**Supplemental Table 1** Crude associations of lifestyle habits with overweight and obesity in adolescents

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|   |  | Males*(n=325)* |  |  | Females*(n=344)* |  |
|   |  | Overweighta | Obesitya |  | Overweight | Obesity |
| **Physical and sedentary activity** |  |  |  |  |  |  |
| *Physical activity indexes* |  |  |  |  |  |  |
| *Inactive, <1680 MET-min/wk* | OR (95%CI) | 0.53(0.07, 4.07) | 2.63(0.28, 24.36) |  | 0.94(0.46, 1.94) | 4.23(1.04, 17.28) |
| *Active, ≥1680 MET-min/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *Television viewing* |  |  |  |  |  |  |
| *≤2 hrs per day* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *>2 hrs per day* | OR (95%CI) | 2.36(0.95, 5.86) | 0.36(0.04, 3.28) |  | 0.90(0.46, 1.77) | 0.30(0.06, 1.48) |
| *Computer use* |  |  |  |  |  |  |
| *≤2 hrs per day* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *>2 hrs per day* | OR (95%CI) | 3.78(1.43, 10.02) | 1.01(0.17, 6.13) |  | 1.68(0.86, 3.30) | 0.98(0.24, 4.00) |
| **Healthy dietary habits** |  |  |  |  |  |  |
| *Breakfast at home* |  |  |  |  |  |  |
| *<7 times/wk* | OR (95%CI) | 2.76(1.04, 7.32) | 1.66(0.27, 10.07) |  | 3.70(1.28, 10.73) | 0.85(0.21, 3.46) |
| *≥7 times/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *Vegetables* |  |  |  |  |  |  |
| *<7 times/wk* | OR (95%CI) | 1.24(0.51, 3.03) | 1.39(0.23, 8.46) |  | 0.79(0.41, 1.56) | 3.60(0.73, 17.60) |
| *≥7 times/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *Fresh fruits* |  |  |  |  |  |  |
| *<7 times/wk* | OR (95%CI) | 0.81(0.30, 2.16) | 0.48(0.08, 2.96) |  | 0.64(0.32, 1.29) | 0.32(0.08, 1.23) |
| *≥7 times/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *Milk, dairy products* |  |  |  |  |  |  |
| *<7 times/wk* | OR (95%CI) | 0.52(0.21, 1.27) | 0.86(0.14, 5.23) |  | 0.79(0.40, 1.55) | 0.76(0.20, 2.89) |
| *≥7 times/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| **Unhealthy dietary habits** |  |  |  |  |  |  |
| *Sugary drinks* |  |  |  |  |  |  |
| *≤3 times/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *>3 times/wk* | OR (95%CI) | 1.05(0.43, 2.54) | 1.73(0.28, 10.48) |  | 2.48(1.24, 4.96) | 0.69(0.17, 2.83) |
| *Fast food* |  |  |  |  |  |  |
| *≤3 times/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *>3 times/wk* | OR (95%CI) | 2.20(0.81, 5.97) | 1.38(0.15, 12.58) |  | 1.40(0.66, 2.95) | 1.02(0.21, 5.01) |
| *Fried potatoes b* |  |  |  |  |  |  |
| *≤3 times/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *>3 times/wk* | OR (95%CI) | 1.35(0.52, 3.45) | 0.67(0.07, 6.11) |  | 1.21(0.62, 2.36) | 1.76(0.46, 6.68) |
| *Cakes, donuts, biscuits* |  |  |  |  |  |  |
| *≤3 times/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *>3 times/wk* | OR (95%CI) | 0.93(0.38, 2.26) | 0.56(0.09, 3.42) |  | 2.23(0.84, 5.90) | 0.26(0.07, 1.00) |
| *Sweets, chocolate* |  |  |  |  |  |  |
| *≤3 times/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *>3 times/wk* | OR (95%CI) | 0.89(0.37, 2.17) | 0.54(0.09, 3.29) |  | 0.87(0.43, 1.78) | 0.55(0.14, 2.08) |
| *Energy drinks* |  |  |  |  |  |  |
| *≤3 times/wk* | Reference | 1.00 | 1.00 |  | 1.00 | 1.00 |
| *>3 times/wk* | OR (95%CI) | 1.99(0.42, 9.36) | 0.00(0.00, 0.00) |  | 1.09(0.13, 9.07) | 5.16(0.57, 47.04) |

Results presented as odds ratio (OR) and confidence interval (CI).

a Normal weight is a reference category.

b Fried potatoes included French fries and ships.

Odds Ratios were determined using logistic regression.

Nutritional status was assessed using body mass index for age according to WHO growth standards published in 2007.