

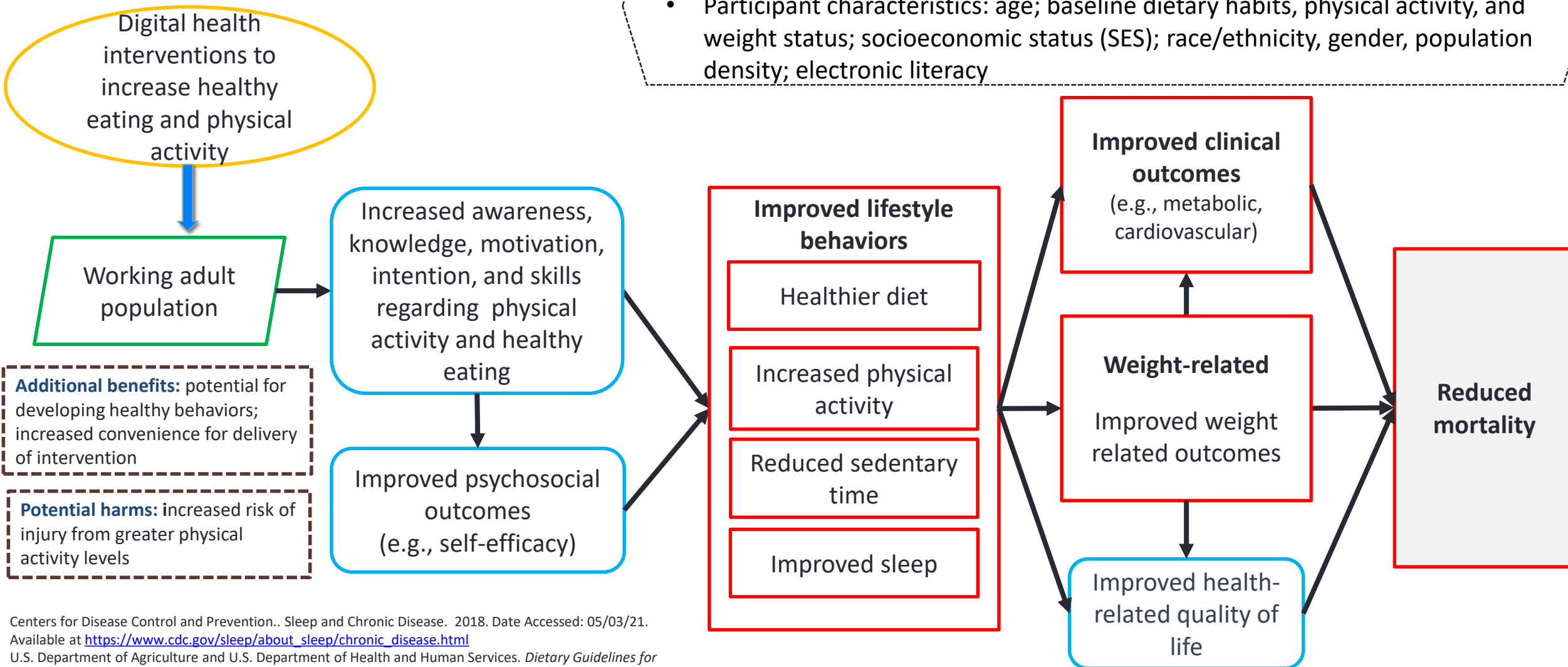
# Analytic Framework: Worksite Digital Health and Telephone Interventions to Increase Healthy Eating and Physical Activity

Accessible version:

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

## Key potential effect modifiers:



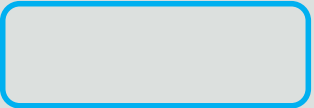






- Intervention: content and activities; intensity; digital device
- Participant characteristics: age; baseline dietary habits, physical activity, and weight status; socioeconomic status (SES); race/ethnicity, gender, population density; electronic literacy



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](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](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf).

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/nutrition-and-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 (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