Appendix

Table A1. Factor loadings for the FEAST items using maximum likelihood estimation with promax rotation with exploratory factor analysis with FEAST instrument items

|  |  |
| --- | --- |
| Variable | Factor |
| 1 | 2 | 3 | 4 |
| Not having affordable, reliable or regular transportation, like a personal car, a friend’s car, or a transit service. | 0.47 | 0.22 | 0.09 | -0.07 |
| Bad weather that makes my health worse. | 0.49 | 0.19 | 0.25 | -0.34 |
| Bad weather that gets in the way of my ability to get to my destination. | 0.30 | 0.32 | 0.10 | -0.08 |
| Difficulty transferring or otherwise getting into or out of transportation. | 0.14 | 0.44 | 0.16 | 0.00 |
| Trouble carrying more than one or two things at a time (e.g., on my lap, in a basket, in my bag). | -0.05 | 0.72 | 0.03 | 0.03 |
| I can’t carry the things that I need by myself, because they are too heavy. | 0.14 | 0.70 | -0.12 | -0.05 |
| Trouble loading or unloading my groceries and other things from a car or transportation. | -0.07 | 0.69 | 0.02 | 0.06 |
| Not having someone to help me with shopping. | 0.00 | 0.08 | 0.01 | 0.55 |
| Having cars parked in the accessible spots that shouldn’t be parked there. | 0.02 | 0.15 | 0.35 | 0.20 |
| Not having enough (or any) accessible parking spots at my destination. | -0.01 | 0.12 | 0.47 | 0.15 |
| The existing accessible parking spots are blocked (e.g., by carts, incorrect curb cuts) so that it’s hard to get out of the car. | 0.19 | 0.23 | 0.34 | -0.02 |
| Having boxes, displays or shopping carts that block the aisles in the store. | -0.06 | 0.28 | 0.37 | 0.10 |
| Not being able to reach things that are on high or deep shelves, inside crates, inside a freezer, or in the refrigerator case. | -0.15 | 0.73 | 0.09 | 0.06 |
| Having checkout lanes are too narrow for me to use. | -0.04 | 0.20 | 0.45 | 0.07 |
| Having to use the self-checkout. | 0.31 | -0.06 | 0.24 | 0.19 |
| Being unable to reach the card reader at the store checkout. | -0.08 | 0.21 | 0.35 | 0.22 |
| Having the entrance to restroom not accessible. | 0.07 | -0.06 | 0.78 | -0.14 |
| Not being able to access quickly food that is delivered to my home from a meal or grocery delivery service. | 0.53 | -0.11 | 0.24 | 0.04 |
| Food delivery services don’t offer the food that I want or need. | 0.55 | -0.15 | 0.13 | 0.14 |
| Food delivery services are too expensive, either outright or after delivery fees and tip. | 0.40 | 0.37 | -0.13 | 0.03 |
| Meal or grocery delivery services are too slow. | 0.42 | -0.04 | 0.15 | 0.09 |
| Not being able to easily open or close food containers or storage bags. | 0.51 | 0.26 | -0.11 | 0.04 |
| Not having enough accessible pantry, refrigerator or storage space to keep food. | 0.55 | 0.12 | 0.15 | -0.09 |
| Fresh, healthy foods are too expensive for me to eat regularly. | 0.58 | 0.27 | -0.20 | 0.02 |
| It takes too much discipline to stay on track with meal planning. | 0.45 | -0.01 | -0.02 | 0.13 |
| My kitchen is too small or not designed for me to move around easily in it. | 0.47 | 0.19 | 0.09 | 0.01 |
| The cooking surfaces in my kitchen are not at an accessible height, making cooking and cleaning difficult. | 0.12 | 0.40 | 0.22 | -0.02 |
| I don’t have the necessary ingredients on hand to plan and cook healthy meals and snacks. | 0.54 | 0.05 | 0.03 | 0.08 |
| I don’t really know enough about eating healthfully to plan and cook healthy meals and snacks. | 0.47 | 0.02 | 0.07 | 0.13 |
| It seems that there is too much food leftover when I cook at home. | 0.30 | 0.12 | 0.11 | 0.12 |
| There is not enough space at the restaurant in between and around tables. | 0.26 | 0.05 | 0.19 | 0.17 |
| Restaurant tables and chairs are not designed for me to use comfortably. | 0.37 | 0.26 | -0.01 | 0.12 |
| Servers or other restaurant staff ignore me, do not look at me, or do not speak directly to me. | 0.38 | -0.07 | -0.03 | 0.34 |
| People look at me too much or stare at me. | 0.30 | -0.10 | 0.02 | 0.43 |
| Restrooms in restaurants are not accessible. | 0.06 | -0.07 | 0.73 | -0.03 |
| Restaurants and grocery stores don’t have accessible entryways (e.g., automatic doors, ramps). | 0.29 | -0.06 | 0.43 | 0.05 |
| There are no stores that sell healthy foods that are close to me. | 0.49 | 0.14 | 0.12 | -0.02 |
| Not having the right cook ware or utensils to cook at home. | 0.53 | 0.13 | -0.01 | 0.09 |
| I don’t feel safe cooking at home. | 0.55 | 0.19 | -0.13 | 0.13 |
| I don’t have control over what food is purchased or prepared. | 0.55 | -0.07 | 0.13 | 0.03 |
| I don’t have control over meal planning. | 0.57 | -0.20 | 0.01 | 0.21 |
| Not having someone to help me with cooking. | 0.13 | 0.17 | -0.10 | 0.44 |

Table A2. Factor correlation matrix from exploratory factor analysis with FEAST instrument items

|  |  |  |  |
| --- | --- | --- | --- |
| Factor | 1 | 2 | 3 |
| 1 |  |  |  |
| 2 | 0.73 |  |  |
| 3 | 0.73 | 0.67 |  |
| 4 | 0.57 | 0.46 | 0.51 |

