

Supplement

Selective prevention of cardiovascular disease using integrated lifestyle intervention in primary care: design of the Healthy Heart stepped-wedge**Table S1.** Details of the Group based lifestyle intervention program

		Description of lesson content	Goal of the lesson	Activity	Time
		Preparation		<ul style="list-style-type: none"> - Sending invitation letters - Sending questionnaires - Preparation of the lessons - Movement meter ('Beweegmeter') 	
Week1		Personal intake	Meeting the lifestyle coach, discuss personal goals for the individual care plan and carry out the baseline measurement.	<ul style="list-style-type: none"> - Perform baseline measurement - Complete questionnaires - Discuss and complete the individual care plan - Formulate personal goals for the program 	
Week 2	Lesson 1	Start meeting with explaining the structure of the program. Provide information about lifestyle and health.	<p>Participant understands the influence of an unhealthy lifestyle (overweight, inactivity, unhealthy diet) on health and resulting complaints (high blood pressure, diabetes, joint complaints, fatigue, cardiovascular disease, depression).</p> <p>Participant gains insight into own health on the basis of measured results. Participants understands how the lifestyle program is structured.</p>	<ul style="list-style-type: none"> - Lifestyle coach guides first meeting explaining "what is a healthy lifestyle" - Insight into own health on the basis of measured results - Start with the movement meter ('beweegmeter') - Progress individual care plan 	90 min.
Week 3	Lesson 2	What are the effects of exercise on the body and health? What is healthy food?	<p>Participant gains insight into his own exercise pattern. Participant is provided with knowledge and tips on how to improve his exercise pattern on the basis of the FITT principle.</p> <p>Participant understands the general functioning of the body and the effects of movement on the body (heart, vessels, cholesterol, hormones).</p> <p>Participant knows what the 'disk of five' is ("schijf van vijf").</p> <p>Participant becomes familiar with the different eating habits and the influence of 'own behavior'.</p>	<ul style="list-style-type: none"> - Complete the personal exercise plan in the individual care plan - Continue with the movement meter ('beweegmeter') - Explore exercise options in the neighborhood (low-threshold exercise options) - Offer a neighborhood sports coach (if available) – and/or activities from a community center or sports club in the neighborhood - Explanation on the guidelines for healthy nutrition - Gain awareness of what kind of 'eater' the participant is - Start with the food diary 	90 min.

				- Progress individual care plan	
Week 5	Lesson 3	Getting started with portion size and portion control	Participant understands what calories are and how much he or she should consume based on individual factors. Participant has taken notice of how many different volumes of food there are. Participant is able to form an idea of measures and quantities in relation to calories.	- Reading labels during supermarket visit - Hidden calories - Weighing, measuring and quantities - Implementation of new healthy eating habit - Progress individual care plan	90 min.
Week 7	Lesson 4	What is stress? Relaxation, how does that work? What do alcohol and smoking do in regard to stress.	Participant understands what stress is and what long term consequences of stress are. Participant understands what stressors and stress reactions are. Participant is aware of options to reduce stress. Participant understands the consequences of smoking and (excessive) use of alcohol on stress. Participant gains insight into possibilities to change these habits.	- Discussing relaxation options such as yoga, mindfulness - Well-being on prescription ('Welzijn op recept') - Mapping alcohol and tobacco use - Offering options for quitting smoking - Offering options for treating possible alcohol addiction/problem - Intermediate measurement - Progress individual care plan	90 min.
Week 9	Lesson 5	What are habits? What are my good and my bad habits? Making a choice, how do I do that?	Participant understands the difference between a habit and a conscious choice. Participant can recognize his or her own good and bad habits. Participant gains insight on how to make conscious choices.	- Habits - Making choices and changing habits - Implementation - Progress individual care plan	90 min.
Week 13	Lesson 6	What is next? Personal and individual coaching conversation with the lifestyle coach.	Participant formulates, together with the lifestyle coach, a SMART personal goal for maintaining the lifestyle change.	- Discussing social map - Discussing initiatives in the neighborhood - Evaluate the past period - Discussing individual care plan - Final measurement - Progress individual care plan	

Week 15	Lesson 7	Closing of the program.	Closing with evaluation of the past period. Sharing experiences and discussing the possibility of a structural return day with fellow patients.	<ul style="list-style-type: none">- Sharing experiences- Discuss achieved results- Invite guest speaker(s)- Handing out certificates	60 min