

Supplemental Table 4. Graduate Research about Environments Physical Activity (PA), Healthy Eating (HE), and Breastfeeding (BF), Promotion in Rural Settings (n=4).

Citation in AMA format	Source		Behavior			Results	
	Population and/or Setting Characteristics	Measures Used	Setting(s)	BF	HE	PA	Environmental
Glagola Dunn C. <i>Examining Faith Based Communities As Leverage Points For The Prevention Of Childhood And Adolescent Obesity</i> [Dissertation], University of South Carolina Columbia; 2018.	26 church leaders. Gender: Male 10 (38%) Female 16 (62%); Race: White/Caucasian/ 20 (77%), Black/African American 5 (19%), Native American 1 (4%)	Interviews include questions about health concerns for young church members,-descriptions of where children are active in the church, types of activities/events held at the church where children eat/drink, decision-making power about the health behaviors of children/youth at the church,-and key features of the church that are important when addressing childhood obesity.	Churches		X		Pastors (n=20) representing separate congregations and six church leaders identified Sunday school as an opportunity for HE changes (e.g., replacing chips with fruits, replacing cookies with whole grain fruit bars). Several church leaders discussed increasing healthy options at church meals. Several leaders mentioned that PA time was already built in to church activities such as Sunday School, youth group, Vacation Bible School, and choir practice. However, these activities were not always included as an effort to intentionally increase PA for health but were identified as a method to calm children prior to church events
Hutson S. <i>Women, Infants, and Young Children: Exploring Barriers to Social Assistance Programs in Rural Areas</i> [Ph.D.]. Ann Arbor, Tennessee Technological University; 2017.	5 female	Focus group questions focused on reasons for participating in WIC, changes in perceptions of the WIC visits over time, descriptions of typical grocery visits using WIC vouchers, support from family during WIC participation, factors considered when deciding when to go to the grocery store, the most challenging aspects of going to the grocery store, and reasons for stopping WIC participation.	Food assistance programs; food retail.		X		WIC-eligible, nonparticipants stated barriers to participation including stigma, negative interactions with administrative staff, stressful visits to the grocery store, and a desire for discretion that was not possible with the WIC program.
Ma X. <i>Food Acquisition And Shopping Patterns And Associations With Body Mass Index</i> [Dissertation],	N=2,44; 69.1% female; 10.4% below high school; 20.4% high schoolers, 69.2% greater than high school; 68.3% white; 15.9% Black; 0.6% American; 6.7% Asian Native; 8.5% Others Multiple.	Food Acquisition and Purchase Survey (FoodAPS), which included: "travel distances between residential location and primary and alternative stores, perceived travel time to primary store, store type, transportation	Food retail		X		Among rural households, the proportion that shopped more distally with perceived shorter travel time, used their own vehicle, and were more likely to use a farmer's market was higher in the obese compared to non-obese

University of South Carolina; 2018.

mode to primary store, and utilization of farmers' markets and food banks or pantries,²²

group. No significant associations were found between food acquisition and shopping patterns and body mass index.

Mead KM. *Neighborhood Influences on Physical Activity and Physical Function among Older Adults* [Dissertation], The University of Wisconsin Madison; 2018.

Total n=485. Rural residents (n=201) were 53.4% female; 7.7% less than high school, 25.5% high school/-GED, 38.6% some college/AD, 19.0% bachelor's degree, 9.3% masters' or higher. 95.7% Non-Hispanic White; 1.3% Hispanic, 3.0% Other race/ethnicity. Urban residents (n=284) were 55.4% female, 4.5% less than high school, 21.2% high school/ GED, 35.4% some college/AD, 21.2% bachelor's degree, 17.7% masters or higher; 91.0% Non-Hispanic White, 5.2% African American Non-Hispanic, 0.7% Hispanic, 3.1% Other race/-ethnicity.

Neighborhood Environment Walkability Scale, and some adapted questions from Boehmer, Lovegreen, Haire-Joshu and Brownson (2006) about perceptions of neighborhood-built environments. This included ratings about community potential for physical activity, crime safety, traffic safety, proximity to destinations and interesting things to look at, maintenance, and access to fruits and vegetables.

Parks; recreation facilities; streets; sidewalks; trails

X

Rural residents who reported more positive perceptions of their built environment had significantly fewer weekly minutes of moderate to vigorous intensity physical activity (MVPA). As perceptions of having 'interesting things to look at' increased, so did physical function for rural residents significantly increased. As destination density increased, perceptions of safety from crime significantly decreased and was linked to decreased MVPA.
