**Supplemental Table 1.** Foods/drinks and groups of foods/drinks enquired about, by age, wave and cohort\*†‡

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **2-3y** | **4-5y** | | **6-7y** | | **8-9y** | | **10-11y** | | **12-13y** | **14-15y** |
| **Wave and cohort** | **2B** | **3B** | **1K** | **4B** | **2K** | **5B** | **3K** | **6B** | **4K** | **5K** | **6K** |
| Fresh fruit | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Fruit juice | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Fresh juice |  |  |  |  |  |  |  |  |  |  |  |
| Cooked vegetables | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Raw vegetables or salad | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Meat pie, hamburger, hot dog, sausage or sausage roll | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Hot chips or French fries | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Potato chips or savoury snacks, such as ‘Twisties’ | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Biscuits, doughnuts, cake, pie or chocolate | ● | ● | ● |  | ● |  | ● |  |  |  |  |
| Biscuits, doughnuts, cake or chocolate |  |  |  | ● |  | ● |  |  |  |  |  |
| Full cream milk or full cream milk products | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Milk or milk products (e.g. yoghurt or cheese) |  |  |  |  |  |  |  |  |  |  |  |
| Skim, reduced or no fat milk or milk products | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Soy milk or soy milk products |  |  |  |  |  |  |  |  |  |  |  |
| Water | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Non-diet soft drink or cordial | ● | ● | ● | ● | ● | ● | ● |  |  |  |  |
| Diet or sugar-free soft drink or cordial | ● | ● |  | ● | ● | ● | ● |  |  |  |  |
| Bread or toast |  |  |  |  |  |  |  |  |  |  |  |
| Energy drinks (e.g. Redbull, Mother or V) |  |  |  |  |  |  |  |  |  |  |  |
| Coffee |  |  |  |  |  |  |  |  |  |  |  |

y, years; B, B Cohort; K, K Cohort.

\*Numbers to the left of ‘B’ and ‘K’ denote waves of LSAC.

†Dots denote the waves in which each food or drink item or group was enquired about. Solid dots (●) denote items reported by parents for the last 24 hours and hollow dots () denote items reported by children for the previous day (‘yesterday’).

‡Response options for all items were ‘not at all’, ‘once’ and ‘more than once’ for wave one of the K Cohort, wave two of the B Cohort and wave two of the K Cohort; and ‘not at all’, once’, ‘twice’ and either ‘more than twice’ or ‘three or more times’ for all other waves of both cohorts. For questions with more than three response options, the upper category was collapsed into ‘twice or more’ for the purposes of the statistical analyses, in order to keep all categories consistent between waves.

**Supplemental Table 2.** Multinomial univariable logistic regression analyses, showing associations between parental health behaviours and overall dietary score trajectories, for both cohorts\*†

