Analytic Framework: Healthy Eating and Physical Activity Interventions in the School Setting

School-based Dietary Interventions in Combination with Physical Activity Interventions

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**Students**

- Family
- School Personnel

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**Diet**

- Increase healthy food and beverage choices
- Limit availability of less-healthy food and beverages

**Physical Activity (PA)**

- Increase opportunities for PA
- Increase physical education

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**Improved Diet**

(e.g., increased fruit/veg, water, decreased low nutrient intake and sugar sweetened beverage)

**Increased PA**

(e.g., increased duration, intensity, or frequency of PA or increased aerobic capacity)

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**Improve Psychosocial Outcomes**

(e.g., self-efficacy)

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**Clinical Outcomes**

- Blood Pressure
- HDL, LDL, Total Cholesterol

**Improved or Maintained Weight-related Outcomes**

(e.g., BMIz, % body fat)

**Reduced Morbidity, Mortality & Disparities**

(obesity/overweight prevalence)

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**Potential Additional Benefits:** Health-related quality of life, improved academic performance

**Potential Harms:** Negative body image, unhealthy dietary behaviors

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**Potential Effect Modifiers**

- Intervention intensity and duration
- Population Characteristics: age, SES, sex, weight status
- Peer Influence