Analytic Framework: Digital Health and Telephone Interventions to Increase Healthy Eating and Physical Activity among Students at Institutions of **Higher Education Key potential effect modifiers:** Accessible version: https://www.thecommunityguide.org/sites/default/files/assets/AFnutrition-pa-digital-health-ihe-508.pdf Intervention: content and activities; intensity; digital device Participant characteristics: age; baseline dietary habits, physical activity, and **Digital Health** weight status; socioeconomic status; race/ethnicity, gender, population Interventions to density; health literacy Increase Healthy Eating and Physical **Improved Clinical** Activity **Outcomes** (e.g., metabolic, **Improved Lifestyle** cardiovascular) **Behaviors** Increased awareness, knowledge, motivation, Healthier Diet Institutions of intention, and skills **Higher Education** regarding physical **Students** Weight-Related **Increased Physical** activity and healthy Reduced Activity eating Improved Weightmortality

Reduced Sedentary

Time

Improved Sleep

Additional benefits: potential for developing healthy behaviors; increased convenience for delivery of intervention

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

Improved psychosocial outcomes

(e.g., self-efficacy)

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.

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. Digital Health and Telephone Interventions to Increase Healthy Eating and Physical Activity among Students at Institutions of Higher Education. https://www.thecommunityguide.org/findings/nutrition-and-physical-activity-digital-health-and-telephone-interventions-increase-healthy-eating-and-physical-activity-among-students-institutions-higher-education.

related Outcomes

Improved health-

related quality of

life

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	Key potential effect modifiers (affecting causal relationships)
Additional Benefits/ Potential Harms/ Disparities	Additional benefits/Potential harms/Disparities
	Unidirectional block arrows are applied between intervention and population icons
<u></u> →	Unidirectional arrows for causal relationships
\longleftrightarrow	Bidirectional arrows show feedback loops