Group invited for study
N=2440

Control group
20 for each career (20 × 7)
n=140

Experimental group
20 for each career (20 × 7)
n=140

Informed consent

Training as Health Promoter:
E-learning imparted by experts
Six months
n= 105

Measurement of healthy lifestyles and health status of the groups experimental and control
Pre-intervention
6 months
Post-intervention

Training between partners
E-learning imparted by university students
10 for each of the Health Promoter trained

Measurement of healthy lifestyles and health status of the trained students for health promoters
Pre-intervention
6 months
Post-intervention