Key determinants
- Knowledge
- Skills
- Awareness
- Health beliefs
- Risk perception
- Outcome expectations

Energy related behaviour
- Physical activity
- Dietary behaviour
- Sedentary behaviour

Health related factors
- Body composition (weight, BMI, WC)
- Physical fitness
- Physiological measures (BP, Chol)

Health
- MSD

Work related outcomes
- Sick leave
- Productivity
- Vitality
- Work ability
- Work satisfaction

Intervention

Health problem