

Intervention activities

Individual level:

- Three participatory skill building workshops addressing calcium intake and physical activity
- Tailored resources
- Calcium intake feedback

Environmental level:

- Activities at the whole workplaces level
- Resource distribution
 - Nationwide media campaign

Intervention output

- Increase knowledge about bone health and osteoporosis prevention and the influence of modifiable risk factors
- Increase self-efficacy to increase calcium intake
- Increase self-efficacy to increase physical activity

Intervention outcome

- Increase calcium intake
- Increase level of physical activity

Intervention impact

- Improve bone health
- Decrease risks of osteoporosis

