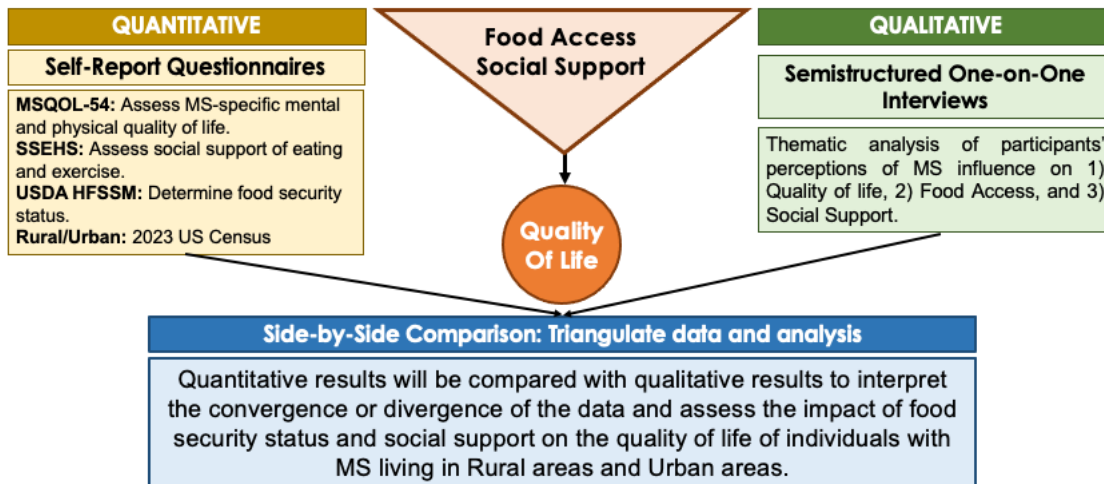


Figure S1. Study Design of the FARMS Mixed-Methods Pilot



FARMS, Food Accessibility in Relation to Quality of Life for Rural versus Urban Iowans with Multiple Sclerosis; MS, multiple sclerosis; MSQOL-54, Multiple Sclerosis Quality of Life-54; SSEH, Social Support and Eating Habits Survey; USDA HFSSM, US Department of Agriculture Household Food Security Survey Module.

Figure S2. FARMS Recruitment Flyer



**FOOD ACCESSIBILITY IN RELATION
TO QUALITY OF LIFE FOR RURAL
VERSUS URBAN IOWANS WITH
MULTIPLE SCLEROSIS**

FARMS STUDY

.....



You're invited!

Participate in understanding the relationship between food access and quality of life for people with multiple sclerosis in Iowa in rural versus urban areas.

Study Purpose:

To examine food accessibility in relation to quality of life for rural and urban Iowan residents with MS using questionnaires and a focus group virtual Zoom interview.


WHO CAN PARTICIPATE?

- Residents of Iowa
- Diagnosed with MS
- 18+ years of age
- Internet access or cellular data plan



