**Supplemental Table 1** Comparison between original YEP Study sample (*N* = 3264) and present sample (*N* =1785)†

|  |  |  |
| --- | --- | --- |
| Sociodemographic variable  (at baseline) | Original YEP sample  *n* (%) | Present sample  *n* (%) |
| Gender *N* (%) |  |  |
| Girls | 1737 (53.2) | 996 (55.8) |
| Boys | 1527 (46.8) | 789 (44.2) |
|  |  |  |
| Year level |  |  |
| Year 7 (Year 9 at follow-up) | 2010 (61.6) | 1155 (64.7) |
| Year 9 (Year 11 at follow-up) | 1254 (38.4) | 630 (35.3) |
|  |  |  |
| Region |  |  |
| Metro | 1029 (31.5) | 450 (25.2) |
| Rural | 2235 (68.5) | 1335 (74.8) |

YEP. Youth Eating Patterns. Metro. Metropolitan.

†To be included in the present study, adolescents had to have responded to all variables of interest at both baseline (2004/05) and follow-up (2006/07).

**Supplemental Table 2** Cross-tabulation of breakfast skipping† at baseline (2004/05) and follow-up (2006/07) in an Australian adolescent sample (*N* = 1785)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Follow-up breakfast skipping | | |
|  |  | Infrequent | Frequent | Total |
| Baseline breakfast skipping | Infrequent, *n* (%) | 1237 (85.3) | 214 (14.7) | 1451 (100.0) |
| Frequent, *n* (%) | 135 (40.4) | 199 (59.6) | 334 (100.0) |
| Total, *n* (%) | 1372 (76.9) | 413 (23.1) | 1785 (100.0) |

†Skipping breakfast: adolescents were classified as ‘frequent skippers’ (of breakfast) if they reported skipping breakfast on ‘most days’ or ‘every day’.

**Supplemental Table 3** Cross-tabulation of lunch skipping† at baseline (2004/05) and follow-up (2006/07) in an Australian adolescent sample (*N* = 1785)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Follow-up lunch skipping | | |
|  |  | Infrequent | Frequent | Total |
| Baseline lunch skipping | Infrequent, *n* (%) | 1467 (92.1) | 125 (7.9) | 1592 (100.0) |
| Frequent, *n* (%) | 141 (73.1) | 52 (26.9) | 193 (100.0) |
| Total, *n* (%) | 1608 (90.1) | 177 (9.9) | 1785 (100.0) |

†Skipping lunch: adolescents were classified as ‘frequent skippers’ (of lunch) if they reported skipping lunch on ‘most days’ or ‘every day’.

**Supplemental Table 4** Associations between perceived friends’ support of healthy eating and frequency of breakfast and lunch skipping at baseline (2004/05) among Australian adolescents, adjusting for Pearson variables (*N=*1785)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | |  |  | Breakfast skipping | |  |  |  |  |  |  |  | Lunch skipping | |  |  |  |
|  | Adjusted for  best friend | | |  | Adjusted for  mother | |  | Adjusted for  all | |  | Adjusted for  best friend | |  | Adjusted for  mother | |  | Adjusted for  all | |
| Measure | AOR | 95% CI | |  | AOR | 95% CI |  | AOR | 95% CI |  | AOR | 95% CI |  | AOR | 95% CI |  | AOR | 95% CI |
| Friends eat healthy food with you§ |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sometimes | 0.77 | 0.62, 0.97\* | |  | 0.69 | 0.55, 0.88\*\* |  | 0.75 | 0.59, 0.95\* |  | 0.67 | 0.46, 0.97\* |  | 0.60 | 0.41, 0.86\*\* |  | 0.65 | 0.46, 0.94\* |
| Often | 0.65 | 0.47, 0.91\* | |  | 0.57 | 0.42, 0.77\*\*\* |  | 0.68 | 0.50, 0.94\* |  | 0.73 | 0.46, 1.14 |  | 0.59 | 036, 0.99\* |  | 0.73 | 0.43, 1.22 |
|  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friends discourage ‘junk’ food |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sometimes | 0.98 | 0.75, 1.29 | |  | 0.92 | 0.68, 1.26 |  | 0.99 | 0.73, 1.33 |  | 1.05 | 0.82, 1.35 |  | 1.01 | 0.79, 1.31 |  | 1.10 | 0.85, 1.44 |
| Often | 0.98 | 0.63, 1.52 | |  | 0.91 | 0.58, 1.42 |  | 1.00 | 0.63, 1.61 |  | 0.75 | 0.42, 1.34 |  | 0.71 | 0.37, 1.36 |  | 0.77 | 0.43, 1.39 |
|  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friends encourage healthy food |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sometimes | 1.13 | 0.85, 1.50 | |  | 1.02 | 0.78, 1.34 |  | 1.10 | 0.84, 1.44 |  | 0.97 | 0.70, 1.35 |  | 0.92 | 0.65, 1.32 |  | 1.01 | 0.71, 1.42 |
| Often | 1.28 | 0.89, 1.85 | |  | 1.05 | 0.71, 1.54 |  | 1.24 | 0.85, 1.81 |  | 1.04 | 0.74, 1.44 |  | 0.81 | 0.53, 1.23 |  | 0.92 | 0.62, 1.36 |
|  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