| **Parental health behaviour** | **B Cohort trajectories** | | | | | | | | |  | **K Cohort trajectories** | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **‘Becoming less healthy’** | | | **‘Moderately healthy’** | | | **‘Never healthy’** | | |  | **‘Becoming less healthy’** | | | **‘Moderately healthy’** | | | **‘Never healthy’** | | |
| **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** |  | **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** |
| **P1 fruit and vegetable consumption score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8-10 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 5.5-7.5 | 1.4 | 1.1, 1.8 | <0.001 | 1.5 | 1.2, 1.9 | <0.001 | 1.4 | 0.9, 2.1 | <0.001 |  | 1.3 | 1.0, 1.6 | <0.001 | 1.6 | 1.2, 2.0 | <0.001 | 1.4 | 1.0, 2.1 | <0.001 |
| 3-5 | 1.8 | 1.4, 2.3 | 2.1 | 1.7, 2.7 | 3.1 | 2.0, 4.7 |  | 1.9 | 1.5, 2.3 | 2.7 | 2.0, 3.5 | 4.0 | 2.8, 5.6 |
| 0-2.5 | 2.8 | 2.0, 3.7 | 4.5 | 3.5, 5.9 | 7.9 | 5.2, 12.1 |  | 2.9 | 2.2, 3.8 | 5.8 | 4.3, 7.9 | 12.5 | 8.5, 18.3 |
| **P2 fruit and vegetable consumption score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8-10 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 5.5-7.5 | 1.1 | 0.8, 1.5 | 0.02 | 1.1 | 0.8, 1.5 | <0.001 | 1.1 | 0.6, 2.0 | <0.001 |  | 1.2 | 0.9, 1.6 | <0.001 | 1.3 | 1.0, 1.8 | <0.001 | 1.9 | 1.2, 3.0 | <0.001 |
| 3-5 | 1.1 | 0.8, 1.6 | 1.5 | 1.1, 2.0 | 2.3 | 1.3, 3.9 |  | 1.9 | 1.4, 2.5 | 2.1 | 1.6, 2.9 | 3.5 | 2.1, 6.0 |
| 0-2.5 | 1.6 | 1.1, 2.2 | 1.9 | 1.4, 2.6 | 3.4 | 2.1, 5.6 |  | 2.5 | 1.9, 3.3 | 3.0 | 2.2, 4.0 | 6.8 | 4.1, 11.4 |
| **P1 average daily alcohol consumption (drinks/d)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 or 2 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| None | 1.4 | 1.1, 1.9 | 0.008 | 1.5 | 1.2, 1.8 | <0.001 | 1.9 | 1.4, 2.8 | <0.001 |  | 1.0 | 0.8, 1.3 | 0.005 | 1.4 | 1.1, 1.8 | <0.001 | 1.7 | 1.3, 2.3 | <0.001 |
| 3 or 4 | 1.2 | 0.9, 1.6 | 1.5 | 1.2, 1.9 | 2.2 | 1.6, 3.1 |  | 1.4 | 1.1, 1.7 | 1.4 | 1.1, 1.8 | 1.8 | 1.4, 2.4 |
| 5 or more | 1.7 | 1.1, 2.7 | 2.7 | 1.8, 3.9 | 5.4 | 3.6, 8.2 |  | 1.4 | 1.0, 2.0 | 2.7 | 1.9, 3.9 | 3.8 | 2.5, 5.7 |
| **P2 average daily alcohol consumption (drinks/d)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 or 2 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| None | 1.3 | 0.9, 2.0 | 0.007 | 1.4 | 1.0, 2.0 | <0.001 | 1.5 | 0.9, 2.7 | <0.001 |  | 1.2 | 0.9, 1.7 | <0.001 | 1.5 | 1.1, 2.1 | <0.001 | 1.6 | 1.0, 2.5 | <0.001 |
| 3 or 4 | 1.3 | 1.1, 1.7 | 1.2 | 0.9, 1.5 | 1.0 | 0.7, 1.4 |  | 1.4 | 1.1, 1.7 | 1.4 | 1.1, 1.8 | 1.4 | 1.0, 2.0 |
| 5 or more | 1.6 | 1.2, 2.1 | 2.0 | 1.6, 2.6 | 3.2 | 2.3, 4.4 |  | 1.8 | 1.4, 2.3 | 1.9 | 1.5, 2.5 | 3.2 | 2.3, 4.5 |
| **P1 smoking (cigarettes/d)** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Never | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| Former | 1.4 | 1.1, 1.8 | <0.001 | 1.3 | 1.0, 1.5 | <0.001 | 1.4 | 1.0, 1.9 | <0.001 |  | 1.2 | 1.0, 1.5 | <0.001 | 0.9 | 0.7, 1.1 | <0.001 | 1.2 | 0.9, 1.6 | <0.001 |
| <=10 | 1.5 | 1.1, 2.1 | 2.0 | 1.5, 2.6 | 2.3 | 1.6, 3.3 |  | 2.1 | 1.6, 2.7 | 1.7 | 1.3, 2.3 | 3.0 | 2.2, 4.1 |
| 11+ | 2.0 | 1.3, 3.1 | 3.6 | 2.6, 5.1 | 6.0 | 4.1, 8.7 |  | 2.1 | 1.5, 3.0 | 2.5 | 1.8, 3.5 | 5.4 | 3.8, 7.8 |
| **P2 smoking (cigarettes/d)** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Never | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| Former | 1.1 | 0.9, 1.5 | 0.26 | 1.2 | 1.0, 1.5 | <0.001 | 1.0 | 0.7, 1.5 | <0.001 |  | 1.0 | 0.8, 1.3 | <0.001 | 1.1 | 0.8, 1.4 | <0.001 | 1.1 | 0.8, 1.5 | <0.001 |
| <=10 | 1.2 | 0.9, 1.6 | 1.3 | 1.0, 1.8 | 1.0 | 0.6, 1.7 |  | 1.5 | 1.1, 2.1 | 1.3 | 0.9, 1.9 | 1.3 | 0.8, 2.0 |
| 11+ | 1.3 | 1.0, 1.8 | 2.1 | 1.6, 2.7 | 3.8 | 2.7, 5.4 |  | 1.9 | 1.5, 2.5 | 2.1 | 1.5, 2.9 | 3.9 | 2.7, 5.6 |
| **P1 physical activity (d/week)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5-7 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 3-4 | 1.2 | 0.9, 1.7 | 0.15 | 1.2 | 0.9, 1.5 | <0.001 | 1.3 | 0.9, 1.8 | 0.01 |  | 1.2 | 0.9, 1.6 | 0.46 | 1.3 | 1.0, 1.7 | 0.11 | 1.0 | 0.7, 1.4 | 0.001 |
| 1-2 | 1.2 | 0.9, 1.6 | 1.3 | 1.0, 1.7 | 1.7 | 1.2, 2.5 |  | 1.1 | 0.9, 1.4 | 1.2 | 0.9, 1.6 | 1.2 | 0.9, 1.7 |
| 0 | 1.5 | 1.1, 2.1 | 1.9 | 1.4, 2.5 | 1.9 | 1.2, 3.1 |  | 1.2 | 0.9, 1.7 | 1.5 | 1.1, 2.0 | 1.8 | 1.3, 2.7 |
| **P2 physical activity (d/week)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5-7 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 3-4 | 0.8 | 0.6, 1.1 | 0.39 | 0.7 | 0.5, 0.9 | 0.04 | 0.8 | 0.5, 1.2 | 0.01 |  | 0.9 | 0.7, 1.2 | 0.06 | 1.1 | 0.9, 1.5 | 0.004 | 1.1 | 0.8, 1.6 | 0.14 |
| 1-2 | 0.9 | 0.7, 1.2 | 1.0 | 0.8, 1.2 | 0.8 | 0.5, 1.1 |  | 1.2 | 0.9, 1.5 | 1.5 | 1.1, 1.9 | 1.3 | 0.9, 1.7 |
| 0 | 1.0 | 0.7, 1.5 | 1.0 | 0.7, 1.3 | 1.5 | 1.0, 2.3 |  | 1.3 | 1.0, 1.9 | 1.8 | 1.3, 2.6 | 1.6 | 1.0, 2.4 |