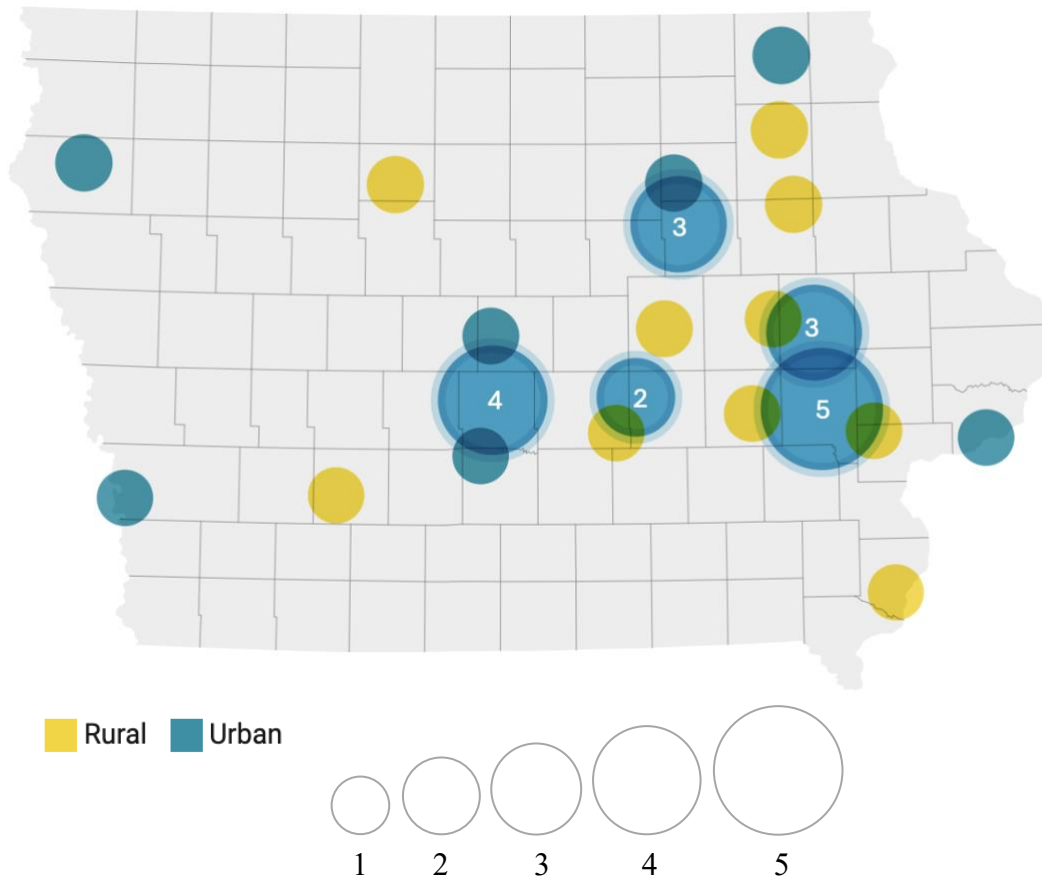
If interested please scan the QR code, email, or use the following link:
<https://redcap.link/y38uq2d2>

For more information please contact:

 Solange Saxby
msdietstudy@uiowa.edu
(970) 821-5630

FARMS, Food Accessibility in Relation to Quality of Life for Rural versus Urban Iowans with Multiple Sclerosis. Note: Flyer created using Canva.

Figure S3. Distribution of Study Participants Across Rural and Urban Iowa Areas



Note: The diameter of each circle on the map represents the number of study participants from that area, with the smallest circle corresponding to a participant count (n) of 1. The yellow color represents the rural cities, whereas the blue color represents the urban areas. Map created using DataWrapper.de.

