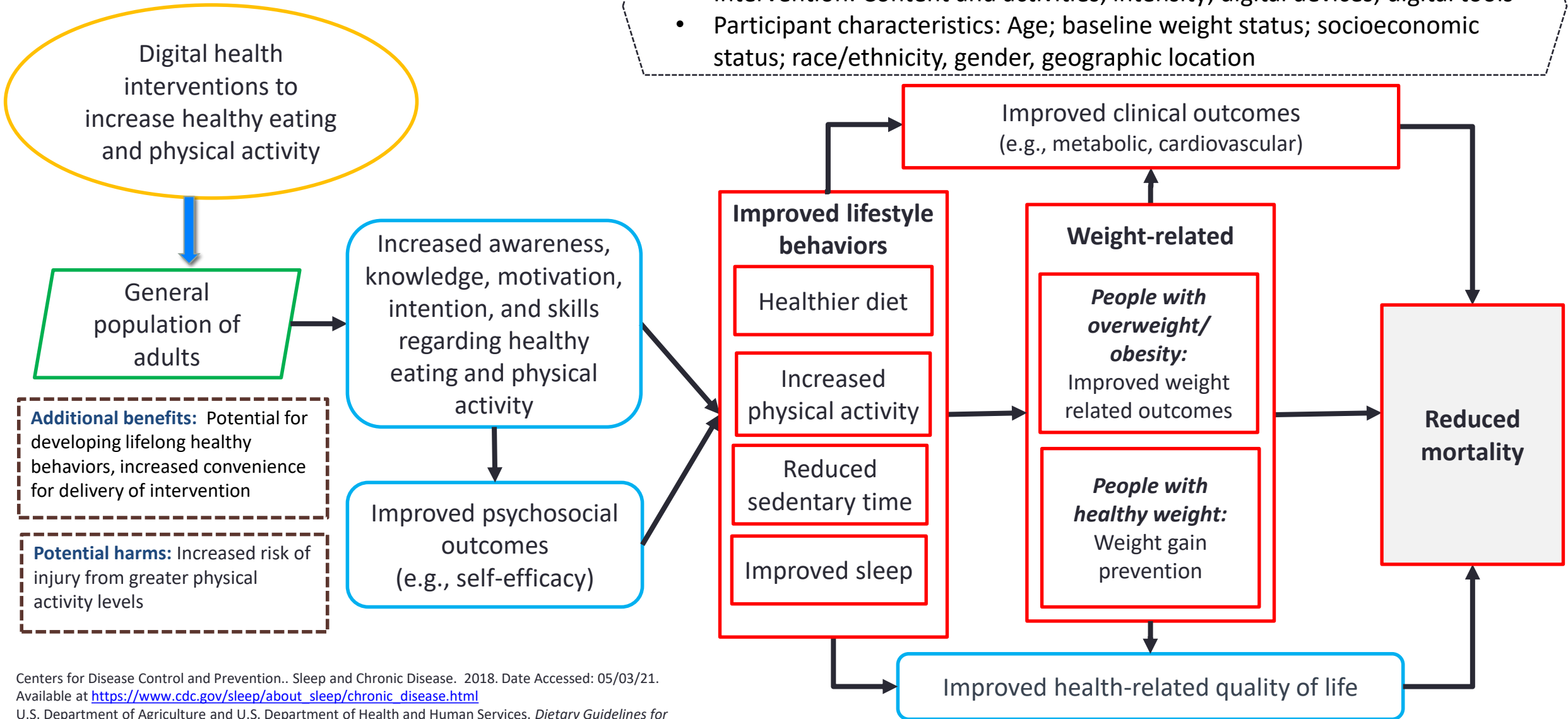


Analytic Framework: Community-based Digital Health and Telephone Interventions to Increase Healthy Eating and Physical Activity

Accessible version: <https://www.thecommunityguide.org/sites/default/files/assets/AF-nutrition-pa-digital-health-community-508.pdf>

Key potential effect modifiers

- Intervention: Content and activities; intensity; digital devices; digital tools
- Participant characteristics: Age; baseline weight status; socioeconomic status; race/ethnicity, gender, geographic location





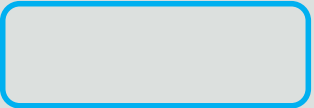






Additional benefits: Potential for developing lifelong healthy behaviors, increased convenience for delivery of intervention

Potential harms: Increased risk of injury from greater physical activity levels

Centers for Disease Control and Prevention.. Sleep and Chronic Disease. 2018. Date Accessed: 05/03/21. Available at https://www.cdc.gov/sleep/about_sleep/chronic_disease.html
 U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
 U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans. 2nd Edition*. Available at https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf.

Source (with narrative description): Guide to Community Preventive Services. Community Digital Health Interventions to Increase Healthy Eating and Physical Activity. <https://www.thecommunityguide.org/findings/nutrition-and-physical-activity-community-based-digital-health-and-telephone-interventions-increase-healthy-eating-and-physical-activity>

Icons in Community Guide Analytic Frameworks

Icon	Interpretation
	Intervention
	Outcomes considered for conclusions on effectiveness and recommendations regarding use
	Other intermediate outcomes/variables (not considered for conclusions on effectiveness and recommendations regarding use)
	Population
	Key potential effect modifiers (affecting causal relationships)
	Additional benefits/Potential harms/Disparities
	Unidirectional block arrows are applied between intervention and population icons
	Unidirectional arrows for causal relationships
	Bidirectional arrows show feedback loops