PSYCHOLOGICAL MEDIATORS
Motivational
- Self-efficacy, expectations, self-determination, goals, competence, intentions, etc.
Self-regulatory skills
- Self-monitoring, goal setting, behavioural processes of change, action plans, etc.
Perceived environment
- Distances, traffic safety, access, facilities, network intensity, social support and norms, etc.

MODERATORS
- Socio-demographics
- Habit strength
- Awareness of risk behaviour
- Health literacy
- Physiological factors (pregnancy, ageing, genetic factors)

ENVIRONMENT
Physical
- Availability/accessibility of healthy and unhealthy food options
- Opportunities to exercise
- Safety (traffic, crime)
- Land use patterns
- Exposure to advertisement

Economical
- Cost, price

Political
- Rules and regulations

Socio-cultural
- Joint engagement in activities
- BMI of important others
- Family composition
- Peer support
- Network (size, density, proximity, intensity)
- Moral beliefs
- ‘Social sabotage’

Obesogenic behaviours
Diet
- Sugar-sweetened beverages
- Breakfast and meal patterns
- Snacking behaviour
Physical activity
- Sports and exercise
- Leisure time physical activity
- Active transport
- Occupational physical activity
- Household activities
Sedentary behaviours
- Sitting
- TV-viewing
- Reading
- Computer time

BODY COMPOSITION
- BMI
- Waist circumference