

Supplemental Table 3. Grey Literature Environmental Results and Breastfeeding (BF), Healthy Eating (HE), and Physical Activity (PA) Promotion in Rural Settings (n=18).

Source		Behavior			Results	
Source Author	Citation in AMA format	Setting(s)	BF	HE	PA	Environment
Blanchard & Lyson Food Availability & Food Deserts in the Nonmetropolitan South	Blanchard T, Lyson T. <i>Food Availability and Food Deserts in the Nonmetropolitan South</i> . Mississippi State University. 2006.	Food retail		X		Using the 2000 Census of Population and Housing and the 1999 Zip Code Business Patterns, few food desert counties in the nonmetro South (10 of 256) contained a supermarket. 12 of 256 food desert counties contained a fruit and vegetable market. All counties contained at least one small grocer or convenience store. Food desert counties contained about two times as many small grocers compared to non-food desert counties. Non-food desert counties contained more fast-food restaurants than food desert counties. Food desert and non-food desert counties contained a similar number of full-service restaurants.
Foundation for Healthy Communities Celebrating Our Collective Progress: 10 Years of Healthy Eating and Active Living in New Hampshire	Foundation for Healthy Communities. <i>Celebrating Our Collective Progress: 10 Years of Healthy Eating and Active Living in New Hampshire</i> . 2016	Community gardens; food retail; hospitals; parks; schools; trails		X	X	Menu cueing systems in schools and hospitals were added, there were neighborhood park renovations, added farmers markets, community gardens, and trail safety improvements.
Gallatin City-County Health Department Expanding Support for Breastfeeding in Rural Communities	Duval M. Expanding support for breastfeeding in rural communities. Gallatin Breastfeeding Coalition. Gallatin City-County Health Department. Bozeman, Montana. Accessed between 02/2020-07/2020.	Food retail; health department	X			Gallatin City-County Health Department offers 24-hour hotline, Medela breast pump rentals and delivery. There are baby bistros in Bozeman, Belgrade, Livingston, Ennis, and West Yellowstone, MT.
Holston Helping Rural Louisiana Gain	Holston D, Cater MW. Helping rural Louisiana gain access to healthy food. Louisiana State University Agriculture Center; 01/09/2020.	Food retail		X		Stores were provided with retail marketing and technical assistance to stock and display healthier food choices. Store customers were also targeted using signs and food demonstrations. Partner stores scores improved from baseline

Access to Healthy Food					to post intervention and average number of available healthy foods also increased.
Kearny County Hospital Fast Facts: A community report on your investment in Kearny County Hospital	Anderson B. <i>Fast Facts: A Community Report on your Investment in Kearny County Hospital</i> . Kearny County Hospital; 2019.	Community gardens; healthcare; streets; trails	X	X	Through Pathways, Kearny County Hospital has helped build a greenhouse and is working on another greenhouse at the High Plains Retirement Village. Bike Share launched in 2018 allows free bicycle use in Lakin and Deerfield. Through Pioneer Baby, Kearny County Hospital offers a maternal-fetal medicine specialist once a month for high-risk pregnant women and a BF walk-in clinic.
National Association of County and City Health Officials (NACCHO) Removing Barriers to Breastfeeding in Niagara County	National Association of County and City Health Officials. <i>Removing barriers to breastfeeding in Niagara County</i> . 2016. https://www.naccho.org/blog/articles/removing-barriers-to-breastfeeding-in-niagara-county	County fair		X	A BF and baby care station was implemented at the local county fair that included comfortable space for BF as well as refrigeration for milk storage. This also facilitated consultations for transforming worksites to be BF friendly.
National Physical Activity Society Stories from Small Towns: Eufaula, Alabama	National Physical Activity Society. <i>Stories from Small Towns: Eufaula, Alabama</i> ; 2016.	Trails		X	Rails to Trails added a trail along the lake. The Yoholo Micco Creek Indian trail was extended and efforts to extend the trail to the city limits are being continued (i.e., through possible grant funding).
National Physical Activity Society Stories from Small Towns: Hebron, Nebraska	National Physical Activity Society. <i>Stories from Small Towns: Hebron, Nebraska</i> ; 2016.	Trails		X	On Walking Wednesdays, 180 elementary kids are dropped off at the courthouse to walk a mile up to the school. The focus has become eight-foot-wide trails, where it's easy to travel peacefully by foot or pedals
National Physical Activity Society Stories from Small Towns: Mollalla, Oregon	National Physical Activity Society. <i>Stories from Small Towns: Molalla, Oregon</i> ; 2016.	Trails		X	Molalla created a StoryWalk®, featuring books on stakes in a public location for people to read as they walk through the story. Posts are cemented into the ground and pages laminated.

