

I am concerned about my health (T9)

I eat red meat once a week (T14)

I eat more chicken and turkey (T0)

I eat fish once a week (T0)

My doctor advises reducing red meat (T1)

Friends share healthy, low-meat recipes

I stopped eating lunch meats during COVID

Community members try to eat less red meat (T5)

Restaurants promote red meat as special

Group outings are seen as special occasions

A network diagram with a central node T9 (green) connected to five other nodes: T1 (light blue), T0 (dark blue), T5 (orange), T14 (light green), and T1 (light blue). The edges are purple lines of varying thickness. The connections are as follows: T9 to T1 (thick), T9 to T0 (thick), T9 to T5 (medium), T9 to T14 (thin), and T9 to T1 (thin).

The diagram illustrates a network of concerns and behaviors. The nodes and their connections are as follows:

- Green nodes (Health/Environment concerns):**
 - Community values health highly (T9)
 - I am concerned about health (T9)
 - I want to reduce inflammation (T9)
 - I am concerned about cancer risk (T9)
- Orange nodes (Behaviors):**
 - Friends also reduced red meat consumption (T5)
 - I have reduced red meat consumption (T1)
 - I eat more poultry and less pork (T0)
 - I want to manage my weight (T6)
 - I have meat-free days each week
- Red node (Environment concern):**
 - I am concerned about greenhouse gas emissions (T16)

Connections:

- A thick purple line connects the following nodes in sequence: Community values health highly (T9) → I am concerned about health (T9) → I have reduced red meat consumption (T1) → I eat more poultry and less pork (T0) → I want to reduce inflammation (T9) → I want to manage my weight (T6) → I am concerned about cancer risk (T9) → I have meat-free days each week.
- A thin purple line connects Community values health highly (T9) and Friends also reduced red meat consumption (T5).
- A thin purple line connects I am concerned about health (T9) and I am concerned about cancer risk (T9).
- A thin purple line connects I am concerned about health (T9) and I am concerned about greenhouse gas emissions (T16).
- A thin purple line connects I am concerned about cancer risk (T9) and I have meat-free days each week.

The diagram illustrates a network structure with six nodes labeled T0 through T6 and T16. Node T9 is the central hub, colored green, and is connected to three other nodes: T1 (light blue), T0 (dark blue), and T6 (orange). These connections are highlighted with thick purple lines. Node T5 (orange) is isolated in the top left, and node T16 (red) is isolated in the bottom left. A purple shadow is visible behind node T9.