

Subcommittee 3:

Diet and Physical Activity
Behavior Change

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Scope

- Dietary/physical activity (PA) behaviors
 - Facilitators/barriers
 - Motivators/facilitators/barriers for recommended dietary and PA behaviors
 - Interventions to improve adherence to dietary and PA recommendations
 - Models of individual and small group dietary and lifestyle behavior change interventions:
 - Behavioral change strategies and intervention characteristics
 - Innovations in modes of intervention for individual dietary and lifestyle behavior change

Scope: Behaviors

Contextual factors

Household Food Insecurity

Acculturation

Behaviors

Home meal behaviors

Food/menu label use

Sleep

Sedentary behaviors including screen time

Outcomes

- Diet, Physical Activity
- Weight/anthropometry outcomes
- Chronic disease risk biomarkers

Scope: Behavior Change Interventions

Behavioral change interventions

Diet and PA change interventions delivered through different modalities based on behavior change strategies

Outcomes

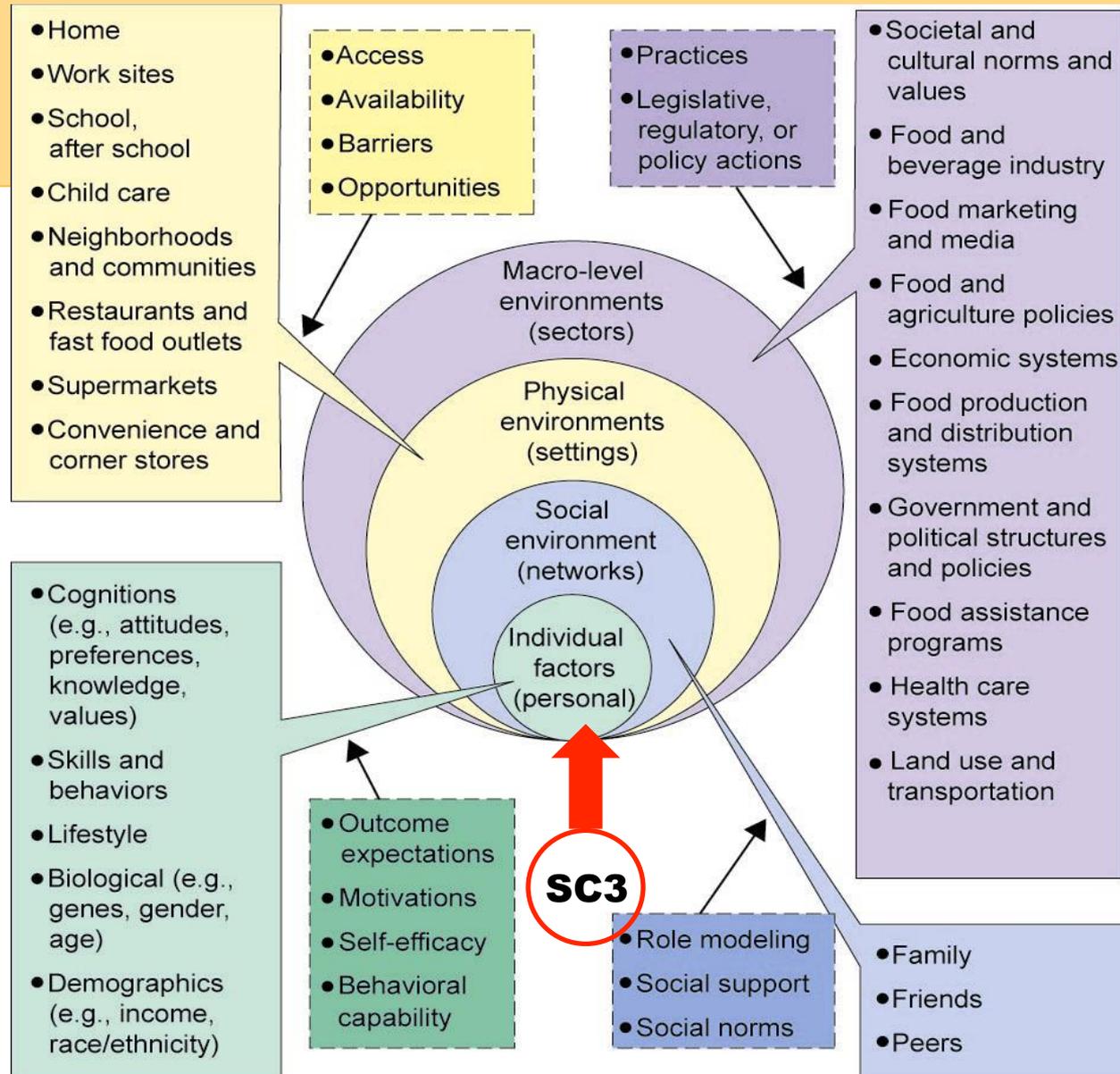
- Diet, PA
 - Intention, motivation, self-efficacy, stage of change, coping skills, etc...
 - Behaviors
- Weight/anthropometry outcomes
- Chronic disease risk biomarkers

