Inputs
- Expert support
- External funding
- Local resources and time

Activities
- Health education for residents
- Health ambassador meetings
- Study circle for staff
- Consultations
- Coaching
- Training

Materials
- “Focus health”
- “Drivers licence for health”
- Newsletters

Impacts
- Work routines
- Food supply in residences
- Opportunities for physical activity

Outcomes
- Physical activity
- Diet
- BMI status
- Quality of life