  No history of heart attack, angina, or heart surgery within the previous three months  Not pregnant | No  Increase physical activity | Usual care  Exercise education  Self-management  Environmental changes |
| Robbins, 20068  United States | 2002 | Multicenter | Workplace  (Military) | Non-randomized intervention | BMI: 24-29.9 kg/m2 | Yes  Prevent weight gain | Usual care  Self-management  Diet and exercise education |

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

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