Rationale

DGAC SC3:

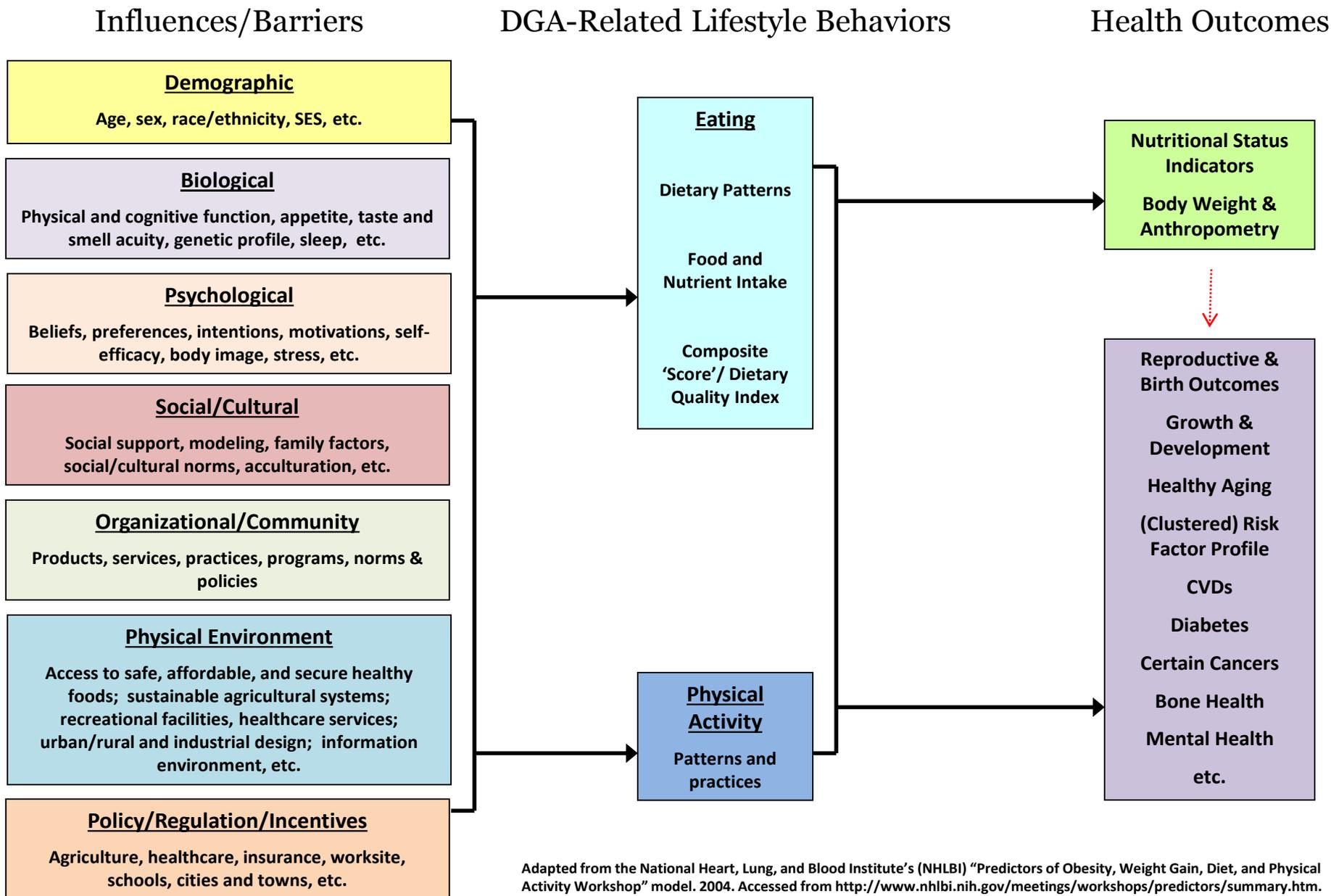
-Individual behavior domain of the SEM

-Strong focus on identifying modes of delivery and behavioral change strategies that work



AR Story M, et al. 2008.
Annu. Rev. Public Health. 29:253-72

Ecological Framework of Influences on Lifestyle Behavior and Health



Adapted from the National Heart, Lung, and Blood Institute's (NHLBI) "Predictors of Obesity, Weight Gain, Diet, and Physical Activity Workshop" model. 2004. Accessed from <http://www.nhlbi.nih.gov/meetings/workshops/predictors/summary.htm>.

Approaches to Reviewing Evidence

- 2010 DGAC
- NEL systematic reviews
- High quality existing systematic reviews
- Reports

- Apply throughout the lifecycle

Initial Topics Under Review

- **Household Food Insecurity**
 - Outcomes:
 - Dietary intake
 - Body weight
 - Risk factors for chronic disease and other health outcomes
 - Disease outcomes (CVD, type 2 diabetes, cancer)

Initial Topics Under Review

- **Acculturation**

- Outcomes:

- Dietary intake
- Body weight
- Risk factors for chronic disease and other health outcomes
- Disease outcomes (CVD, type 2 diabetes, cancer)

Initial Topics Under Review

- **Home Environment**
 - Household eating behaviors
 - Shared meals/family meals
 - Parental feeding styles
 - Outcomes
 - Dietary intake
 - Body weight

Initial Topics Under Review

