

# CONTENTS

chapter 1	General introduction	9
chapter 2	Lifestyle-focused interventions to reduce cardiovascular disease risk at the workplace: A systematic review	21
chapter 3	Design of a RCT evaluating the (cost-) effectiveness of a lifestyle intervention for male construction workers at risk for cardiovascular disease: The Health under Construction study	47
chapter 4	Factors associated with non-participation and drop-out in a lifestyle intervention for workers with an elevated risk of cardiovascular disease	71
chapter 5	An individual-based lifestyle intervention for workers at risk for cardiovascular disease: A process evaluation	87
chapter 6	Health under Construction: Short- and long-term effects on physical activity, diet, and smoking of a lifestyle intervention for construction workers at risk for cardiovascular disease	101
chapter 7	Sustained body weight reduction by an individual-based lifestyle intervention for workers in the construction industry at risk for cardiovascular disease: Results of a randomized controlled trial	117
chapter 8	Cost-effectiveness and cost-benefit of a lifestyle intervention for workers in the construction industry at risk for cardiovascular disease	133
chapter 9	General discussion	153
	Summary	171
	Samenvatting	177
	Dankwoord	183
	About the author	187
	List of publications	189