### Intervention activities

**Individual level:**
- Three participatory skill building workshops addressing calcium intake and physical activity
  - Tailored resources
  - Calcium intake feedback

**Environmental level:**
- Activities at the whole workplaces level
  - Resource distribution
    - Nationwide media campaign

### Intervention output

- Increase knowledge about bone health and osteoporosis prevention and the influence of modifiable risk factors
  - Increase self-efficacy to increase calcium intake
  - Increase self-efficacy to increase physical activity

### Intervention outcome

- Increase calcium intake
  - Increase level of physical activity

### Intervention impact

- Improve bone health
  - Decrease risks of osteoporosis