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

**Telehealth communication**
- E.g. education, reminders, patient information exchange

**Adults with diet-related chronic conditions**
- 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**

**Key potential effect modifiers**
- Intervention activities
- Client characteristics: SES; race/ethnicity

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