

Supplemental Table 1. Environmental Support for Physical Activity (PA), Healthy Eating (HE), and Breastfeeding (BF) Promotion in Rural Communities: Characteristics of Research Included in a Scoping Review (n=118).

Source		Behavior			Setting				
Source Author and Year	Source Type Source Title	BF	HE	PA	Location	Census Region	Rural Typology <sup>§</sup>	Rural Definition	Setting(s)
Adachi-Mejia et al, 2013	Original research Variation in access to sugar-sweetened beverages in vending machines across rural, town and urban high schools		X		New Hampshire and Vermont, USA	Northeast	Unable to determine	National Center for Education Statistics (NCES)	Schools
Ahern et al, 2011	Original research A national study of the association between food environments and county-level health outcomes		X		Nationwide	Northeast, West, Midwest, South	Unable to determine	U.S. Department of Agriculture (USDA) Rural-Urban Continuum Codes (RUCC)	Food retail
Ahmed & Byker Shanks, 2017	Original research Quality of vegetables based on total phenolic concentration is lower in more rural consumer food environments in a rural American state		X		Montana	West	Unable to Determine	USDA RUCC	Food retail
Amerson et al, 2014	Original research Adoption of sodium reduction strategies in small and rural hospitals, Illinois, 2012		X		Illinois	Midwest	Unable to determine	Authors describe study setting as rural	Hospitals
Anderson Steeves et al, 2015	Original research A rural small food store pilot intervention creates trends toward improved healthy food availability		X		Charles County, Maryland	Northeast	Military Posts	The Maryland Department of Health and Mental Hygiene (Population size of 320 persons per square mile)	Food retail

Askelson et al., 2019	Original research  Actively involving middle school students in the implementation of a pilot of a behavioral economics-based lunchroom intervention in rural schools		Iowa	Midwest	Unable to determine	Authors describe the study setting as rural	Schools
Atkinson et al, 2010	Original research  Assets, challenges, and the potential of technology for nutrition education in rural communities	X	Maryland	Northeast	Unable to determine	Maryland Department of Health and Mental Hygiene	Food retail; schools; streets
Baker et al, 2017	Original research  Implementing and evaluating environmental and policy interventions for promoting physical activity in rural schools		Missouri	South	Unable to determine	Authors describe study setting as rural	Schools
Bardenhagen et al, 2017	Original research  Characterizing rural food access in remote areas	X	Michigan	Mid-west	Unable to determine	The Michigan Department of Agriculture and Rural Development to identify rural stores	Food retail
Barnes et al, 2016	Original research  Geographic measures of retail food outlets and perceived availability of healthy foods in neighbourhoods	X	South Carolina	South	Unable to determine	U.S. Census Bureau data	Food retail
Bevans et al, 2010	Original research  Physical education resources, class management, and student physical activity levels: a structure-process-outcome		Maryland and West Virginia	South and Midwest	Unable to determine	Authors describe study setting as rural	Schools

	approach to evaluating physical education effectiveness						
Blair et al, 2020	Original research  Childhood obesity and breastfeeding rates in Pennsylvania counties—spatial analysis of the lactation support landscape	X	Philadelphia, Pittsburg, and Beaver Springs. Pennsylvania	Northeast	Graying America; Rural Middle America; Working Class Country	Center for Rural Pennsylvania data	Healthcare
Blanchard & Lyson, 2006	Grey literature  Food availability & food deserts in the nonmetropolitan South	X	Mississippi	South	Unable to determine	Census of Population and Housing data	Food retail
Bontrager Yoder et al, 2014	Original research  Farm to elementary school programming increases access to fruits and vegetables and increases their consumption among those with low intake	X	Madison, Wisconsin	South Central	College Towns	Wisconsin Department of Public Instruction	Schools; local food producers
Bower et al, 2014	Original research  The intersection of neighborhood racial segregation, poverty, and urbanicity and its impact on food store availability in the U.S.	X	Nationwide	Northeast, Midwest, South, West	Unable to determine	U.S. Census Bureau data “Census tracts were defined as urban if they fell within a Metropolitan Statistical Area (MSA) and rural if not.”	Food retail
Bungum et al, 2009	Original research  Prevalence and correlates of walking and biking to school among adolescents	X	Utah	West	Unable to determine	Authors describe the study setting as rural	Schools; streets
Bustillos et al, 2009	Original research  Availability of more healthful food alternatives in	X	Brazos Valley, Texas	South	Aging Farmlands	Authors describe the study setting as rural	Food retail