Table A3. Means and standard deviations of individual FEAST instrument items in the pilot test-retest administration.

|  |  |  |
| --- | --- | --- |
| Variable | FEAST Pilot(Initial *N* = 677) | FEAST Pilot(Retest *N* = 121) |
| M | *SD* | M | *SD* |
| Not having affordable, reliable or regular transportation, like a personal car, a friend’s car, or a transit service. | 3.08 | 1.02 | 3.04 | 1.05 |
| Bad weather that makes my health worse. | 3.20 | 1.12 | 3.36 | 1.03 |
| Bad weather that gets in the way of my ability to get to my destination. | 3.18 | 1.04 | 3.34 | 1.03 |
| Difficulty transferring or otherwise getting into or out of transportation. | 3.11 | 1.04 | 3.02 | 1.05 |
| Trouble carrying more than one or two things at a time (e.g., on my lap, in a basket, in my bag). | 3.24 | 1.08 | 3.13 | 1.13 |
| I can’t carry the things that I need by myself, because they are too heavy. | 3.17 | 1.03 | 3.18 | 1.14 |
| Trouble loading or unloading my groceries and other things from a car or transportation. | 3.08 | 1.00 | 3.19 | 1.19 |
| Not having someone to help me with shopping. | 2.82 | 0.92 | 2.83 | 0.96 |
| Having cars parked in the accessible spots that shouldn’t be parked there. | 2.96 | 0.92 | 3.01 | 1.04 |
| Not having enough (or any) accessible parking spots at my destination. | 3.04 | 0.95 | 2.93 | 0.97 |
| The existing accessible parking spots are blocked (e.g., by carts, incorrect curb cuts) so that it’s hard to get out of the car. | 3.07 | 1.02 | 2.94 | 1.06 |
| Having boxes, displays or shopping carts that block the aisles in the store. | 2.95 | 0.96 | 2.90 | 0.97 |
| Not being able to reach things that are on high or deep shelves, inside crates, inside a freezer, or in the refrigerator case. | 3.10 | 1.04 | 3.11 | 1.14 |
| Having checkout lanes are too narrow for me to use. | 2.91 | 0.95 | 2.90 | 1.08 |
| Having to use the self-checkout. | 2.97 | 0.95 | 3.02 | 1.01 |
| Being unable to reach the card reader at the store checkout. | 2.95 | 0.97 | 2.81 | 0.93 |
| Having the entrance to restroom not accessible. | 3.08 | 1.10 | 2.97 | 1.09 |
| Not being able to access quickly food that is delivered to my home from a meal or grocery delivery service. | 3.00 | 0.99 | 2.88 | 0.93 |
| Food delivery services don’t offer the food that I want or need. | 2.88 | 0.93 | 2.78 | 0.98 |
| Food delivery services are too expensive, either outright or after delivery fees and tip. | 3.04 | 1.01 | 2.86 | 1.03 |
| Meal or grocery delivery services are too slow. | 3.03 | 0.92 | 2.96 | 0.99 |
| Not being able to easily open or close food containers or storage bags. | 2.97 | 1.05 | 3.07 | 1.10 |
| Not having enough accessible pantry, refrigerator or storage space to keep food. | 3.00 | 1.04 | 2.88 | 0.99 |
| Fresh, healthy foods are too expensive for me to eat regularly. | 2.93 | 0.99 | 2.93 | 1.01 |
| It takes too much discipline to stay on track with meal planning. | 2.91 | 0.92 | 2.98 | 1.04 |
| My kitchen is too small or not designed for me to move around easily in it. | 3.04 | 1.10 | 3.01 | 1.14 |
| The cooking surfaces in my kitchen are not at an accessible height, making cooking and cleaning difficult. | 3.05 | 1.08 | 3.00 | 1.19 |
| I don’t have the necessary ingredients on hand to plan and cook healthy meals and snacks. | 2.98 | 0.96 | 2.91 | 0.99 |
| I don’t really know enough about eating healthfully to plan and cook healthy meals and snacks. | 3.02 | 1.01 | 3.00 | 1.09 |
| It seems that there is too much food leftover when I cook at home. | 2.93 | 0.95 | 2.83 | 1.00 |
| There is not enough space at the restaurant in between and around tables. | 2.92 | 0.96 | 2.94 | 0.93 |
| Restaurant tables and chairs are not designed for me to use comfortably. | 2.98 | 1.08 | 3.10 | 1.17 |
| Servers or other restaurant staff ignore me, do not look at me, or do not speak directly to me. | 2.81 | 1.00 | 2.64 | 1.00 |
| People look at me too much or stare at me. | 2.73 | 0.95 | 2.62 | 0.89 |
| Restrooms in restaurants are not accessible. | 3.05 | 1.07 | 2.80 | 0.97 |
| Restaurants and grocery stores don’t have accessible entryways (e.g., automatic doors, ramps). | 3.00 | 1.00 | 2.96 | 1.03 |
| There are no stores that sell healthy foods that are close to me. | 3.00 | 1.10 | 2.84 | 1.03 |
| Not having the right cook ware or utensils to cook at home. | 2.88 | 1.06 | 2.82 | 1.23 |
| I don’t feel safe cooking at home. | 2.81 | 1.14 | 2.91 | 1.16 |
| I don’t have control over what food is purchased or prepared. | 2.90 | 1.00 | 2.83 | 1.01 |
| I don’t have control over meal planning. | 2.73 | 0.92 | 2.88 | 0.93 |
| Not having someone to help me with cooking. | 2.79 | 0.94 | 2.72 | 1.01 |

Note. Response options are coded as 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, and 5 = Always.