

Food insecurity is associated with maladaptive eating behaviors and objectively measured overeating

Emma J. Stinson¹, Susanne B. Votruba¹, Colleen Venti¹, Marisol Perez² Jonathan Krakoff¹,

Marci E. Gluck¹

¹ Obesity and Diabetes Clinical Research Section
Phoenix Epidemiology and Clinical Research Branch
National Institute of Diabetes and Digestive and Kidney Diseases
National Institutes of Health, Phoenix, AZ, USA

² Department of Psychology, Arizona State University, Tempe, AZ, USA

Corresponding Author:

Marci E. Gluck
National Institute of Diabetes and Digestive and Kidney Diseases
4212 N. 16th, Street
Phoenix, AZ 85016
Tel: 602-200-5317

Supplementary Table S1. Participant Demographics

Variable	<i>Food Secure M (SD)</i>	<i>Food Insecure M (SD)</i>
n	36	46
Race	24O, 12W	30O, 16W
Sex	20m, 16f	33m, 13f
Age	39 (12)	38 (11)
Education (yrs)	13 (2.1)	12 (1.8)
SSS (US)*	5.0 (1.5)	4.0 (1.9)
Weight (kg)*	79 (18)	87 (19)
Height (m)	1.7 (0.1)	1.7 (0.1)
BMI (kg/m ²)	28 (6.2)	30 (6.5)
FM	24 (11)	27 (12)
FFM	55 (12)	60 (11)

O = Other; W = White; SSS = Subjective socioeconomic Status (US); FM = Fat Mass; FFM = Fat-free Mass

* $p < .05$, ** $p < .01$

Supplementary Table S2. Mean scores and correlations across all variables
Pearson Correlation Matrix among Body Adiposity, Eating Behaviors, and Energy Intake Measures

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1. Age	-																
2. Education(yrs)	.18	-															
3. SSS (US)	-.02	.36**	-														
4. Weight	.13	-.11	-.20*	-													
5. Height	.14	.24*	.22	.35**	-												
6. BMI	.06	-.26*	-.35**	.84**	-.21*	-											
7. FM	.11	-.21	-.33**	.81**	-.19	.95**	-										
8. FFM	.10	.03	.01	.81**	.75*	.40**	.30**	-									
9. Cognitive Restraint	.10	.32**	.16	.05	.07	.01	-.01	.08	-								
10. Disinhibition	.01	-.02	-.28*	.25*	-.13	.34**	.38**	.03	.10	-							
11. Hunger Cues	.05	-.07	-.30**	.13	-.14	.23*	.23*	-.02	-.02	.70**	-						
12. BES	.05	-.10	-.31**	.19	-.11	.26*	.30**	.01	.16	.67**	.57**	-					
13. Total Kcal	.13	-.11	-.03	.24*	.34*	.04	-.05	.44**	-.29**	.11	.20	.08	-				
14. %WMEN	.10	-.12	-.01	.05	.22*	-.09	-.16	.25*	-.32**	.09	.21	.06	.97**	-			
15. Fat	.13	-.14	-.08	.25*	.33**	.05	-.01	.41**	-.23*	.11	.20	.20	.89**	.86**	-		
16. Protein	.24*	-.02	-.02	.18	.37**	-.03	-.14	.42**	-.14	.11	.21	.08	.77**	.74**	.67**	-	
17. Carbohydrates	.06	-.10	.01	.19	.27*	.04	-.06	.37**	-.30**	.08	.16	.01	.92**	.90**	.67*	.62**	-
<i>M</i>	38	13	4.4	83	1.7	29	26	58	6.8	4.3	4.1	5.4	3353	123	1205	411	1777
<i>SD</i>	12	1.9	1.8	19	0.1	6.5	12	12	4.2	2.9	2.9	5.7	1103	38	515	151	583

Note: SSS (US) Subjective socioeconomic status; FM Fat-Mass; FFM Fat-Free Mass; Cognitive Restraint subscale from the TFEQ; Disinhibition subscale from the TFEQ; Hunger Cues subscale from the TFEQ; BES Binge Eating Scale; %WMEN Weight Maintaining Energy Needs. * $p < .05$, ** $p < .01$