	traditional, convenience, and nontraditional types of food stores in two rural Texas counties						
Byker Shanks et al, 2015	Original research  Availability, price, and quality of fruits and vegetables in 12 rural Montana counties, 2014	X	Choteau, Gallatin, Glacier, Jefferson, Lake, Madison, Meagher, Mineral, Pondera, Sanders, Teton, and Wheatland, Montana	West	Rural Middle America; Urban typology; Working Class Country	USDA RUCC	Food retail
Carlton et al, 2017	Original research  Shared use agreements and leisure time physical activity in North Carolina public schools	X	North Carolina	Southeast	Unable to determine	NCES	Schools
Comstock et al, 2016	Original research  Assessing the environment for support of youth physical activity in rural communities	X	South Dakota; Kansas	Midwest	Unable to determine	Authors describe the study setting as rural	Streets
Creel et al, 2008	Original research  Availability of healthier options in traditional and nontraditional rural fast-food outlets	X	Brazos Valley, Texas	South	Aging Farmlands	Authors describe the study setting as rural	Food retail
Dalton et al, 2011	Original research  Built environment predictors of active travel to school among rural adolescents	X	New Hampshire; Vermont	Northeast	Unable to determine	Population size, residential density, nonresidential land use, and intersection density	Schools; food retail; sidewalks; streets.

D'Angelo, 2017	Original research  Small food store retailers' willingness to implement healthy store strategies in rural North Carolina	X		Lenoir, Wayne and Wilson Counties, North Carolina	Southeast	African American South; Military Posts	Authors describe the study setting as rural	Food retail
Davis et al, 2014	Original research  Health impact assessment, physical activity and federal lands trail policy		X	Cuba, New Mexico	West	Urban Typology	Authors describe the study setting as rural	Trails
Davis et al, 2017	Original research  Milk Options Observation (MOO): A mixed-methods study of chocolate milk removal on beverage consumption and student/staff behaviors in a rural elementary school	X		Jefferson County, Oregon	West	Graying America	Oregon Department of Education to describe rural school population	Schools
Davis et al, 2019	Original research  A spatial evaluation of healthy food access: Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) participants	X		Arizona	West	Unable to determine	Authors describe the study setting as rural	Food assistance programs; food retail
Deller et al, 2015	Original research  Rural poverty, health and food access	X		Nationwide	Northeast, West, Midwest, South	Unable to determine	Authors describe the study setting as rural	Food retail
Demment et al, 2015	Original research  Rural middle school nutrition and physical activity environments and the change in body	X	X	New York	Northeast	Unable to determine	NCES codes	Schools

	mass index during adolescence							
Dunn et al, 2011	Original research  Socio-economic status, racial composition and the affordability of fresh fruits and vegetables in neighborhoods of a large rural region in Texas	X		Burleson, Griemes, Leon, Madison, Robertson and Washington, Texas	South	African American South, Urban typology, Working Class Country	U.S. Census Bureau (Population size ranging from 13,379 to 32,034)	Food retail
Dunn et al, 2012	Original research  The effect of fast-food availability on fast food consumption and obesity among rural residents: an analysis by race/ethnicity	X		Brazos, Burleson, Griemes, Leon, Madison, Robertson, Washington, Texas	South	African American South Working Class, America	Authors describe the study setting as rural	Food retail
Escaron et al, 2016	Original research  Developing and implementing "Waupaca Eating Smart": a restaurant and supermarket intervention to promote HE through changes in the food environment	X		Wisconsin	Midwest	Unable to determine	Authors describe the study setting as rural	Food retail
Fan et al, 2015	Original research  Sociodemographic and environmental correlates of active commuting in rural America	X		Nationwide	Northeast, West, Midwest, South	Unable to determine	USDA RUCA	Parks, streets, sidewalks
Fan et al, 2017	Original research  Built environment and active commuting: rural-urban differences in the U.S	X		Nationwide	Northeast, West, Midwest, South	Unable to determine	USDA RUCA	Parks; streets; sidewalks
Findholt et al, 2011	Original research	X	X	Union County, Oregon	West	Graying America	U.S. Census Bureau 2008 (Population size ranging from 295 to 13,085)	Food retail, recreational facilities, schools,

