Analytic Framework: Combined Diet and Physical Activity Promotion Programs to Prevent Type 2 Diabetes Among People at Increased Risk

Combined Diet and Physical Activity Promotion Programs

People at Increased Risk for Type 2 Diabetes

Behavior Modifications
- Increased physical activity
- Improved diet

Key Potential Effect Modifiers
- Client characteristics (SES; Risk status)
- Number of sessions or contacts
- Setting (community/clinical); Type of provider

Increased knowledge

Increased motivation for behavior change

Improved self-management

Potential Harms
- None identified

Reduced Progression to Type 2 Diabetes

Reduced Morbidity and Mortality

Additional Benefits
- Improvements in other risk conditions for cardiovascular disease (CVD)

Sustained Weight Loss

Short-Term Weight Loss

Improved Glycemia

Improved self-management

Intervention
Target population
Intermediate outcome
Outcome evaluated for conclusions on effectiveness
Key potential effect modifiers
Additional benefits/potential harms/disparities