**Table S1.** Study characteristics (presented according to population)

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| --- | --- | --- | --- |
| **STUDY POPULATION** | **RISK BEHAVIOURS TARGETED** | **TOTAL NUMBER OF STUDIES** | **COUNTRIES OF STUDIES (NUMBER OF STUDIES PER COUNTRY)** |
| **GENERAL POPULATION (83 STUDIES, WITH SAMPLE SIZES RANGING FROM 12 TO 5,160):OPULAON** (83 S SIZES RANG5,16 | | | |
| General adult population (aged ≥ 16 years)  (30 studies) | Diet and physical activity | 11 | US [1-7], New Zealand [8], Canada [9], the Netherlands [10], Belgium [11] |
| Smoking and physical activity | 1 | UK [12] |
| Smoking, diet, and sedentary behaviours | 1 | Turkey [13] |
| Smoking, diet, and physical activity | 7 | UK [14, 15], the Netherlands [16, 17], Iran [18], US [19], Denmark [20] |
| Smoking, alcohol use, diet, and physical activity | 5 | Mauritius [21], UK [22], China [23], Vietnam [24], Australia [25] |
| Smoking and diet | 1 | Sweden [26] |
| Diet, physical activity, and sedentary behaviours | 2 | Country not reported [27], US [28] |
| Smoking, alcohol use, diet, and sunbathing | 1 | The Netherlands [29] |
| Smoking, alcohol use, diet, physical activity, and seat belt use | 1 | US [30] |
| University students  (15 studies) | Diet and physical activity | 8 | US [31-34], Mexico [35], Jordan [36], country not reported [37, 38] |
| Alcohol use and illicit drug use | 1 | US [39] |
| Smoking, diet and physical activity | 1 | US [40] |
| Smoking, alcohol use, diet, and physical activity | 2 | US [41], New Zealand [42] |
| Alcohol use, illicit drug use, and sexual risk behaviours | 1 | US [43] |
| Alcohol use and sexual risk behaviours | 1 | US [44] |
| Alcohol use, diet, illicit drug use, and sexual risk behaviours | 1 | US [45] |
| Racial and minority ethnic groups  (8 studies) | Alcohol use and illicit drug use | 1 | US [46] |
| Diet and physical activity | 6 | US [47-52] |
| Illicit drug use and sexual risk behaviours | 1 | US [53] |
| Older adults  (6 studies) | Smoking, alcohol use, diet, and physical activity | 1 | US [54] |
| Diet and physical activity | 3 | US [55], Taiwan [56], Australia [57] |
| Smoking, alcohol use, diet, physical activity, and seat belt use | 1 | US [58] |
| Smoking and diet | 1 | China [59] |
| Homeless /low socio-economic status  (6 studies) | Smoking, alcohol use, diet, physical activity, and sun protection | 1 | Australia [60] |
| Diet and physical activity | 4 | US [61], UK [62, 63], Chile [64] |
| Smoking, diet, and physical activity | 1 | The Netherlands [65] |
| Parents with children  (3 studies) | Diet, physical activity, and sedentary behaviours | 2 | US [66, 67] |
| Diet and physical activity | 1 | Australia [68] |
| Pregnant women  (3 studies) | Smoking, diet, and physical activity | 1 | The Netherlands [69] |
| Diet and physical activity | 2 | Australia [70], Country not reported [71] |
| Young adults other than students (aged 16 to 25 years)  (2 studies) | Alcohol use and illicit drug use | 1 | UK [72] |
| Smoking, alcohol use, and illicit drug use | 1 | UK [73] |
| Patients from healthcare practices  (2 studies) | Smoking, alcohol use, diet, and physical activity | 2 | China [74], US [75] |
| Women only  (3 studies) | Smoking and sunbathing | 1 | Israel [76] |
| Diet and physical activity | 2 | US [77, 78] |
| Men only  (1 study) | Smoking, alcohol use, diet, and physical activity | 1 | UK [79] |
| Prison inmates  (1 study) | Smoking, alcohol use, illicit drug use, and sexual risk behaviours | 1 | US [80] |
| Couples undergoing fertility treatment  (1 study) | Unclear | 1 | Australia [81] |
| Highly educated adults  (1 study) | Smoking, diet, and physical activity | 1 | Belgium [82] |
| Armed Forces veterans  (1 study) | Diet and physical activity | 1 | US [83] |
| **TARGETED SUBGROUPS OF THE GENERAL POPULATION (47 STUDIES, WITH SAMPLE SIZES RANGING FROM 20 TO 1,403):** | | | |
| Overweight/Obese  (33 studies) | Diet and physical activity | 31 | Australia [84-86], US [87-103], New Zealand [104], UK [105, 106], Canada [107], Belgium [108], the Netherlands [109, 110], Denmark [111], Japan [112, 113], country not reported [114] |