	Environmental influences on children's physical activity and eating habits in a rural Oregon county						street, natural environment	
Flamm, 2011	Original research		Oxford, Ohio	Midwest	Urban typology	Authors describe study setting as rural	Food retail	
	Barriers to EBT use at farmers' markets: lessons in empowerment evaluation from rural Ohio	X						
Foundation for Healthy Communities, 2016	Grey literature Celebrating our collective progress: 10 years of HE and active living in New Hampshire	X	X	Berlin, NH; Franklin, NH; Ashland, NH	Northeast	College Towns; Exurbs; Graying America	Met at least one criterion for rural <sup>1</sup>	Community gardens; food retail; hospitals; parks; schools; trails
Fretts et al, 2018	Original research		Seattle, Washington	West	Unable to determine	Authors describe study setting as rural	Food retail	
	Availability and cost of healthy foods in a large American Indian Community in the north-central U.S.	X						
Gantner et al, 2011	Original research		New York; Pennsylvania	Northeast	Unable to determine	U.S. Census Bureau data (86.9 people per square mile with a minimum population density of 33.2 and a maximum population density 194.1)	Food retail	
	Prevalence of nontraditional food stores and distance to healthy foods in a rural food environment	X						
Gibson, 2011	Original research		Nationwide	Northeast, West, Midwest, South	Unable to determine	Authors describe study setting as rural	Food retail	
	The neighborhood food environment and adult weight status: estimates from longitudinal data	X						
Graves et al, 2008	Original research		Tennessee	South	Unable to determine	Authors describe the study setting as rural	Food assistance programs; schools	
	Biscuits, sausage, gravy, milk, and orange juice: school breakfast	X						

	environment in 4 rural Appalachian schools						
Grubestic & Durbin, 2017	Original research  Breastfeeding support: a geographic perspective on access and equity	X	Ohio	Midwest	Unable to determine	U.S. Census Bureau data	Healthcare; hospitals
Gustafson et al, 2012	Original research  Validation of food store environment secondary data source and the role of neighborhood deprivation in Appalachia, Kentucky	X	Bath, Clay, Estill, Fleming, Garrard, Jackson, Lee, Lincoln, Madison, Montgomery, Owsley, Powell, Pulaski, Robertson, Kentucky	South	Aging Farmlands; Evangelical Hubs; Rural Middle America; Urban typology; Working Class Country	The U.S. Department of Agriculture rural-urban codes (7-9)	Food retail
Gustafson et al, 2017	Original research  Direct effects of the home, school, and consumer food environments on the association between food purchasing patterns and dietary intake among rural adolescents in Kentucky and North Carolina, 2017	X	Kentucky; North Carolina	South	Unable to determine	Authors describe the study setting as rural	Home; school environments; food retail
Hafoka, 2017	Original research  Assessing the active living environment in three rural towns with a high proportion of Native Hawaiians and other Pacific Islanders	X	Hawaii	West	Unable to determine	Authors describe the study setting as rural	Streets
Hanawa Peterson & Procter, 2019	Original research	X	Chautauqua, Clark, Republic,	Midwest	Aging Farmlands, Rural Middle America, Working Class Country	Authors describe the study setting as rural	Food retail

