



Effective Health Care Walking, Breathing Exercises and Drinking Water Nomination Summary Document

Results of Topic Selection Process & Next Steps

- Walking, breathing exercises and drinking water is too broad to develop given limited program resources. No further activity will be undertaken on this topic.

Topic Description

Nominator: Individual

Nomination Summary: The nominator would like to test the effect of three cost-free measures (walking 20 minutes outdoors, drinking six or more glasses of water, and three defined sets of breathing exercises daily) on four different populations with respect to five outcomes.

Key Questions from Nominator: None

Considerations

- This topic could not be evaluated due to insufficient information given in the original nomination. Specifically, the populations of interest are diffuse and the comparators are undefined.