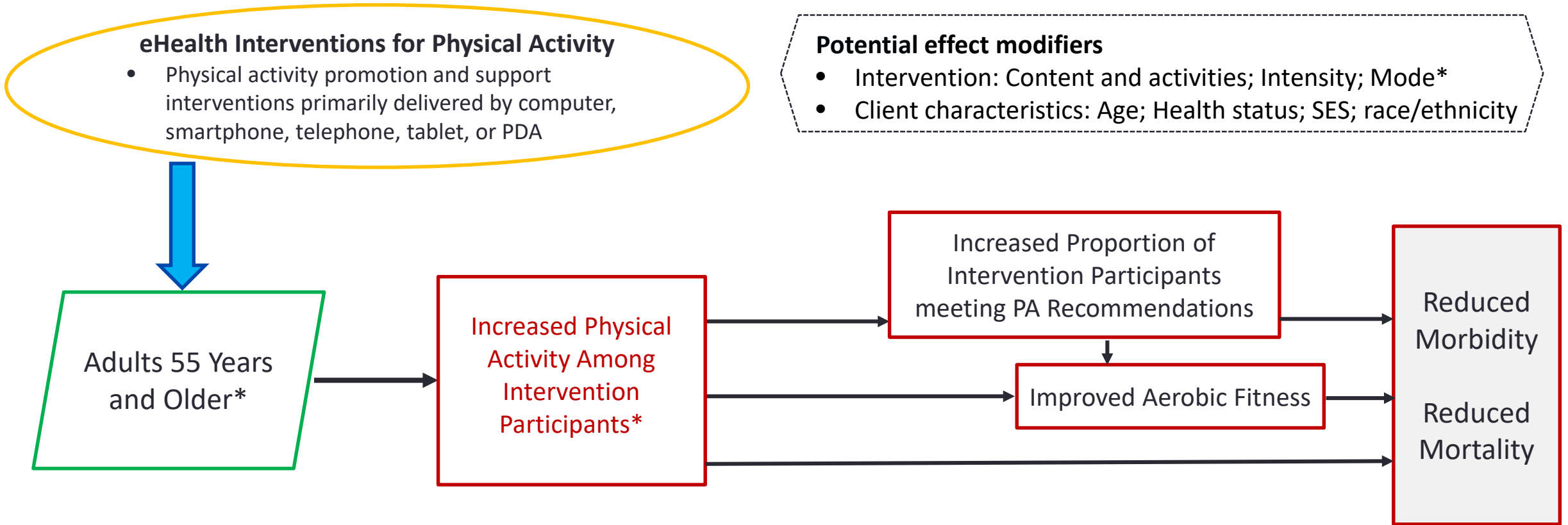


# Analytic Framework: Digital Health Interventions to Increase Physical Activity in Adults 55 Years and Older



## Potential harms

- Musculoskeletal injuries
- Falls

## Potential additional benefits

- Opportunities for social interaction (especially with intervention organized social support)
- Prevention of falls

\*Examined in systematic review by Muellmann S, et al. Effectiveness of eHealth interventions for the promotion of physical activity in older adults: A systematic review. Preventive Medicine 2018. 108; 93-110.