



Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends digital health interventions for adults aged 55 years and older to increase physical activity.

Major Findings

The CPSTF recommendation is based on evidence from 20 studies identified in a systematic review published in 2018.¹

- Compared to interventions without a digital health intervention or to usual care, digital health interventions increased physical activity by 28%.
- The median increase in physical activity ranged from 42% for telephone-based interventions to 23% for text message-based interventions.



What are digital health interventions to increase physical activity among adults 55 years and older?

Digital health interventions use one or more of the following to deliver guidance and support that is tailored to individuals' activity level, age, and health status:

- Web-based interactive content (e.g., virtual coaching)
- Telephone sessions with intervention providers or automated voice messages and reminders
- Text messages and reminders
- Apps with goal-setting, activity tracking, and reminder functions

Interventions also may include print materials or devices designed to provide feedback (e.g., pedometers, accelerometers).

Facts about Physical Activity

- Adults who are physically active are healthier, feel better, and are less likely to develop many chronic diseases, such as cardiovascular disease, type 2 diabetes, and several types of cancer.²
- Regular moderate-to-vigorous physical activity reduces feelings of anxiety and depression and improves sleep and quality of life.²
- Physically active older adults are less likely to experience falls, and if they do fall, they are less likely to be seriously injured.²

Learn More

Summary of Evidence and CPSTF Finding

www.thecommunityguide.org/findings/physical-activity-digital-health-interventions-adults-55-years-and-older

CDC, Physical Activity and Health

<https://www.cdc.gov/physicalactivity/basics/index.htm>

¹ Muellmann S, Forberger S, Mollers T, Broring E, Zeeb H, Pischke CR. Effectiveness of eHealth interventions for the promotion of physical activity in older adults: a systematic review. *Preventive Medicine* 2018;108:93-110.

² U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans*, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018. https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

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.