	A case study of independent grocers in the U.S. rural Midwest		Smith, KS; Thayer, NE				
Hege et al, 2017	Original research  Active living in rural Appalachia: using the rural active living assessment (RALA) tools to explore environmental barriers.		North Carolina	South	Unable to determine	Population size of less than 10,000	Recreation facilities; schools; streets; trails
		X					
Hill et al, 2012	Original research  Does availability of physical activity and food outlets differ by race and income? Findings from an enumeration study in a health disparate region	X	Danville, VA	South	African American South	Authors describe the study setting as rural	Food retail; parks; streets; sidewalks
		X					
Hill et al, 2016	Original research  Do the features, amenities, and quality of physical activity resources differ between city and county areas of a large rural region?		North Carolina; Virginia	South	Unable to determine	USDA RUCA	Recreational facilities; parks; streets; sidewalks; schools
Holston & Cater, 2020	Grey literature  Helping rural Louisiana gain access to healthy food	X	Madison, St. Helena and Tensas parishes, Louisiana	South	African American South	Met at least one criterion from Am I Rural tool <sup>1</sup>	Food retail
Honeycutt et al, 2012	Original research  Research to reality: a process evaluation of a mini-grants program to disseminate evidence-based nutrition programs to rural churches and worksites	X	Georgia	South	Unable to determine	Authors describe the study setting as rural	Churches; workplace

Hosler et al, 2006	Original research  Low-fat milk and high-fiber bread availability in food stores in urban and rural communities	X	Columbia and Greene Counties, New York	Northeast	Graying America; Rural Middle America	Authors describe the study setting as rural	Food retail
Hosler et al, 2008	Original research  Assessing retail fruit and vegetable availability in urban and rural underserved communities	X	Columbia County, and Greene County, Albany, New York	Northeast	Graying America; Rural Middle America	Authors describe the study setting as rural	Food retail
Hosler, 2009	Original research  Retail food availability, obesity, and cigarette smoking in rural communities	X	Columbia and Greene Counties, New York.	Northeast	Graying America; Rural Middle America	Office of Management and Budget (OMB) criteria	Food retail
Houghtaling, 2020	Original research  Resources lack as food environments become more rural: Development and implementation of an Infant Feeding Resource tool (InFeed)	X	Montana	West	Unable to determine	USDA RUCC	Food retail
Hubley, 2011	Original research  Assessing the proximity of healthy food options and food deserts in a rural area in Maine	X	Somerset county, Maine	Northeast	Graying America	Authors describe the study setting as rural	Food retail
Izumi et al, 2015	Original research  Formative evaluation to increase availability of healthy snacks and beverages in stores near schools in two rural Oregon Counties, 2013	X	Union and Wallowa Counties, Oregon	West	Graying America	Oregon Department of Education (Population size of fewer than 2,000)	Food retail

Jilcott Pitts et al, 2015	Original research  Farmers' market shopping and dietary behaviours among Supplemental Nutrition Assistance Program participants	X		Pitt County, North Carolina	South	African American South	Authors describe the study setting as rural	Food assistance programs; food retail
Jilcott Pitts, 2017	Original research  Examining the association between intervention-related changes in diet, physical activity, and weight as moderated by the food and physical activity environments among rural, Southern adults	X	X	Lenoir County, North Carolina	South	African American South	Authors describe the study setting as rural	Food retail; parks: recreation facilities; streets
Jilcott Pitts et al, 2018	Original research  Impact on dietary choices after discount supermarket opens in low-income community.	X		Greenville (Pit County) and Kinston (Lenoir County), North Carolina	South	Aging Farmlands	Authors describe the study setting as rural	Food retail
Jilcott Pitts, 2018	Original research  One-year follow-up examination of the impact of the North Carolina Healthy Food Small Retailer Program on healthy food availability, purchases, and consumption	X		North Carolina	South	Unable to determine	Authors describe the study setting as rural	Food retail
Jithitikulchai et al, 2012	Original research  Variations in the availability and price of healthier food options by store type and urban-rural setting	X		Brazos Valley, Texas	South	Aging Farmlands	Authors describe the study setting as rural	Food retail