- **Food/Menu Label Use**

- Point of purchase: front and back of package food label information (nutrition facts panel, ingredients, health claims)
- Point of eating: menu label information
- Outcomes:
 - Dietary behaviors
 - Body weight

Initial Topics Under Review

- **Sleep**
 - Sleep duration and quality
 - Outcomes:
 - Dietary intake
 - Body weight

Initial Topics Under Review

- **Sedentary Behavior including Screen Time**
 - Focus on screen time for children and sedentary behavior for adults
 - Outcomes:
 - Dietary intake
 - Body weight

Initial Topics Under Review

- **Behavioral Change Interventions**
 - Interventions focusing on diet and PA change
 - Differing modalities (e.g., face to face, phone, group, mobile health)
 - Setting and provider
 - Behavioral strategies (e.g., motivational interviewing, self monitoring, goal setting, problem solving)
 - Outcomes:
 - Dietary intake
 - PA
 - Body weight
 - Risk factors for chronic disease

Initial Topics Under Review

- **Mobile Health (mHealth)**
 - Cell texting, internet-based social media, smart phone/ipad applications, etc...
 - Compared with traditional group or face-to-face counseling, alone, and combined
 - Outcomes: Diet, PA, body weight

Other Topics Under Consideration

- Palatability/food preferences
- Cooking substitutions
- Friends/social environment

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