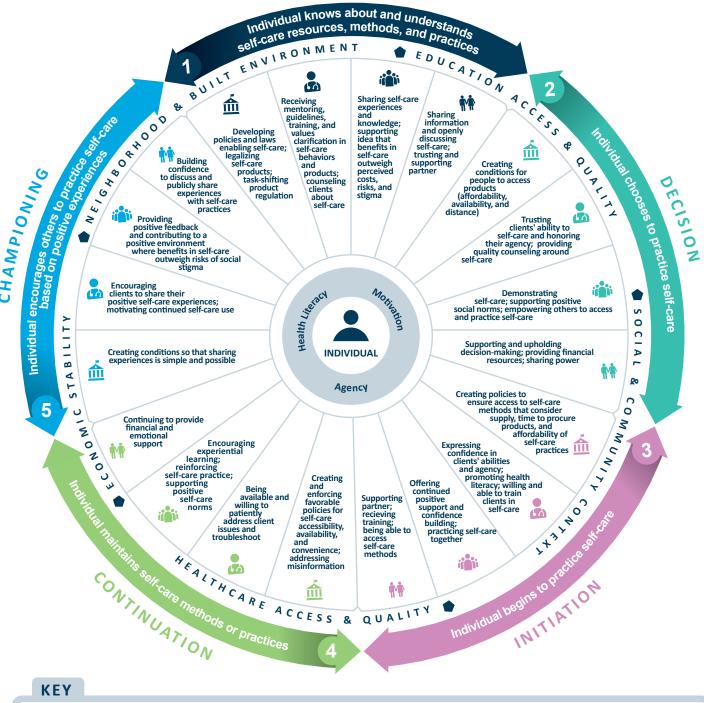
CORE ACTORS' INFLUENCE ON SELF-CARE PRACTICE

Individual's Behavioral Journey to Self-Care Practice

AWARENESS





The entire framework represents the system in which individuals uptake and maintain self-care practices.

🔬 👶 📫 🕈 Core actors influencing self-care: How actors influence an individual's health literacy, motivation, and agency to practice self-care.

Social determinants of health impacting equity of access, ability, and opportunity to practice self-care.



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