**Worksheet 2.1 Relevant Research Findings**

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| --- | --- |
| **Nutrition Behavior and Steps:** |  |

| **Types of Factors**  What categories or types of barriers or enablers prevent or support practice of the behavior? | **Factors**  What prevents people from—or supports people to—practice the behavior now? | **Supporting Actors & Actions**  Who needs to do what to address the factor? |
| --- | --- | --- |
| **Structural** | | |
| Accessibility |  |  |
| Provider competencies |  |  |
| Service experience |  |  |

| **Types of Factors** | **Factors**  What prevents people from—or supports people to—practice the behavior now? | **Supporting Actors & Actions**  Who needs to do what to address the factor? |
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| **Social** | | |
| Family and community support |  |  |
| Gender |  |  |
| Norms |  |  |
| **Internal** | | |
| Attitudes and beliefs |  |  |
| Self-efficacy |  |  |
| Knowledge |  |  |
| Skills |  |  |