Completed 6 months questionnaire (n= 481)

Completed 6 months questionnaire (n= 444)

Completed 6 months questionnaire (n= 486)

Intervention basic (N= 2)

Intervention plus (N= 2)

Control group (N=2)

Invited to participate (n= 3051)

Invited to participate (n= 2750)

Invited to participate (n= 2700)

Completed baseline questionnaire (n= 652)

Completed baseline questionnaire (n= 733)

Completed baseline questionnaire (n= 586)

Received 2 tailored letters

Received 2 tailored letters + website + environmental information

Completed 3 months questionnaire (n= 447)

Completed 3 months questionnaire (n= 521)

Completed 3 months questionnaire (n= 490)

Received 1 tailored letter

Received 1 tailored letter + website + environmental information

Discontinued participation (reason not known) (n=513)

Discontinued participation (reason not known) (n=47)

Regional Municipal Health Councils (N=6)

Not responding (n= 6,515)

Excluded from study
- no address (n=14)
- no data (n=2)

Completed baseline questionnaire

Invited to participate

Regional Municipal Health Councils

Enrollment

Intervention period

Follow-up

Enrollment