National Physical Activity Society	National Physical Activity Society. <i>Stories from Small Towns: Sulphur Springs Texas</i> ; 2016	Streets; sidewalks				X	This town turned a parking lot into a park/playground area with child-friendly facilities for safety. The one-way mirror reflects outward to the square, allowing parents to take one child in while watching another play.	
Stories from Small Towns: Sulphur Springs, Texas								
National Physical Activity Society	National Physical Activity Society. <i>Stories from Small Towns: Soap Lake, Washington</i> ; 2016	Streets; sidewalks				X	The revitalization included a Complete Streets policy and bike lanes on the state highway that runs through town. The community is working on connecting those bike lanes to the regional bikeway and the next community, seven miles away. Extra-wide sidewalks and pedestrian-scale lighting brought in far more pedestrians, particularly in the summer tourist season.	
Stories from Small Towns: Soap Lake, Washington								
Oswego County Opportunities, Inc.	Oswego County Opportunities. Rural health network provides lactation rooms. Accessed between 02/2020-07/2020. https://www.oco.org/oco-news/news-story/rural-health-network-provides-lactation-rooms/	Workplace				X	Rural Health Network of Oswego County has established lactation rooms at Cayuga Community College campus in Fulton, Mother Earth Baby in Oswego, OCO's WIC office in Oswego, and at the Oswego County Health Department in Oswego. The rooms include a comfortable chair, side table, appropriate lighting, a refrigerator to store the breast milk and access to a clean water supply.	
Rural Health Network Provides Lactation Rooms								
Robert Wood Johnson Foundation	Robert Wood Johnson Foundation. Empowering people and inspiring change. Manistique, MI. 2013.	Streets; trails; food retail; parks; schools				X	X	Recent community changes to a former dumping ground included "Walk Manistique" signs to encourage walking instead of driving, a farmer's market that makes fresh produce available to low-income residents, and a new 40-acre park including walking/nature trails, a baseball field and swimming, beach and fishing piers. Manistique schools provide kids with healthy breakfasts and quality physical education. Efforts also include a farm-to-school program using local farmers to bring produce fresh produce into schools.
Empowering People and Inspiring Change: Manistique, MI								
Robert Wood Johnson Foundation	Robert Wood Johnson Foundation. A community holding hands to bridge its divide. 2017.	Natural environment; parks; recreation facilities; streets; trails					X	This county is also working on development of Garrett Trails. The series of multi-use, multi-surface trails will connect Garrett County's 76,000 acres of parks, lakes, and forests with towns such as Grantsville, Oakland, Loch Lynn Heights and Deer Park. This county also allows for community members to use the six-year-old indoor Community Recreation and Aquatic Center at Garrett College year-round, with sliding scale membership fees.
A Community Holding Hands to Bridge its Divide								

Robert Wood Johnson Foundation Big Impact on Few Resources	Robert Wood Johnson Foundation. Big impact on few resources. 2019. https://www.rwjf.org/en/blog/2019/11/small-business-big-impact-the-untapped-opportunity-to-advance-health-and-equity.html	Food retail; community gardens; trails	X	X	Public Private Strategies team interviewed small businesses owners to assess HE and PA supports that were implemented, including farmer's markets, community gardens, healthy restaurants, and trail systems.
Rural Health Information Hub Grow Your Health	Rural Health Information Hub. Grow Your Health. 2020.	Community gardens	X		Created community gardens.
Rural Health Information Hub Poplar Bluff Skate Plaza	Rural Health Information Hub. Poplar Bluff Skate Plaza. 2012.	Parks		X	Added skate park.
Rural Health Information Hub Albert Lea Blue Zones Project	Rural Health Information Hub. Albert Lea Blue Zones Project. 2019.	Streets; sidewalks; trails		X	Over 12 miles of sidewalks were added to city streets surrounding businesses, schools, and senior centers. A 5-mile "Blue Zones Walkway" around Fountain Lake which lies in the center of Albert Lea was also added. The city also created 2 new bikeways that connected its downtown area to a state park.
Rural Health Information Hub Granville Greenways Walkable Community	Rural Health Information Hub. Granville Greenways Walkable Community. 2020.	Schools; trails; workplaces		X	From the original three greenways, the system has now grown to 12 miles. The Butner-Stem School Trail Greenway connects a local elementary school, middle school, and baseball field. A second greenway connects several worksites to a shopping center and a third greenway provides an additional connection to nearby apartment complexes. Now additional funding (\$6.1 million) has been received to create several more miles of greenways throughout these rural communities. Currently several additional miles are under construction with usability planned for 2020 that will connect several neighborhoods.
Rural Sociological Society Starved for Access: Life in Rural America's Food Deserts	Wright ML, Blanchard TC. <i>Starved for Access: Life in Rural America's Food Deserts</i> . Iowa State University. 2007	Food retail		X	Smaller grocery stores located in closer proximity than large supermarkets had cheaper prices on 8 of 13 fresh vegetables (cabbage, carrots, celery, leaf lettuce, onions, potatoes, spinach, and squash). Smaller grocery stores had cheaper prices on cottage cheese, 2% milk, and whole milk. However, supermarkets had lower prices of frozen juices, breads, cereals, meats, meat alternatives and canned vegetables. Mapping surveillance: of all U. S. counties, 418 are food

