

**Q: Of the following parts of our program, which did you enjoy the most (MealPlot, nutrition coaching, lifestyle coaching, online education videos and text)?**

**8/10 participants' favorite indicated as nutrition, lifestyle, or general coaching.**

*"Nutrition coaching...(the coach's) nutrition plan and the accountability of seeing someone for me works really well."*

*"Lifestyle coaching. I enjoyed the nutrition coaching too, but I really connected with (lifestyle coaches)."*

**Q: Of the following parts of our program, which did you least enjoy (MealPlot, nutrition coaching, lifestyle coaching, online education videos and text)?**

**10/10 participants indicated MealPlot or a feature of MealPlot.**

*"MealPlot. Some of the features. I used the weight chart. I didn't get the one-day record page at all."*

*"MealPlot. You should consider older adults. This is too hard for us."*

**Q: Did the EMPOWER Rural program help you to achieve or get closer to your weight goals?**

**8/10 participants responded yes.**

*"Yes, definitely. It took me a while to get into this program for some reason and so I'm not at my goal yet, but now I'm doing really well. I want to keep going."*

*"I think so. I think I still have a way to go, but I'm proud of where I'm at now."*

**Q: If you could change the program in any way, what would you change?**

**8/10 participants indicated a need for increased ease of use in one or more program components.**

*"Maybe simplify it. I have so much going on and it was hard to keep track of all the stuff flooding my emails. I started just ignoring them at times."*

*"Maybe you could make videos shorter or make it audible."*

**Q: Did you find the program accessible? (probes: time commitment, cost, energy, ease of use, ease of understanding, internet, modes of communication)**

**10/10 participants responded yes.**

*"Yeah. Our internet is terrible, but I would go to the library and bang out a bunch of sessions and emails."*

*"Yes, I like that I don't have to drive anywhere or buy anything."*

**Q: What changes, if any, have you made because of the program that you will continue?**

**5/10 participants indicated diet or eating patterns.**

*"I have a routine now which I've never had in my whole life. I plan my foods and I eat at the same times."*

*"The eating window is a biggy. I also don't snack as frequently."*