



Summary of Community Preventive Services Task Force Recommendation*

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

Major Findings*

The CPSTF finding is based on evidence from a systematic review of eight studies (search period January 2009 to June 2020).

- Evidence showed participants in the intervention increased or maintained the amount of time they engaged in physical activity, ate more fruits and vegetables, and consumed less fat.
- Interventions did not demonstrate meaningful changes in weight-related and clinical outcomes.



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; goal setting; or computer-generated feedback that provides tailored information. Interventions also may include social support from peers or motivational strategies such as incentives, rewards, and gaming techniques.

Why is This Important?*

- Physically active people tend to take fewer sick days.¹
- \$117 billion in annual health care costs are associated with inadequate physical activity.¹
- In August 2020, more than 160 million American adults participated in the labor force.²
- Effective worksite interventions have the potential to reduce health risks and improve the quality of life for the working population.³

Learn More

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

www.thecommunityguide.org/findings/nutrition-and-physical-activity-worksite-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. Physical Activity Builds a Healthy and Strong America. Atlanta, GA; 2019. Available from URL: https://www.cdc.gov/physicalactivity/about-physical-activity/pdfs/healthy-strong-america-201902_508.pdf. Accessed 10/26/21.

² U.S. Department of Labor. Bureau of Labor Statistics. Employment Situation Summary Table A. Household data, seasonally adjusted. Washington, DC; 2021. Available from URL: <https://www.bls.gov/news.release/empsit.a.htm>. Accessed 9/27/21.

³ Centers for Disease Control and Prevention. Workplace Health Strategies. Atlanta, GA; 2018. Available from URL: <https://www.cdc.gov/workplacehealthpromotion/health-strategies/index.html>. Accessed 3/1/2021.