OR. Odds ratio. CI. Confidence interval.

\**P*<0·05; \*\**P*<0·01; \*\*\**P*<0·001.

Adjusted logistic regression analyses of the association between each perceived friends’ support of healthy eating measures and each of the meal skipping outcomes at baseline adjusting for adolescent sex, school year, region of residence, with clustered standard errors to account for clustering within school.

§Never/rarely was used as the reference category for perceived friend support predictor variables in all models.

**Supplemental Table 5** Associations between perceived friends’ support of healthy eating and frequency of breakfast and lunch skipping at follow-up (2006/07) among Australian adolescents, adjusting for Pearson variables (*N=*1785)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | |  |  | Breakfast skipping | |  |  |  |  |  |  |  | Lunch skipping | |  |  |  |
|  | Adjusted for  best friend | | |  | Adjusted for  mother | |  | Adjusted for  all | |  | Adjusted for  best friend | |  | Adjusted for  mother | |  | Adjusted for  all | |
| Measure | AOR | 95% CI | |  | AOR | 95% CI |  | AOR | 95% CI |  | AOR | 95% CI |  | AOR | 95% CI |  | AOR | 95% CI |
| Friends eat healthy food with you§ |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sometimes | 0.87 | 0.70, 1.08 | |  | 0.97 | 0.75, 1.26 |  | 0.92 | 0.72, 1.18 |  | 0.75 | 0.52, 1.07 |  | 0.72 | 0.53, 0.99 |  | 0.74 | 0.53, 1.05 |
| Often | 0.81 | 0.58, 1.13 | |  | 0.98 | 0.72, 1.33 |  | 0.85 | 0.61, 1.20 |  | 0.89 | 0.61, 1.30 |  | 0.90 | 0.62, 1.31 |  | 0.94 | 0.62, 1.43 |
|  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friends discourage ‘junk’ food |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sometimes | 1.52 | 1.17, 1.98\*\* | |  | 1.56 | 1.18, 2.05\*\* |  | 1.50 | 1.14, 1.97\*\* |  | 1.03 | 0.63, 1.69 |  | 0.96 | 0.59, 1.58 |  | 1.02 | 0.62, 1.69 |
| Often | 1.06 | 0.70, 1.61 | |  | 1.27 | 0.82, 1.95 |  | 1.19 | 0.77, 1.82 |  | 1.14 | 0.64, 2.02 |  | 1.14 | 0.61, 2.15 |  | 1.21 | 0.67, 2.18 |
|  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friends encourage healthy food |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sometimes | 1.15 | 0.93, 1.43 | |  | 1.19 | 0.96, 1.46 |  | 1.14 | 0.91, 1.44 |  | 0.85 | 0.51, 1.40 |  | 0.78 | 0.47, 1.31 |  | 0.81 | 0.48, 1.36 |
| Often | 1.21 | 0.87, 1.68 | |  | 1.39 | 1.03, 1.86\* |  | 1.26 | 0.92, 1.73 |  | 1.06 | 0.68, 1.65 |  | 1.05 | 0.65, 1.70 |  | 1.13 | 0.72, 1.77 |
|  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

OR. Odds ratio. CI. Confidence interval.

\**P*<0·05; \*\**P*<0·01; \*\*\**P*<0·001.

Adjusted logistic regression analyses of the association between each perceived friends’ support of healthy eating measures and each of the meal skipping outcomes at baseline adjusting for adolescent sex, school year, region of residence, with clustered standard errors to account for clustering within school.

§Never/rarely was used as the reference category for perceived friend support predictor variables in all models.