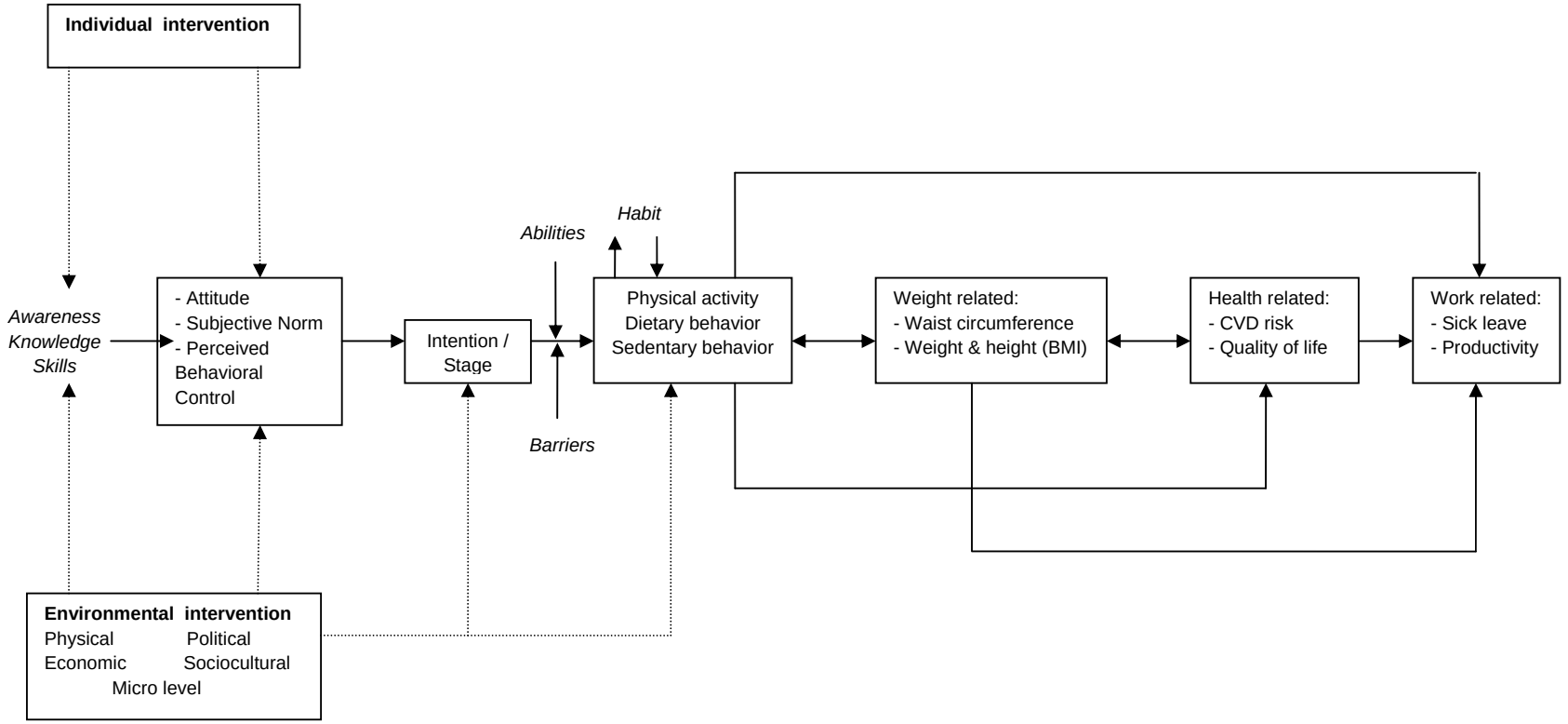
Individual intervention
Awareness
Knowledge
Skills
- Attitude
- Subjective Norm
- Perceived Behavioral Control
Intention / Stage
Abilities
Habit
Barriers
Physical activity
Dietary behavior
Sedentary behavior
Weight related:
- Waist circumference
- Weight & height (BMI)
Health related:
- CVD risk
- Quality of life
Work related:
- Sick leave
- Productivity
Environmental intervention
Physical
Political
Economic
Sociocultural
Micro level