Analytic Framework: Worksite Digital Health and Telephone Interventions to Increase Healthy Eating and Physical Activity

Accessible version:

https://www.thecommunityguide.org/sites/default/files/assets/AFnutrition-pa-digital-health-worksite-508.pdf

> Digital health interventions to increase healthy eating and physical activity

Working adult population

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

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

Key potential effect modifiers:

- Intervention: content and activities; intensity; digital device
- Participant characteristics: age; baseline dietary habits, physical activity, and weight status; socioeconomic status (SES); race/ethnicity, gender, population density; electronic literacy

Increased awareness. knowledge, motivation, intention, and skills regarding physical activity and healthy eating

Improved psychosocial outcomes

(e.g., self-efficacy)

Improved lifestyle behaviors

Healthier diet

Increased physical activity

Reduced sedentary time

Improved sleep

outcomes (e.g., metabolic, cardiovascular)

Improved clinical

Weight-related

Reduced

mortality

Improved weight related outcomes

Improved healthrelated quality of

life

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.

The Community Guide

Source (with narrative description): Guide to Community Preventive Services. Worksite Digital Health and Telephone Interventions to Increase Healthy Eating and Physical Activity. https://www.thecommunityguide.org/findings/nutritionand-physical-activity-worksite-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	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