

STEP 1: Recruitment of Sheltered Housing Organizations (SHO)

Inclusion of all SHO in the Flanders region (42 organizations)

STEP 2: Invitation letter to all SHO including 3 questions:

1. Interested to participate with no preference to serve as intervention or control group?
2. Interested to participate with preference to serve as intervention group?
3. Interested to participate with preference to serve as control group?

STEP 3: second mailing of the invitation letter if necessary

STEP 4: Cluster Randomization of SHO

Based on the answers of the SHO obtained in STEP 2/3

INTERVENTION GROUP

- Lifestyle intervention on physical activity and eating habits
- Exercise
- Individual support and follow up
- Treatment as usual

CONTROL GROUP

- Treatment as usual

STEP 5: outcome measurement

- At baseline
- At 10 weeks (end of the intervention)
- At 6 months after the end of the intervention

STEP 6: Data analysis