Figure 1 Health promotion intervention: Study design

**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

<table>
<thead>
<tr>
<th>INTERVENTION GROUP</th>
<th>CONTROL GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Lifestyle intervention on physical activity and eating habits</td>
<td>• Treatment as usual</td>
</tr>
<tr>
<td>• Exercise</td>
<td></td>
</tr>
<tr>
<td>• Individual support and follow up</td>
<td></td>
</tr>
<tr>
<td>• Treatment as usual</td>
<td></td>
</tr>
</tbody>
</table>

**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**