

Factors That Influence Multi-Sectoral Nutrition Behaviors

STRUCTURAL

ACCESSIBILITY

- Cost
- Time
- Distance
- Availability

PROVIDER COMPETENCIES

- Interpersonal communication
- Technical proficiency or skills
- Respect

FACILITY EXPERIENCE

- Infrastructure
- Hours
- Supportive policies

SOCIAL

FAMILY AND COMMUNITY

- Monetary or material support
- Acceptance and approval
- Task support

GENDER

- Decision-making
- Control of income
- Status and value of girls and women

NORMS

- Standard practice
- Expected practice
- Sanctions and enforcement

INTERNAL

ATTITUDES AND BELIEFS

- Perceived value
- Perceived consequences
- Perceived identity
- Emotional response
- Perceived convenience

SELF-EFFICACY

- Confidence in ability

SKILLS

- Learned ability

KNOWLEDGE

- Awareness
- Understanding
- Information

Adapted from [ACCELERATE](#)

Accessibility: The primary actor's opportunity to practice the behavior given external, usually physical constraints.

Provider Competencies: The primary actor's perception of the competency of those providing a service or product.

Facility Experience: The primary actor's perception of structural aspects such as infrastructure, equipment, convenience, and policies.

Family and Community: Proactive or passive help, encouragement, or attitudes toward a behavior by family members, peers, colleagues, or others in the community at large.

Gender: The specific influence of gender dynamics or relationships on the practice of a behavior.

Norms: The acceptability and standards for practice of a behavior dictated by religious, cultural, or other social networks, including workplace norms.

Attitudes and Beliefs: The primary actor's personal judgment, feeling, or emotion toward a behavior.

Self-Efficacy: The primary actor's personal confidence in their ability to exert control over successfully practicing a behavior.

Skills: The primary actor's ability to perform a set of tasks required to practice the behavior.

Knowledge: The required information the primary actor needs to complete a set of actions or practice a behavior completely and competently.

Source: thinkbigonline.org/nutrition