**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? |
| --- | --- | --- |
| **Social** |
| Family and community support |  |  |
| Gender |  |  |
| Norms |  |  |
| **Internal** |
| Attitudes and beliefs |  |  |
| Self-efficacy |  |  |
| Knowledge |  |  |
| Skills |  |  |