

## **MOTIVATING DETERMINANTS – IDEAS WHEN WORKING WITH GENDER DIVERSE PEOPLE**

### **Perceived Risks**

- Discuss the unique health risks & disparities faced by gender diverse & 2SLGBTQ+ individuals, such as higher rates of mental health issues, substance abuse, & certain physical health conditions.
- Highlight the potential consequences of maintaining unhealthy behaviors & the benefits of adopting healthier habits specific to their needs.

### **Attitudes & Expected Outcomes**

- Explore the individual's personal beliefs & attitudes towards health, nutrition, & their own identity.
- Identify how making positive changes can align with their personal values & contribute to their overall well-being & quality of life.
- Discuss specific outcomes that they may expect to see from behavior change, such as improved energy levels, body confidence, hormone regulation, or reduced risk of chronic diseases.

### **Self-Evaluation**

- Encourage individuals to reflect on current behaviors & evaluate how they align with their health goals.
- Help them recognize their strengths & areas for improvement without judgment or self-criticism.
- Explore the impact of their behaviors on their physical, emotional, & social well-being.

### **Perceived Norms**

- Discuss the influence of social norms & cultural expectations on their health behaviors.
- Highlight positive role models within the gender diverse & 2SLGBTQ+ community who have embraced healthy habits & achieved positive outcomes.
- Address any perceived barriers related to social acceptance or cultural norms & provide support to navigate those challenges.

### **Perceived Control**

- Empower individuals by emphasizing their ability to make choices that positively impact their health.
- Encourage them to identify factors within their control, such as food choices, physical activity, & self-care.
- Help them develop strategies to overcome barriers & gain a sense of control over their health & well-being.

### **Self-Efficacy**

- Identify & acknowledge their previous successes & strengths in making positive changes.
- Provide specific education & resources to build their confidence in making & sustaining behavior changes.
- Help break down their goals into manageable steps, allowing for small wins & a sense of achievement.

### **Self-Depictions**

- Discuss the importance of self-acceptance & positive self-image.
- Encourage them to challenge societal expectations & embrace their authentic selves.
- Highlight the potential for behavior change to enhance their self-esteem, self-worth, & overall body positivity.

Disclosure: The presented list was developed by ChatGPT™ in June 2023 to generate ideas for approaching “determinants of behavior change” as presented in: Nutrition Education: Nutrition Education: Linking Research, Theory, and Practice (4<sup>th</sup> Ed.) by Isobel Contento & Pamela Koch

Disclaimer: it's crucial to tailor these considerations to each individual's unique circumstances, preferences, and needs. Building a trusting and safe relationship will enhance the effectiveness of behavior change interventions, especially with gender diverse and 2SLGBTQ+ individuals.

## **FACILITATING DETERMINANTS – IDEAS WHEN WORKING WITH GENDER DIVERSE PEOPLE**

### **Knowledge & Skills**

- Provide evidence-based information on nutrition, physical activity, & other relevant health topics specific to gender diverse & 2SLGBTQ+ individuals.
- Address any knowledge gaps & clarify misconceptions or myths that may exist.
- Offer practical tips, recipes, & meal planning strategies tailored to their needs & preferences.

### **Goal-Setting & Action Planning**

- Collaboratively set realistic & meaningful goals that align with their health aspirations.
- Break down long-term goals into smaller, achievable steps to enhance motivation & success.
- Help them create action plans with specific strategies, timelines, & accountability measures.

### **Self-Regulation**

- Teach strategies for self-monitoring & tracking progress, such as food & mood journals, physical activity logs, or mindfulness practices.
- Explore techniques for managing stress, emotional eating, & other behaviors that may impede progress.
- Encourage the development of healthy coping mechanisms & self-care practices.

### **Coping Self-Efficacy**

- Address potential challenges & barriers they may encounter on their journey.
- Help them build resilience & problem-solving skills to overcome obstacles.
- Provide resources for seeking support from mental health professionals, support groups, or community organizations.

### **Recovery Self-Efficacy**

- If applicable, address the unique challenges & considerations related to recovery from disordered eating or substance abuse within the gender diverse & 2SLGBTQ+ community.
- Encourage access to specialized support networks, therapists, or treatment programs that are inclusive & affirming.

### **Action Control**

- Support the development of self-management skills, such as meal planning, grocery shopping, & cooking techniques.
- Encourage the use of supportive apps, technology, or online communities to track progress, access information, & stay motivated.
- Help them identify & navigate environments that may present barriers to behavior change, such as social events or eating out.

Disclosure: The presented list was developed by ChatGPT™ in June 2023 to generate ideas for approaching “determinants of behavior change” as presented in: Nutrition Education: Nutrition Education: Linking Research, Theory, and Practice (4<sup>th</sup> Ed.) by Isobel Contento & Pamela Koch

Disclaimer: it's crucial to tailor these considerations to each individual's unique circumstances, preferences, and needs. Building a trusting and safe relationship will enhance the effectiveness of behavior change interventions, especially with gender diverse and 2SLGBTQ+ individuals.