Work related:
- Sick leave
- Productivity

Health related:
- CVD risk
- Quality of life

Weight related:
- Waist circumference
- Weight & height (BMI)

Physical activity
Dietary behavior
Sedentary behavior

Intention / Stage

Environmental intervention
Physical
Political
Economic
Sociocultural
Micro level

Awareness
Knowledge
Skills

Individual intervention

Attitude
Subjective Norm
Perceived
Behavioral Control

Habit
Barriers

Abilities