deserts of which 98% located in nonmetropolitan areas, in areas with towns or cities fewer than 10,000 people.

Stay Rural Health Network Finger Lakes Breastfeeding Partnership	Finger Lakes Breastfeeding Partnership. Stay Rural Health Network. Accessed between 02/2020-07/2020. http://www.staynetwork.org/finger-lakes-breastfeeding-partnership.html	Food retail; healthcare	X			Finger Lakes BF Partnership sponsors the training of over 30 certified lactation counselors in the region, and coordinates the establishment of Baby Cafes in the region (currently baby cafes in Wayne County, Stueben county, Schuyler County, and Yates County)
Smart Growth America The Best Complete Streets Initiatives of 2017	Atherton E. The Best Complete Streets Initiatives of 2017. Smart Growth America.	Trails			X	Initiative: Warsaw Riverfront Trails- Warsaw gradually created a comprehensive mixed-use trail system along its waterfront with connections to the downtown core, historic sites, and recreational facilities throughout the region.
University of Missouri Extension Missouri Workplace Wellness Award	Missouri Workplace Wellness Award. University of Missouri Extension. 2020. https://extension2.missouri.edu/programs/workplace-wellness	Workplace	X	X	X	The worksite wellness program provides awards to business based on the following criteria: Bronze level includes encouraging employees to use breaks for healthy choices, encouraging employees to use sick/wellness leave and vacation to support overall wellness, have a formal wellness committee formed of 2 or more staff. Silver level includes meeting bronze requirements and providing a secure area for BF mothers to express milk while also providing kitchen supplies such as a microwave or refrigerator. Gold level includes meeting silver requirements and two of the following. The business or workplace must complete other benchmarking tool such as CDC worksite healthy scorecard or American heart association's workplace health achievement index. The workplace must also receive a BF friendly worksite award, have an area to exercise onsite, policy in place for healthy food choices during meetings, celebrations, cafeteria/vending.
U.S. Department of Agriculture Live Well Faith Communities: Creating a Healthier Rural Alabama	U.S. Department of Agriculture. <i>Live Well Faith Communities: Creating a Healthier Rural Alabama</i> . 2018. https://snaped.fns.usda.gov/success-stories/live-well-faith-communities-creating-healthier-rural-alabama	Churches; community gardens			X X	SNAP-Ed educators and Live Well Faith Communities (LWFC) lay leaders developed and implemented a plan focused to make the faith communities healthier places to worship. Changes included: onsite garden, exercise breaks at meetings and functions, and offering aerobics classes.

<p>U.S. Department of Agriculture</p> <p>Community Gardens Bring Healthy Food to those in Need in Rural Alabama</p>	<p>U.S. Department of Agriculture. <i>Community Gardens Bring Healthy Food to those in Need in Rural Alabama</i>. 2018</p>	<p>Community gardens</p>	<p>X</p>	<p>Community garden program had many successes, including: Reached more than 500 adults and children; Almost 20 different varieties of vegetables were grown; Collard greens were the highest produced vegetable followed by sweet potatoes and peas; More than 2,700 pounds of vegetables were grown; Harvested produce was valued at over \$3,700.00; Produce yielded more than 15,000 servings of edible vegetables.</p>
<p>U.S. Department of Agriculture</p> <p>Gardening Takes Root in Maine Schools: Kingfield Elementary Kids Grow and Eat their Own Produce in Outdoor Classroom</p>	<p>U. S. Department of Agriculture. <i>Gardening Takes Root in Maine Schools: Kingfield Elementary Kids Grow and Eat their Own Produce in Outdoor Classroom</i>. 2019.</p>	<p>Schools; community gardens</p>	<p>X</p>	<p>With help from dedicated volunteers, two raised beds were established in the summer of 2015. Since then, the garden has more than doubled to four raised beds. There is also now a greenhouse/shed space.</p>