

Seven associational study groupings had a total of 48 outcomes (short-term, intermediate, or long-term), including 35 positive, 4 negative, and 9 neutral associations.

Environment and Policy Indicators

Short-term Outcomes

Intermediate Outcomes

Long-term Outcomes

Composite Messaging
(e.g., composite of size of sign and type of information)

3 **+** 0 **x** 0 **-**

Large Physical Size of Message
(e.g., greater visibility through text and poster size)

4 **+** 3 **x** 0 **-**

Visibility of Signs through Placement
(e.g., proximity to stairs, eye level)

22 **+** 4 **x** 4 **-**

Presence of Banners
(e.g., messages on stair risers)

2 **+** 0 **x** 0 **-**

Awareness through Direct Message Content
(e.g., deterrents, caloric and heart benefits)

4 **+** 2 **x** 0 **-**

Stair Use*

More Physical Activity
(No Studies)

Less Overweight and Obesity
(No Studies)

Less Sedentary Behavior
(No Studies)

Key:

- +** Positive Association
- x** No Association
- Negative Association

*Stair use was included as a short-term proxy for physical activity. No other short-term outcomes are not reflected in the peer-reviewed literature.

Figure20B: Point of Decision Prompts