Designing for Behavior Change: A Human-Centered Approach to Research and Intervention

Session 2 Exercise: Mapping Interventions to Journey Stages

American Heart Association. | Health Care Food™
Accelerating the Integration of Food Is Medicine in Health Care

1 INTERVENTION ELEMENTS

What are the elements of your intervention?
Use another worksheet for additional elements.

Element 1

Element 2

Element 3

2 JOURNEY STAGES

Check the stages that each element is acting upon.

Healthcare Provider Interaction	Prescription by Provider	Food & Meal Planning	Food Selection	Purchase	Acquisition	Preparation	Consumption
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Health Outcomes

What health outcomes are you measuring? What is the measure?

3 OUTCOMES

What evidence are you looking to generate at each stage of the journey, including health outcomes?