

**Table 2. Measures of intensity of the most intensive intervention in each of 47 studies**

<b>Number of Subject Contacts Over Intervention Period</b>	<b>Median = 4 (range 1 to &gt;200)</b>
Total length of intervention	
Less than 2 weeks	15 (32%)
2+ weeks to 6 months	20 (43%)
6 months to 3 years	9 (19%)
Over 3 years or more	3 (6%)
Overall intensity*	
1	10 (21%)
2	18 (38%)
3	15 (32%)
4	4 (9%)

\* Studies in which there was no in-person contact were scored as “1”. If there was in-person contact, but less than a total of eight times, and the study was less than two years long, it was scored as a “2”. Studies that had ten or more in-person contacts and/or were large community trials that had a number of environmental and media changes and lasted five to seven years (such as Minnesota Heart Health Project,<sup>49</sup> Pawtucket,<sup>50</sup> and UK Heart Disease Prevention Project<sup>51</sup>) were scored as “3”. The remaining studies, one of which met four times weekly for four months and three of which had in-person contact three to five times weekly from one to three years were scored as a “4”.