Population \((N = 103,915)\) of Dutch GPs \((N = 23)\)

- **Selected to participate in VITALUM \((n = 6,420)\)**
  - **Eligible to participate \((n = 5,545)\)**
    - **Consented to participate \((n = 2,881)\)**
      - Returned baseline questionnaire \((n = 2,568)\)
    - Not responding \((n = 1,166);\) Refused \((n = 1,498);\)
      - No reason \((n = 496);\)
      - Lack of interest \((n = 251);\)
      - Already leading a healthy lifestyle \((n = 175);\)
      - Lack of time \((n = 163);\)
      - Health problems \((n = 85);\)
      - Other \((n = 328).\)
  - Excluded \((n = 875);\)
    - Physically not able to comply with healthy lifestyle \((n = 282);\)
    - Unknown address/relocated \((n = 195);\)
    - Not able to speak/read Dutch \((n = 100);\)
    - Life-threatening or malignant disorder \((n = 68);\)
    - Intellectual disability \((n = 60);\)
    - Cerebral vascular or cardiac event in the last 6 months \((n = 57);\)
    - Suffering from disorders whereby a change in lifestyle might harm the individual’s health \((n = 32);\)
    - Other \((n = 81).\)