P1, parent 1; Ref, reference category; P2, parent 2; drinks/d, drinks per day; cigarettes/d, cigarettes per day; d/week, days per week.

\*‘Always healthy’ trajectory=reference category for both cohorts.

†All estimates are weighted.

‡p-value from Wald test for variables with more than two categories.

**Supplemental Table 3.** Multinomial univariable logistic regression analyses, showing associations between parental health behaviours and ‘healthy’ pattern trajectories, for both cohorts\*†

| **Parental health behaviour** | **B Cohort trajectories** | | | | | | | | |  | **K Cohort trajectories** | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **‘Becoming less healthy’** | | | **‘Moderately healthy’** | | | **‘Never healthy’** | | |  | **‘Becoming less healthy’** | | | **‘Moderately healthy’** | | | **‘Never healthy’** | | |
| **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** |  | **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** |
| **P1 fruit and vegetable consumption score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8-10 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 5.5-7.5 | 1.8 | 1.3, 2.5 | <0.001 | 1.5 | 1.2, 1.8 | <0.001 | 1.9 | 1.3, 2.9 | <0.001 |  | 1.1 | 0.9, 1.4 | <0.001 | 1.4 | 1.1, 1.8 | <0.001 | 1.8 | 1.2, 2.8 | <0.001 |
| 3-5 | 2.7 | 1.9, 3.9 | 2.8 | 2.3, 3.5 | 4.0 | 2.6, 6.2 |  | 1.8 | 1.4, 2.2 | 2.5 | 1.8, 3.3 | 4.4 | 2.9, 6.5 |
| 0-2.5 | 3.3 | 2.1, 5.2 | 4.9 | 3.6, 6.5 | 12.9 | 8.2, 20.5 |  | 2.7 | 2.0, 3.6 | 7.0 | 5.0, 9.9 | 15.0 | 9.7, 23.0 |
| **P2 fruit and vegetable consumption score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8-10 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 5.5-7.5 | 1.4 | 1.0, 2.1 | 0.003 | 1.3 | 1.0, 1.6 | <0.001 | 1.3 | 0.8, 2.3 | <0.001 |  | 1.5 | 1.2, 2.0 | <0.001 | 1.6 | 1.2, 2.3 | <0.001 | 2.5 | 1.6, 3.9 | <0.001 |
| 3-5 | 1.1 | 0.8, 1.7 | 1.7 | 1.3, 2.2 | 3.0 | 1.9, 4.8 |  | 2.3 | 1.8, 3.0 | 2.2 | 1.5, 3.1 | 4.0 | 2.4, 6.6 |
| 0-2.5 | 1.8 | 1.3, 2.6 | 2.3 | 1.8, 2.9 | 4.4 | 2.8, 7.0 |  | 2.5 | 1.9, 3.3 | 3.4 | 2.5, 4.7 | 6.9 | 4.3, 11.1 |
| **P1 average daily alcohol consumption (drinks/d)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 or 2 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| None | 1.3 | 1.0, 1.7 | 0.007 | 1.0 | 0.8, 1.2 | 0.005 | 1.5 | 1.2, 2.1 | <0.001 |  | 0.9 | 0.7, 1.1 | 0.002 | 1.2 | 0.9, 1.5 | 0.03 | 1.1 | 0.8, 1.5 | <0.001 |
| 3 or 4 | 1.7 | 1.3, 2.4 | 1.3 | 1.1, 1.6 | 1.7 | 1.2, 2.4 |  | 1.3 | 1.0, 1.6 | 1.2 | 0.9, 1.5 | 1.6 | 1.2, 2.2 |
| 5 or more | 1.5 | 0.8, 2.5 | 1.7 | 1.2, 2.4 | 4.1 | 2.7, 6.2 |  | 1.5 | 1.1, 2.1 | 1.8 | 1.2, 2.6 | 2.6 | 1.7, 4.1 |