| Physical activity and sedentary behaviours | 1 | US [115] |
| Diet, physical activity, and sedentary behaviours | 1 | US [116] |
| Adult drug users  (11 studies) | Illicit drug use and sexual risk behaviours | 9 | Russia [117], US [118-123], China [124], country not reported [125] |
| Alcohol use and illicit drug use | 1 | US [126] |
| Alcohol use, illicit drug use, and sexual risk behaviours | 1 | US [127] |
| University students with (or at risk of) problematic substance use  (2 studies) | Alcohol use and illicit drug use | 2 | US [128, 129] |
| Adult smokers with untreated depression (1 study) | Smoking and physical activity | 1 | US [130] |
| **AT RISK POPULATION (54 STUDIES, WITH SAMPLE SIZES RANGING FROM 18 TO 13,016):** | | | |
| Cardiovascular disease risk  (11 studies) | Diet and physical activity | 6 | US [131-135], Japan [136] |
| Smoking, diet, and physical activity | 1 | US [137] |
| Smoking, alcohol use, diet, and physical activity | 3 | Sweden [138], South Korea [139], Denmark [140] |
| Unclear | 1 | US [141] |
| Diabetes risk  (8 studies) | Diet and physical activity | 8 | The Netherlands [142], US [143, 144], Poland [145], Finland [146, 147], country not reported [148, 149] |
| Cancer survivors  (5 studies) | Diet and physical activity | 4 | US [150, 151], Australia [152], country not reported [153] |
| Smoking, alcohol use, diet, physical activity, and sedentary behaviours | 1 | Australia [154] |
| People with hypertension  (5 studies) | Diet and physical activity | 2 | Spain [155], US [156] |
| Smoking, alcohol use, diet, and physical activity | 1 | Australia [157] |
| Smoking, diet, and physical activity | 1 | Italy [158] |
| Alcohol use, diet, and physical activity | 1 | Country not reported [159] |
| People with, or at risk of metabolic syndrome  (5 studies) | Diet and physical activity | 5 | Australia [160], Italy [161], Romania [162], Norway [163], France [164] |
| Women with, or at risk of gestational diabetes  (3 studies) | Diet and physical activity | 3 | Australia [165], US [166], China [167] |
| Other (e.g., people who had undergone a colonoscopy)  (13 studies) | Diet and physical activity | 7 | The Netherlands [168], US [169], Japan [170, 171], UK [172], US, UK and Canada [173], Australia [174] |
| Smoking and diet | 1 | US [175] |
| Smoking, diet, and physical activity | 3 | US [176], the Netherlands [177], country not reported [178] |
| Smoking, alcohol use, diet, and physical activity | 1 | Australia [179] |
| Smoking, alcohol use, diet, and sun bathing | 1 | Spain [180] |
| A combination of the above  (4 studies) | Diet and physical activity | 4 | US [181], Japan [182], Sweden [183], Australia [184] |
| **WORKSITE STUDIES (36 STUDIES, WITH SAMPLE SIZES RANGING BETWEEN 33 AND 28,000):** | | | |
| All studies with interventions performed in worksites (36 studies)  (Note: These studies did not always provide much detail on the populations involved. Where reported, there was wide variation in the work employees did. Examples included bus driving, office work, teaching, hospital work, and construction). | Diet and physical activity | 15 | Canada [185], Australia [186], the Netherlands [187, 188], country not reported [189], US [190-197], Japan [198], South Korea [199] |
| Diet and sedentary behaviours | 1 | The Netherlands [200] |
| Smoking and diet | 4 | US [201-204] |
| Smoking and physical activity | 2 | US [205, 206] |
| Smoking, alcohol use, and physical activity | 1 | Northern Ireland [207] |
| Smoking, diet, and physical activity | 6 | Canada [208, 209], US [210], the Netherlands [211, 212], country not reported [213] |
| Smoking, physical activity, and seat belt use | 1 | US [214] |
| Smoking, alcohol use, diet, and physical activity | 1 | South Korea [215] |
| Smoking, diet, physical activity, and seat belt use | 1 | US [216] |
| Smoking, alcohol use, diet, physical activity, and illicit drug use | 1 | US [217] |
| Unclear | 3 | US [218], Sweden [219], country not reported [220] |

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