Kaczynski et al, 2020	Original research  Development of a national childhood obesogenic environment index in the U.S.: differences by region and rurality	X	X	X	Nationwide	Northeast, Midwest, South, and West	Unable to determine	The Urban Influence Codes (UIC)	Food retail; hospitals; parks, recreation facilities, schools
Katapodis et al, 2019	Original research  Evaluating the impact of improving access on consumption of fruits and vegetables in a rural community in Texas: a modeling study		X		Texas	South	Unable to determine	Authors describe the study setting as rural	Food retail; schools
Ko et al, 2018	Original research  Food availability and food access in rural agricultural communities: use of mixed methods		X		Washington	West	Unable to determine	Authors describe the study setting as rural	Food retail
Lu et al, 2017	Original research  Evaluating the influence of the revised Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) food allocation package on healthy food availability, accessibility, and affordability in Texas		X		Texas	South	Unable to determine	National Center for Education Statistics	Food retail
Mann et al, 2015	Original research  The availability of competitive foods and beverages to middle school students in Appalachian Virginia before implementation of the 2014 Smart		X		Appalachia, Virginia	South	Working Class Country	Authors describe the study setting as rural	Schools

Snacks in School Standards							
Mann et al, 2017	Original research  Smart snacks in school standards in Appalachian Virginia middle schools	X	Appalachia, Virginia	South	Working Class Country	Authors describe the study setting as rural	Schools
Martínez-Donate et al, 2015	Original research  Evaluation of a pilot HE intervention in restaurants and food stores of a rural community: A randomized community trial	X	Unknown	Midwestern	Unable to determine	Population size of 6,000 to 26,000	Food retail
Mayo et al, 2013	Original research  Associations between county and municipality zoning ordinances and access to fruit and vegetable outlets in rural North Carolina, 2012	X	Bertie, Camden, Chowan, Currituck, Dare, Edgecombe, Gates, Hertford, Hyde, Martin, Northampton, Pasquotank, Perquimans, Tyrell, and Washington Counties, North Carolina	South	African American South; Evangelical Hubs; Graying America; Urban typology	U.S. Census Bureau data	Food retail
McCormack et al, 2019	Original research  The development and use of an assessment tool to capture changes in the food pantry nutrition environment and system of food distribution	X	Multistate	Midwest	Unable to determine	U.S. Department of Agriculture, "Defined as nonmetro with poverty rates >16%, having Cooperative Extension"	Food assistance programs

McDermot et al, 2017	Original research  Assessment of healthy food availability in Washington state-questioning the food desert paradigm	X	Washington	West	Unable to determine	U.S. Census Bureau data "Rural census blocks were those that were not urban."	Food assistance programs; food retail
McGuirt et al, 2011	Original research  Conducting community audits to evaluate community resources for healthful lifestyle behaviors: An illustration from rural eastern North Carolina	X X	Pitt County, North Carolina,	South	African American South	U.S. Census Bureau data	Food retail; parks; recreation facilities; streets; trails
McGuirt et al, 2015	Original research  A mixed methods comparison of urban and rural retail corner stores	X	Lenoir County, North Carolina; Los Angeles County, California	Southeastern and West	African American South; Big Cities	Authors describe the study setting as rural	Food retail
Michimi & Wimberly, 2010	Original research  Associations of supermarket accessibility with obesity and fruit and vegetable consumption in the conterminous U.S.	X	Nationwide	West, Midwest, South, Northeast	Unable to determine	Nonmetropolitan areas included micropolitan counties with urban clusters of at least 10,000 but less than 50,000, and more sparsely populated noncore counties.	Food retail
Michimi & Wimberly, 2012	Original research  Natural environments, obesity, and physical activity in nonmetropolitan areas of the U.S.	X	Nationwide	West, Midwest, South, and Northeast	Unable to determine	Office of Management and Budget to define "nonmetropolitan counties are distinguished from metropolitan counties by their lack of dense, urbanized population centers"	Natural environment; recreational facilities
Moore et al, 2013	Original research  Association of the built environment with	X	North Carolina	South	Unable to determine	Authors describe the study setting as rural	Schools; streets

