# Understanding the factors that contribute to the problem

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| Impact of addressing these factors  | Categories | Types | Specific risk or protective factors | Potential Change Agent (Role/ sector) |
| Less/ little impactMore/ greatest impact | Personal | Knowledge, beliefs, skills, education, and training |  |  |
| Experience and history |  |  |
| Biology/ genetics |  |  |
| Environmental | Supports and services |  |  |
| Access, barriers, and opportunities |  |  |
| Consequences of efforts |  |  |
| Policies and broader conditions |  |  |