

**Occupational Health Guideline
for Preventing Weight Gain
among Employees**

a (cost-) effectiveness study

The study presented in this thesis was conducted within the EMGO+ Institute for Health and Care Research, Department of Public and Occupational Health of the VU University Medical Center (www.emgo.nl). The EMGO+ Institute participates in the Netherlands School of Primary Care Research (CaRe) which was acknowledged in 2005 by the Royal Netherlands Academy of Arts and Sciences (KNAW). The EMGO+ Institute participates in Body@Work, Research Center on Physical Activity, Work and Health, which is a joint initiative of VU University Medical Center (Department of Public and Occupational Health, EMGO Institute for Health and Care Research), VU University Amsterdam, and TNO.

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Balance Work

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