

Nutrition Health Disparities Research Framework

		Levels of Influence			
		Individual	Interpersonal	Community	Societal
Domains of Influence (Over the Life Course)	Biological	Taste Predispositions, Nutritional Status, Nutrition Metabolism, Nutrigenomics, Metabolomics, Microbiome, Food Allergies and Intolerances	Maternal -Child Interaction, Feeding Practices (e.g., breastfeeding), Family Microbiome	Community Illness Food Contaminant	Sanitation Pathogen Exposure (e.g., E Coli)
	Behavioral	Dietary Intake, Dietary Habits, Eating Patterns, Coping Strategies	Family Dietary Practices (e.g., family meals) School/Work Dietary Behavior	Community Functioning Community engagement (lobbying for full- service grocery stores)	Nutrition Policies and Laws (e.g., food assistance programs and access) State- and City-level Food and Nutrition Policies (e.g., soda taxes)
	Physical/Built Environment	Personal Food Environment and Access (e.g., exposure to fast food at home)	Household Food Environment School/Work Food Environment	Community Environment Community Resources Neighborhood Food Environment (e.g., food deserts, food marketing)	Societal Structures (e.g., zoning laws) Dept. of Education and School System Workplace Policies and Accommodations, Food Marketing
	Sociocultural Environment	Food Preferences, Sociodemographic (e.g., discretionary income) Food Literacy and Preparation Skills Limited English Cultural Identity/Acculturation Response to Discrimination	Social Networks Family/Peer Norms Interpersonal Discrimination (e.g., dietary practice, body image)	Community Norms Local Structural Discrimination (e.g., dietary practice, body image)	Social Norms Food System (e.g., supply chain, food costs) Societal Structural Discrimination
	Health Care System	Insurance Coverage, Access, Utilization Health Literacy Treatment Preferences Nutrition Medical Therapy	Patient-Clinician Relationship Medical Decision-Making (e.g., referrals to RDs)	Availability of Services Safety Net Nutrition Services (e.g., WIC, SNAP, food pantries)	Quality of Care Health Care Policies for Nutrition Services (e.g., screening & treatment)
Health Outcomes		Individual Health 	Family/Organizational Health 	Community Health 	Population Health 

The Nutrition Health Disparities Research Framework was adapted from the NIMHD Minority Health and Health Disparities Research Framework. The framework highlights multiple factors and their intersection that are relevant to understanding and addressing nutrition-related health disparities. Our definition of health disparities includes race/ethnicity, low socioeconomic status, rural, sexual/gender, and minority populations. Additionally, other fundamental characteristics such as sex/gender, disability, and geographic region are included in the framework. For more information about the NIMHD Minority Health and Health Disparities Research Framework see <https://www.nimhd.nih.gov/about/overview/research-framework/>. **We welcome your comments on the Nutrition Health Disparities Research Framework. Please submit feedback to nutritionresearch@nih.gov.**