| **P2 average daily alcohol consumption (drinks/d)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 or 2 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| None | 0.6 | 0.4, 1.1 | 0.18 | 0.9 | 0.7, 1.1 | 0.01 | 1.4 | 0.9, 2.3 | <0.001 |  | 1.0 | 0.8, 1.4 | 0.001 | 1.1 | 0.8, 1.6 | 0.04 | 1.1 | 0.7, 1.7 | 0.001 |
| 3 or 4 | 1.2 | 0.9, 1.5 | 1.1 | 0.9, 1.3 | 1.3 | 0.9, 1.7 |  | 1.2 | 1.0, 1.4 | 1.2 | 0.9, 1.5 | 1.4 | 1.0, 2.0 |
| 5 or more | 1.1 | 0.8, 1.6 | 1.4 | 1.1, 1.8 | 2.3 | 1.6, 3.3 |  | 1.6 | 1.3, 2.1 | 1.5 | 1.1, 2.1 | 2.2 | 1.5, 3.2 |
| **P1 smoking (cigarettes/d)** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Never | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| Former | 1.6 | 1.3, 2.1 | <0.001 | 1.4 | 1.1, 1.6 | <0.001 | 1.5 | 1.1, 1.9 | <0.001 |  | 1.3 | 1.1, 1.6 | <0.001 | 1.0 | 0.7, 1.2 | <0.001 | 1.2 | 0.9, 1.6 | <0.001 |
| <=10 | 1.3 | 0.9, 1.9 | 1.5 | 1.2, 1.9 | 1.9 | 1.4, 2.8 |  | 1.7 | 1.3, 2.2 | 1.3 | 1.0, 1.8 | 2.0 | 1.4, 2.8 |
| 11+ | 2.6 | 1.7, 3.9 | 1.9 | 1.4, 2.5 | 3.6 | 2.4, 5.4 |  | 1.6 | 1.2, 2.1 | 1.9 | 1.4, 2.7 | 3.1 | 2.1, 4.5 |
| **P2 smoking (cigarettes/d)** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Never | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| Former | 1.3 | 1.0, 1.7 | 0.003 | 1.2 | 1.0, 1.5 | <0.001 | 1.0 | 0.7, 1.5 | <0.001 |  | 1.0 | 0.8, 1.2 | 0.002 | 1.0 | 0.8, 1.3 | 0.003 | 0.9 | 0.7, 1.4 | <0.001 |
| <=10 | 1.1 | 0.8, 1.7 | 1.2 | 0.9, 1.5 | 1.2 | 0.8, 1.8 |  | 1.5 | 1.1, 2.0 | 1.4 | 1.0, 1.9 | 1.1 | 0.6, 1.7 |
| 11+ | 1.8 | 1.3, 2.5 | 1.8 | 1.3, 2.3 | 2.4 | 1.7, 3.4 |  | 1.5 | 1.1, 1.9 | 1.8 | 1.3, 2.5 | 3.8 | 2.6, 5.4 |
| **P1 physical activity (d/week)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5-7 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 3-4 | 1.9 | 1.3, 2.7 | 0.006 | 1.1 | 0.9, 1.5 | 0.002 | 1.2 | 0.8, 1.7 | <0.001 |  | 1.3 | 1.1, 1.7 | 0.02 | 1.1 | 0.8, 1.5 | 0.02 | 0.9 | 0.6, 1.3 | <0.001 |
| 1-2 | 1.6 | 1.1, 2.3 | 1.1 | 0.9, 1.4 | 1.6 | 1.1, 2.3 |  | 1.3 | 1.0, 1.6 | 1.4 | 1.0, 1.8 | 1.2 | 0.9, 1.7 |
| 0 | 2.1 | 1.3, 3.2 | 1.7 | 1.3, 2.2 | 2.5 | 1.6, 3.7 |  | 1.6 | 1.2, 2.1 | 1.7 | 1.1, 2.4 | 2.0 | 1.4, 2.9 |
| **P2 physical activity (d/week)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5-7 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 3-4 | 0.8 | 0.6, 1.1 | 0.34 | 0.8 | 0.7, 1.0 | 0.39 | 0.7 | 0.5, 1.1 | 0.24 |  | 1.1 | 0.9, 1.4 | 0.13 | 1.2 | 0.9, 1.6 | 0.04 | 1.2 | 0.8, 1.8 | 0.01 |
| 1-2 | 0.8 | 0.6, 1.2 | 0.9 | 0.7, 1.1 | 1.0 | 0.7, 1.3 |  | 1.3 | 1.0, 1.6 | 1.2 | 0.9, 1.6 | 1.5 | 1.1, 2.1 |
| 0 | 1.0 | 0.7, 1.6 | 1.0 | 0.7, 1.3 | 1.2 | 0.7, 1.8 |  | 1.3 | 1.0, 1.8 | 1.7 | 1.2, 2.4 | 1.9 | 1.2, 3.0 |