	physical activity and adiposity in rural and urban youth						
National Association of County and City Health Officials, 2016	Grey literature Removing Barriers to Breastfeeding in Niagara County	X	Niagara County, New York	North	Rural Middle America	Met at least one criterion in Am I Rural tool <sup>1</sup>	County fair; workplaces
National Physical Activity Society, 2016	Grey literature Stories from small towns: Eufaula, Alabama	X	Eufaula, Alabama	South	African American South	Met at least one criterion from Am I Rural tool <sup>1</sup>	Trails
National Physical Activity Society, 2016	Grey literature Stories from small towns: Hebron, Nebraska	X	Hebron, Nebraska	Midwest	Aging Farmlands	Met at least one criterion from Am I Rural tool <sup>1</sup>	Trails
National Physical Activity Society, 2016	Grey literature Stories from small towns: Mollalla, Oregon	X	Mollalla, Oregon	Northwest	Exurbs	Met at least one criterion from Am I Rural tool <sup>1</sup>	Trails
National Physical Activity Society, 2016	Grey literature Stories from small towns: Sulphur Springs Texas	X	Sulphur Springs Texas	South	Evangelical Hubs	Met at least one criterion from Am I Rural tool <sup>1</sup>	Streets; sidewalks
National Physical Activity Society, 2016	Grey literature Stories from small towns: Soap Lake, Washington	X	Soap Lake, Washington	West	Hispanic Centers	Met at least one criterion from Am I Rural tool <sup>1</sup>	Streets; sidewalks
Nanney et al, 2013	Original research Rural disparities in the distribution of policies that support HE in U.S. secondary schools	X	Nationwide	West, Midwest, South, and Northeast	Unable to determine	National Center for Education Statistics (geographic designation for rural/ town “n=4,033, 59.9%” schools)	Schools
Nanney et al, 2019	Original research A group randomized intervention trial	X	Minnesota	Midwest	Unable to determine	Authors describe the study setting as rural	Schools

	increases participation in the School Breakfast Program in 16 rural high schools in Minnesota						
Nelson et al, 2006	Original research  Built and social environments associations with adolescent overweight and activity	X	Nationwide	West, Midwest, South, and Northeast	Unable to determine	Metropolitan Statistical Area (MSA) of Add Health schools	Recreational facilities; parks; sidewalks; streets
Nollen et al, 2009	Original research  Competitive foods in schools: availability and purchasing in predominately rural small and large high schools	X	Kansas	Midwest	Unable to determine	National Center for Education Statistics	Schools
Novotny et al, 2011	Original research  Development and implementation of a food system intervention to prevent childhood obesity in rural Hawai'i	X	Hawaii	West	Unable to determine	Authors describe the study setting as rural	Food retail
Oswego County Opportunities, Inc.	Grey literature  Rural health network provides lactation rooms	X	Oswego county, Cleveland	Midwest	Rural Middle America	Met at least one criterion in Am I Rural <sup>1</sup>	Workplace
Pereira et al, 2014	Original research  Assessing the food environment of a rural community: baseline findings from the heart of New Ulm project, Minnesota, 2010-2011	X	New Ulm, Minnesota	Midwest	Rural Middle America	Authors describe study setting as rural	Food retail
Perry et al, 2011	Original research  Intrapersonal, behavioral, and	X	Washington	West	Unable to determine	USDA RUCA	Parks; schools

