**Appendix Table 1:** Themes and subthemes.

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| **Main Theme** | **Subtheme 1** | **Subtheme 2** |
| Change and transition | At the individual level | * Impact of major life changes in the past/present/future
* Hierarchy of needs (prioritization in times of instability)
 |
| At the community level | * “Changing face of a community”
* Availability of resources
* Economic dislocation (gentrification/degeneration)
 |
| At the societal level | * Change as a promoter of physical and emotional well-being
* Change as a generator of fear about the future
 |
| Individual innovation | * Adaptation and resilience
 |
| Social relations | Nourishing traditions | * Southern food culture
* African American food culture
* Food as a social connector
* Food buying and preparation rituals and habits
 |
| Support networks | * Bartering economies
* Peer information (those outside the health care network)
* Church and religious institutions
* Social bonds and community
 |
| Peer appearance | * Perception of self and other (“I am better/worse than others”)
 |
| Time and monetary constraints | Time constraints | * Work and work-related activities dominate daily life
* Hierarchies of needs and wants (available energy to do tasks that go beyond the essentials)
 |
| Caring for dependents | * Major contributor to time constraints in sample and significant stressor
 |
| (Competing) comorbidities |  |
| Financial constraints | * Directly affect what is feasible in terms of healthy diet and health care
 |
| Physical environment | Local givens | * Climate, safety, pollution
* Neighborhood atmosphere and reputation (“poverty ZIP code”)
 |
| Built (urban) environment | * Challenges of built environment
 |
| Urban gardening | * Own/community garden
 |
| Health knowledge and beliefs | (Un)healthy habits | * “Either/or” approach to health and fitness (conscious or subconscious)
 |
| Education | * More public health education does not mean healthier citizens
 |
| Knowledge and beliefs | * Impact of knowledge and beliefs on choices and habits; detrimental beliefs and practices
 |
| Causes of diabetes | * Knowledge and beliefs regarding diabetes; impact on behavior
 |
| Health resources | Knowledge resources | * Present or absent, used or ignored
 |
| Health insurance | * Health insurance literacy; access to health insurance
 |
| Medical care | * Presence of and access to medical care; relationship to medical care
 |
| (Formal) networks in place |  |
| Stressors of urban living | Mental health | * Impact of urban stressors on mental health
 |
| Commuting culture | * Commuting, presence or absence of local amenities
 |
| Physical health |  |
| Isolation and loneliness | * Impact on mental and physical health
 |