**Note there are two datasets with similar variables**

1. **Qualtrics (n=512) (National sample– 40% from Chicagoland)**
   1. **The Ms is based on this dataset**
2. **Herstory First Data (N=233) (Chicagoland only)**

**Additional notes for Herstory First Data (N=233)**

Datacodebook notes

Potential key outcome variables: welldiet\_score, flag\_gooddiet (1 for welldiet\_score > 60, 0 otherwise), flag\_any\_outcome (1 if any present of: htn, diab, obesity, hld, cancer), n\_outcomes (count of these health-related outcomes). Everything else should hopefully be self-explanatory from the REDCap codebook, also attached.

**Initial research questions for Herstory First Data**

1. **Is perceived stress associated with Well Diet Score**
2. **Does level of resilience (high vs low) moderate the relationship between perceived stress and diet quality (as measured by the WELL Diet Score).**
3. **Does level of resilience (high vs low) moderate the relationship between perceived stress and diet related outcomes (aggregated measure outlined above)**