	environmental factors associated with meeting recommended physical activity among rural Latino youth						
Perry et al, 2015	Original research  Active living environment assessments in four rural Latino communities		Washington	West	Unable to determine	Authors describe study setting as rural	Parks; recreation facilities; schools; streets; trails
		X					
Poulsen et al, 2018	Original research Comparing objective measures of the built environment in their associations with youth physical activity and sedentary behavior across heterogeneous geographies		Pennsylvania	Northeast	Unable to determine	Considered township or borough according to Pennsylvania municipality categorization	Schools; streets; sidewalks, recreational facilities; parks
		X					
Poulsen et al, 2019	Original research  Associations of multidimensional socioeconomic and built environment factors with body mass index trajectories among youth in geographically heterogeneous communities		Pennsylvania	Northeast	Unable to determine	Considered township or borough according to Pennsylvania municipality categorization	Food retail; recreation facilities
		X					
		X					
Powell et al, 2007	Original research  The availability of fast-food and full-service restaurants in the U.S.: associations with neighborhood characteristics		Nationwide	Northeast, Midwest, South and West	Unable to determine	U.S. Census Bureau data with population size less than 2,500 split into rural farm and nonfarm areas.	Food retail
		X					
Ray et al, 2019	Original research  Geographic access to International Board-Certified Lactation		Pennsylvania	Northeast	Unable to determine	USDA RUCC	Healthcare
		X					

Consultants in Pennsylvania								
Rigby et al, 2012	Original research  Food deserts in Leon County, FL: disparate distribution of Supplemental Nutrition Assistance Program-accepting stores by neighborhood characteristics	X		Leon County, Florida	South	Urban typology	Tracts with greater than 90% urban population were defined as urban, and those with less than or equal to 10% urban population were defined as rural according to the U.S. Census Bureau.	Food assistance programs; food retail
Rivera et al, 2018	Original research  Exploring the association of urban or rural county status and environmental, nutrition- and lifestyle-related resources with the efficacy of SNAP-Ed (Supplemental Nutrition Assistance Program-Education) to improve food security	X		Indiana	Midwest	Unable to determine	U.S. Census Bureau	Food assistance programs; food retail
Robert Wood Johnson Foundation, 2013	Grey literature  Empowering people and inspiring change: Manistique, MI	X	X	Schoolcraft county, Michigan	Midwest	Graying America	Population size of 4,000	Streets; trails; food retail; parks; schools
Robert Wood Johnson Foundation, 2017	Grey literature  A community holding hands to bridge its divide		X	Garrett County, Maryland	Northeast	Working Class Country	Authors describe study setting as rural	Natural environment; parks; recreation facilities; streets; trails
Robinson et al, 2014	Original research  Assessing environmental support for better health: active living opportunity audits		X	Perry, Bullock, Sumter, Wilcox Counties, Alabama; Grenada,	South	African American South;	Authors describe study setting as rural	Playground; parks; streets

	in rural communities in the southern U.S.		Humphreys, Panola, Yazoo Counties, Mississippi				
Ruelle et al, 2011	Original research  Practicing food sovereignty: Spatial analysis of an emergent food system for the Standing Rock Nation	X	South Dakota and North Dakota.	Midwest	Unable to determine	Authors describe study setting as rural	Food assistance program
Rural Health Information Hub, 2020	Grey literature  Grow your health	X	Vinton County, Ohio	Northeast	Working Class Country	Population size of about 13,000	Community gardens
Rural Health Information Hub, 2012	Grey literature  Poplar bluff skate plaza	X	Poplar Bluff, Missouri	Midwest	Evangelical Hubs	Met at least one criterion in Am I Rural tool <sup>1</sup>	Parks
Rural Health Information Hub, 2019	Grey literature  Albert Lea Blue Zones Project	X	Albert Lea, Minnesota	Upper Midwest	Rural Middle America	Population size of 18,000	Streets; sidewalks; trails
Rural Health Information Hub, 2020	Grey literature  Granville Greenways Walkable Community	X	Greenville, North Carolina	Southeastern	African American South	Did not meet one criterion in Am I Rural tool	Schools; trails; workplaces
Rushakoff et al, 2017	Original research  Evaluation of Healthy2Go: A country store transformation project to improve the food environment and consumer choices in Appalachian Kentucky	X	Bell, Clay, Jackson, and Knox Counties, Cumberland Valley, Kentucky	South	Evangelical Hubs; Working Class country	Authors describe study setting as rural	Food retail
Scanlin et al, 2014	Original research  Development of a pedestrian audit tool to assess rural neighborhood walkability	X	Georgia	South	Unable to determine	Census Bureau 2010 (Population size of about 35,000 with a population density of less than 70 per square mile)	Streets; sidewalks

