



Summary of Community Preventive Services Task Force Recommendation*

The Community Preventive Services Task Force (CPSTF) recommends community-based digital health interventions to increase healthy eating and physical activity among adults interested in improving these behaviors.

Major Findings*

The CPSTF finding is based on evidence from a systematic review of 31 studies (search period January 2009 to June 2020). Evidence showed interventions led to the following outcomes.

- Participants ate more fruits and vegetables and fewer unhealthy foods, consumed fewer calories overall, and improved weight-related and clinical outcomes.
- Adults increased or maintained the amount of time they engaged in physical activity, with the greatest improvements reported for those who were less active before the intervention.



What are Digital Health and Telephone Interventions to Increase Healthy Eating and Physical Activity?*

These interventions aim to increase healthy eating and physical activity by using websites, mobile apps, text messages, emails, or one-on-one telephone calls. Interventions include educational information plus one or more of the following: coaching or counseling from trained professionals; self-monitoring to record healthy eating, physical activity, or weight; or goal setting. Interventions also may include social support from peers or motivational strategies such as incentives, rewards, and gaming techniques; and computer-generated feedback.

Why is This Important?*

- Adequate physical activity combined with a diet rich in fruits and vegetables lowers adults' risk for many chronic diseases, such as cardiovascular disease, type 2 diabetes, obesity, and some types of cancer.^{1,2}
- In the United States, 1 in 2 adults get the recommended amount of aerobic physical activity and 1 in 10 adults eat the recommended amount of fruits or vegetables each day.^{3,4}
- In the United States, 93% of adults use the internet, 85% have access to a smartphone, and 77% have home broadband. Digital health interventions have the potential to reach a large number of people.⁵⁻⁷

Learn More

***Read a complete summary of the systematic review and CPSTF finding.**

www.thecommunityguide.org/findings/nutrition-and-physical-activity-community-based-digital-health-and-telephone-interventions-increase-healthy-eating-and-physical-activity

CDC, Nutrition
www.cdc.gov/nutrition

CDC, Physical Activity
www.cdc.gov/physicalactivity

¹ CDC, Division of Nutrition, Physical Activity, and Obesity. About Nutrition: Why It Matters. Atlanta, GA: 2021. Accessed 10/26/21. Available from URL: <https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.html>.

² CDC, Division of Nutrition, Physical Activity, and Obesity. Benefits of Physical Activity. Atlanta, GA: 2021. Accessed 10/26/21. Available from URL: <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>.

³ CDC, National Center for Health Statistics. Early release of selected estimates based on data from the 2018 National Health Interview Survey, data tables for figures 7.1, 7.5. Accessed 10/26/21. Available from URL: <https://www.cdc.gov/nchs/nhis/releases/released201905.htm#7a>.

⁴ Lee-Kwan SH, Moore LV, Blanck HM, et al. Disparities in state-specific adult fruit and vegetable consumption — United States, 2015. *MMWR* 2017;66:1241–7.

⁵ Pew Research Center. Internet/Broadband Fact Sheet, 2021. Date Accessed 7/2/2021. Available from URL: <https://www.pewresearch.org/internet/fact-sheet/internet-broadband/>.

⁶ Pew Research Center. Mobile Fact Sheet, 2021. Date Accessed 12/1/2021. Available from URL: <https://www.pewresearch.org/internet/fact-sheet/mobile/>.

⁷ Beilegoli AM, Andrade AQ, Cançado AG, Paulo MN, Diniz MFH, et al. Web-based digital health interventions for weight loss and lifestyle habit changes in overweight and obese adults: systematic review and meta-analysis. *J Med Internet Res* 2019;21(1):e298.