Analytic Framework: Technology-Based Multicomponent Counseling to Maintain Weight Loss

Technology-based multicomponent counseling to maintain weight loss

- System-level Change
  - cost
  - reach

- Improved
  - knowledge
  - attitude
  - skills

- Increased or Improved
  - Receipt of content
  - Interactions
  - Participation

- Additional Interventions

- Increased Physical activity

- Improved Nutrition

- Reduced Sedentary Behaviors

- Reduced Morbidity and Mortality

- Maintenance of weight-related outcomes

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