Figure S4. Inclusion Process Flowchart

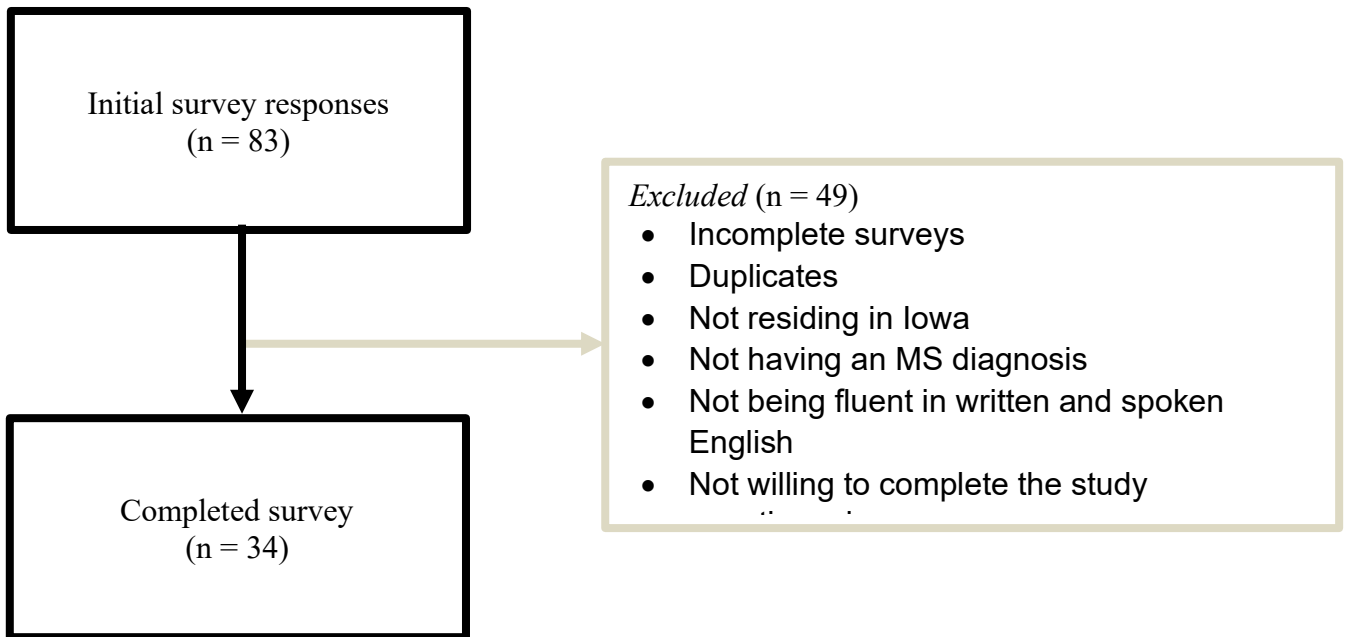
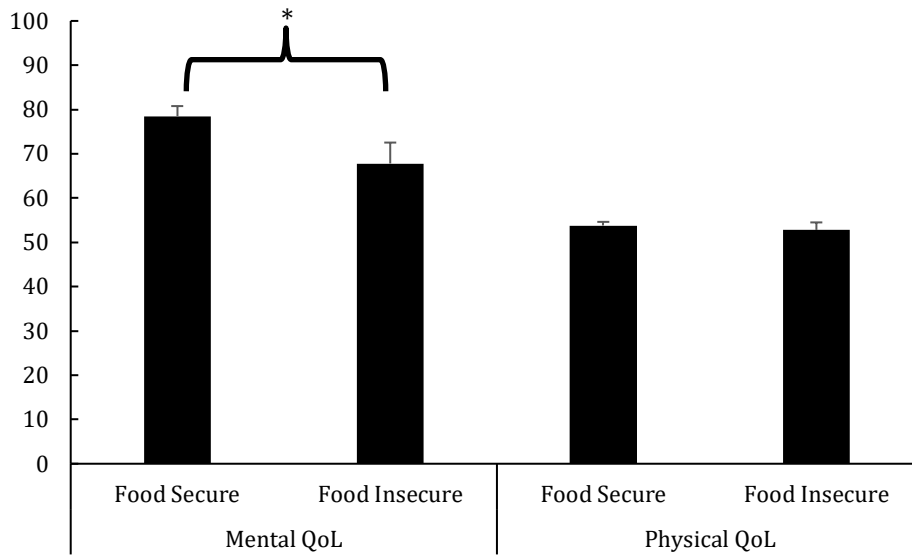


Figure S5. Mental and Physical QOL Scores According to Food Security Status



QOL, quality of life.

Note: Statistical significance determined by 2-sample *t* test. *P* value equal to or less than .05 indicated by an asterisk.

Table S1. Interview Questions

Quality of life	1. How would you describe your overall quality of life as a person with multiple sclerosis? 2. How does food accessibility impact your quality of life? 3. What aspects of your quality of life do you feel are most influenced by food accessibility? 4. Are there any specific types of foods or dietary interventions that have been recommended to you by health care professionals to manage your multiple sclerosis? 5. What does shopping for food look like in your household? 6. What challenges have you encountered when trying to access your preferred food?
Food access	7. How do you typically gather information or find resources related to food accessibility and dietary options? 8. What support systems, services, or programs are available that have assisted you in improving your access to your preferred food options? 9. How does living in your area influence your quality of life? 10. How does living in your area influence your food choices?
Geography	11. How has living in your area influenced food accessibility? 12. What suggestions do you have to enhance food accessibility for people with multiple sclerosis?
