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

- Improved knowledge
- Improved attitude
- Improved skills

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

- System-level Change
  - Cost
  - Reach

- Improved Nutrition
- Increased Physical Activity
- Reduced Sedentary Behaviors
- Reduced Mortality and Morbidity

Additional Interventions

Technology-based multicomponent counseling to effect weight loss