Sharkey & Scott, 2008	Original research  Neighborhood socioeconomic deprivation and minority composition are associated with better potential spatial access to the ground-truthed food environment in a large rural area	X	Brazos valley, Texas	South	African American South; Hispanic Centers; Working Class country	Authors describe study setting as rural	Food retail
Sharkey et al, 2011	Original research  Association between proximity to and coverage of traditional fast-food restaurants and non-traditional fast-food outlets and fast-food consumption among rural adults	X	Brazos valley, Texas	South	African American South; Hispanic Centers; Working Class Country	Based on population density (persons/mi <sup>2</sup> )	Food retail
Sharkey et al, 2010	Original research  Neighborhood deprivation, vehicle ownership, and potential spatial access to a variety of fruits and vegetables in a large rural area in Texas	X	Brazos valley, Texas	South	African American South; Hispanic Centers; Working Class Country	U.S. Census Bureau: Geographic Areas Reference Manual & State and County QuickFacts “urban clusters (population >2,500), are considered rural based on population density. The rural region covered a land area of 4,466 m2 and included a population of 119,654 people”	Food retail
S2ay Rural Health Network	Grey literature  Finger Lakes Breastfeeding Partnership	X	Canandaigua, New York	Northeastern	Rural Middle America	This is not identified as a rural area Met at least one criterion from Am I Rural tool <sup>1</sup>	Food retail; healthcare
Thatcher et al, 2017	Original research  Retail food store access in rural Appalachia: A mixed methods study.	X	Appalachia, Virginia	South	Working Class Country	Rural-Urban Continuum Code Rural-Urban Continuum Code	Food retail

Thomson et al, 2019	Original research Assessment of town and park characteristics related to physical activity in the lower Mississippi Delta				X	Mississippi Delta	South	Unable to determine	Authors describe the study setting as rural	Parks; schools; streets
Thomson et al, 2019	Original research Assessment of neighborhood street characteristics related to physical activity in the Lower Mississippi Delta.				X	Mississippi Delta	South	Unable to determine	Authors describe the study setting as rural	Sidewalks; streets
Thomson et al, 2020	Original research Measurement of nutrition environments in grocery stores, convenience stores, and restaurants in the Lower Mississippi Delta				X	Mississippi Delta	South	Unable to determine	Authors describe study setting as rural Authors describe study setting as rural	Food retail
University of Missouri Extension, 2020	Grey literature Missouri workplace wellness award	X	X	X		Missouri	Midwest	Unable to determine	Not described as a rural area Not identified as a rural area	Workplace
U.S. Department of Agriculture, 2018	Grey literature Live Well Faith Communities: Creating a Healthier Rural Alabama				X X	Alabama	South	Unable to determine	Author describes study setting as rural Author describes study setting as rural	Churches; community gardens
U.S. Department of Agriculture, 2018	Grey literature Community gardens bring healthy food to those in need in rural Alabama				X	Alabama	South	Unable to determine	Author describes study setting as rural Author describes study setting as rural	Community gardens
U.S. Department of	Grey literature Gardening takes root in Maine Schools:				X	Kingfield, Maine	Northeast	Graying America Graying America	Met at least one criterion for rural <sup>1</sup>	Schools; community gardens



Yeager & Gatrell, 2014	Original research Rural food accessibility: an analysis of travel impedance and the risk of potential grocery closures	X	Macoupin County, Illinois	Midwest	Rural Middle America	Authors describe the study setting as rural	Food retail
Yousefian et al, 2010	Original research Development of the rural active living assessment tools: Measuring rural environments	X	Maine,	Northeast	Unable to determine	NCES and USDA RUCA	Streets; trails
Zenk et al, 2015	Original research Prepared food availability in U.S. food stores: a national study	X	Nationwide	West, Midwest, South, and Northeast	Unable to determine	NCES	Food retail