



## Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends comprehensive telehealth interventions to supplement the care of adults who have chronic diseases affected by diet, such as cardiovascular disease and diabetes. Evidence shows these interventions improve patients' diets.

### Major Findings

The CPSTF recommendation is based on evidence from a systematic review published in 2016.<sup>1</sup>

Comprehensive telehealth interventions significantly improved diet quality and sodium intake.

- Fruit and vegetable intake increased by one serving per day and three servings per week.
- Patients reported improvements in diet quality and sodium intake at 12 and 24 months.



### What are Comprehensive Telehealth Interventions?

Comprehensive telehealth interventions allow healthcare providers and patients to communicate by phone, email, web-based programs, or other electronic or digital media to discuss chronic disease management information. Providers and patients may also interact in person, though, in **comprehensive telehealth interventions**, most of their interactions are distance-based. These interventions aim to improve two or more patient dietary behaviors, including decreases in sodium and fat intake and increases in fruit and vegetable intake.

### Facts about Chronic Disease and Diet

- Chronic diseases are the leading causes of death, disability, and healthcare costs in the United States.<sup>2</sup>
- Today, one in two U.S. adults has a chronic disease, and one in four U.S. adults has two or more.<sup>2</sup>
- Reducing excessive sodium intake and increasing fruit and vegetable consumption can substantially reduce U.S. healthcare costs associated with cardiovascular disease.<sup>3</sup>

### Learn More

#### Summary of Evidence and CPSTF Finding

<https://www.thecommunityguide.org/findings/health-information-technology-comprehensive-telehealth-deliver-dietary-interventions>

#### CDC, Chronic Disease

<https://www.cdc.gov/chronicdisease/index.htm>

#### HRSA, Telehealth Programs

<https://www.hrsa.gov/ruralhealth/telehealth/index.html>

<sup>1</sup> The CPSTF considers recently published systematic reviews to provide public health professionals and decision-makers with effective intervention options. A team of specialists in systematic review methods and in nutrition research, practice, and policy selected and evaluated the following published review: Kelly JT, Reidlinger DP, Hoffmann TC, Campbell KL. Telehealth methods to deliver dietary interventions in adults with chronic disease: a systematic review and meta-analysis. *American Journal of Clinical Nutrition* 2016; 104(6): 1693-702.

<sup>2</sup> Centers for Disease Control and Prevention. (2017). National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). Chronic Disease Prevention and Health Promotion. Retrieved from <https://www.cdc.gov/chronicdisease/resources/infographic/nccdphp.htm>.

<sup>3</sup> Zhang D, Cogswell ME, Wang G, Bowman BA. Evidence of dietary improvement and preventable costs of cardiovascular disease. *American Journal of Cardiology*. 2017 Aug 1. pii: S0002-9149(17)31241.

Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at [www.thecommunityguide.org](http://www.thecommunityguide.org).