



# Analytic Framework: Comprehensive Telehealth Interventions to Improve Diet Among Patients with Chronic Diseases

## Telehealth communication

- E.g. education, reminders, patient information exchange

## Key potential effect modifiers

- Intervention activities
- Client characteristics: SES; race/ethnicity

## Adults with diet-related chronic conditions

## Potential additional benefits

Increased motivation for other lifestyle modifications (nutrition)  
Improve access and coverage in low-income and rural populations

- Information exchange
- Reminders
- Increased motivation

## Increased timely consumption of condition-appropriate diet

- Diet quality
- Diet adherence
- Fruit/veggie intake
- Dietary sodium intake

## Improved intermediate health outcomes

- Blood pressure control
- Lipid control
- Glycemic control
- Weight control

## Reduced morbidity and mortality

