Figure 1.

The Socio-Ecological Model (SEM) related to NSAL study concepts and measures.

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| **Spheres of Influence** | **Description** | **Concepts** | **Measures** |
| **Intrapersonal** | Individual characteristics that influence behavior, such as knowledge, attitudes, **beliefs**, preference, **health status**, **age**, and **socioeconomic limitations**, self-concept, skill, developmental history, and personality traits. | Demographics | Age  Marital Status |
| Socioeconomic Status (SES) | Income  Education  Employment Status |
| Health Habits | Gardening  Sports/Exercise  Walking |
| Health Status | Physical Health Rating  Mental Health Rating |
| Psychosocial | Life Satisfaction  General Anxiety  Depression |
| **Interpersonal** | Primary relationships and social interactions that can impact behavior through **cultural, social support**, a base for social identity& racial identity development, and role definition. | Social Support | Church Membership |
| Culture | Race problems  Upset by race problems |
| **Community/**  **Institutional** | Organizational relationships and community characteristics such as neighborhood design, worksite health, and school wellness initiatives influence behavior through their built environment. Particular focus is on **neighborhood safety**, urban sprawl, **land use, food access, and ability to seek medical assistance**. | Access & Land use | Supermarkets  Parks  Medical Centers  Health Insurance |
| Neighborhood Safety | Police Presence  Crime  Drugs |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **Public Policy** | Local, state, federal policies and laws that regulate or support healthy behaviors for disease prevention, control, and management. |  | \*\*No measures were included in the NSAL that directly examined public policy. |

(Adapted from Fitzgerald, N., & Spaccarotella, K., 2009)