

Figure 2. Participant Characteristics (N = 34)

Characteristic	n (%) or M (SD)
Age (years), M (SD)	42.9 (10.0)
Range	24–63
Gender	
Female	34 (100%)
Race	
White	32 (94.1%)
Multiracial (White, Black/African American)	1 (2.9%)
Prefer not to answer	1 (2.9%)
Hispanic/Latino Ethnicity	
Yes	1 (2.9%)
No	33 (97.1%)
Born in U.S.	
Yes	34 (100%)
Speaks another language besides English	
Yes	2 (5.9%)
No	32 (94.1%)
Highest Level of Education	
High school diploma/GED	1 (2.9%)
Some college, no degree	4 (11.8%)
Associate degree	4 (11.8%)
Bachelor's degree	19 (55.9%)
Master's degree or higher	6 (17.6%)
Annual Household Income	
\$26,199 and below	1 (2.9%)
\$26,200–34,059	3 (8.8%)
\$34,060–48,469	1 (2.9%)
\$48,470–65,499	3 (8.8%)
\$65,500 and above	22 (64.7%)
Prefer not to answer	4 (11.8%)
Marital Status	
Married	20 (58.8%)
Single	10 (29.4%)
Divorced/Separated	4 (11.8%)
Employment Status	
Employed full-time	34 (100%)
Participation in Federal Nutrition Programs*	
Yes (any program)	5 (14.7%)
No	28 (82.4%)
Prefer not to answer	1 (2.9%)

**Federal nutrition programs included WIC, SNAP, National School Lunch Program, and School Breakfast Program.*