**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 |