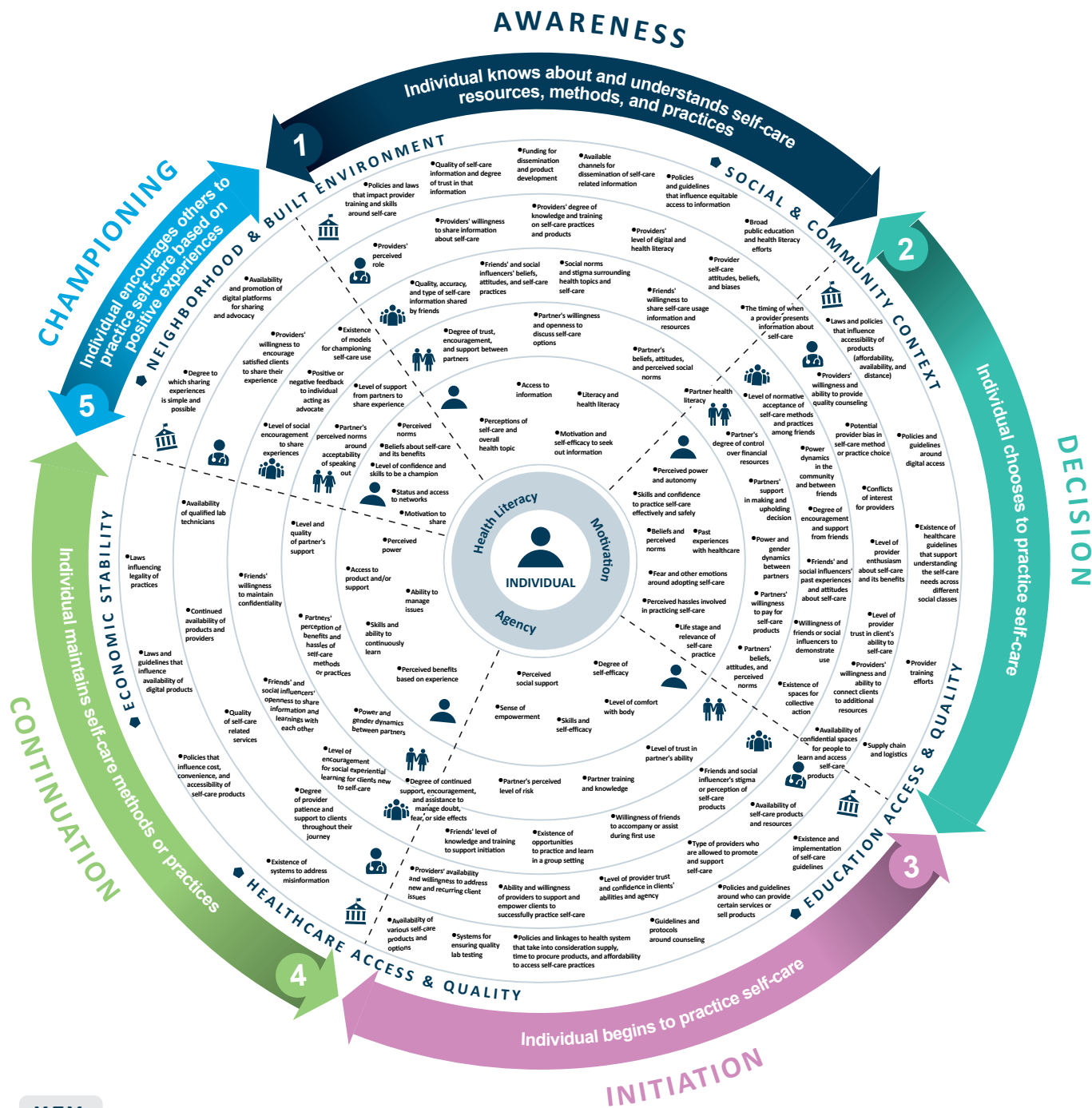


SELF-CARE BEHAVIORAL DETERMINANTS BY ACTOR AND STAGE

Individual's Behavioral Journey to Self-Care Practice



KEY



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



Individual level influencing factors: How individuals influence health literacy, motivation, and agency to practice self-care



NATIONAL LEVEL

Government officials and financial entities with a particular emphasis on: Policy Makers & Funders



HEALTH SYSTEM LEVEL

Private and public health center staff, pharmacists, Community Health Workers (CHWs) with a particular emphasis on: Providers



COMMUNITY LEVEL

Community leaders and members, with a particular emphasis on: Friends/social influencers



HOUSEHOLD LEVEL

Family members including mothers and mothers in law with a particular emphasis on: Partners

