

READI Glossary List

- **Advocacy** - Speaking up to support a cause that promotes a change
- **Analyze** - To examine and understand the detailed information or data
- **Accommodations**
- **Barriers**
- **Carbohydrates**
- **Consumer** - A person who uses something for personal use
- **Critical thinking**
- **Curriculum** - A program, course, or workshop that teaches us about a specific topic
- **Data** - Facts or information collected for research analysis
- **Findings** - The outcome of an action or a research process
- **Disability Awareness**
- **Empower**
- **Findings/Results**
- **Health** - Your physical, mental, and social well-being
- **Hydration** - The process of drinking water
- **Inclusion**
- **Incentives**
- **Participant** - A person who takes part in an activity
- **Perspectives**
- **Policy**
- **Population**
- **Process** - A series of actions in order to achieve a goal
- **Protein**
- **References**
- **Research** - The process of asking questions to better understand what we are interested in learning about
- **Researcher** - A person who participates as part of a research study team
- **Research Team** - A group of researchers who work together to answer a specific research question
- **Results** - The outcome of an action or a research process
- **Survey** - A series of questions to have a better understanding of a group of people or a specific question
- **Voluntary**
- **Wellbeing**