P1, parent 1; Ref, reference category; P2, parent 2; drinks/d, drinks per day; cigarettes/d, cigarettes per day; d/week, days per week.

\*‘Always healthy’ trajectory=reference category for both cohorts.

†All estimates are weighted.

‡p-value from Wald test for variables with more than two categories.

**Supplemental Table 4.** Multinomial univariable logistic regression analyses, showing associations between parental health behaviours and ‘unhealthy’ pattern trajectories, for both cohorts\*†

| **Parental health behaviour** | **B Cohort trajectories** | | | | | | | | |  | **K Cohort trajectories** | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **‘Becoming unhealthy’** | | | **‘Moderately unhealthy’** | | | **‘Always unhealthy’** | | |  | **‘Becoming unhealthy’** | | | **‘Moderately unhealthy’** | | | **‘Always unhealthy’** | | |
| **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** |  | **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** | **OR** | **95% CI** | **p‡** |
| **P1 fruit and vegetable consumption score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8-10 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 5.5-7.5 | 1.4 | 0.8, 2.3 | 0.11 | 1.4 | 1.1, 1.8 | <0.001 | 1.5 | 0.8, 2.8 | <0.001 |  | 1.5 | 1.1, 2.1 | <0.001 | 1.0 | 0.8, 1.3 | <0.001 | 1.1 | 0.6, 2.0 | <0.001 |
| 3-5 | 1.8 | 1.0, 3.0 | 1.5 | 1.1, 1.9 | 2.6 | 1.4, 4.8 |  | 2.1 | 1.5, 2.8 | 1.7 | 1.3, 2.2 | 1.3 | 0.7, 2.4 |
| 0-2.5 | 1.7 | 1.0, 3.0 | 2.6 | 2.0, 3.5 | 4.2 | 2.2, 7.9 |  | 2.5 | 1.8, 3.6 | 2.7 | 2.0, 3.7 | 3.1 | 1.7, 5.7 |
| **P2 fruit and vegetable consumption score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8-10 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 5.5-7.5 | 1.1 | 0.6, 2.1 | 0.47 | 0.9 | 0.7, 1.2 | 0.09 | 1.4 | 0.6, 3.4 | 0.04 |  | 1.1 | 0.8, 1.7 | 0.009 | 1.2 | 0.9, 1.7 | <0.001 | 0.6 | 0.2, 2.1 | 0.008 |
| 3-5 | 1.5 | 0.8, 2.8 | 1.1 | 0.8, 1.5 | 2.3 | 1.0, 4.9 |  | 1.4 | 0.9, 2.1 | 1.6 | 1.1, 2.3 | 2.4 | 0.9, 6.2 |
| 0-2.5 | 1.1 | 0.6, 2.2 | 1.3 | 0.9, 1.7 | 2.3 | 1.1, 5.0 |  | 1.8 | 1.2, 2.7 | 2.1 | 1.6, 2.9 | 2.9 | 1.1, 7.9 |
| **P1 average daily alcohol consumption (drinks/d)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 or 2 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| None | 1.8 | 1.1, 2.8 | 0.001 | 1.5 | 1.2, 1.8 | <0.001 | 2.6 | 1.6, 4.3 | <0.001 |  | 1.2 | 0.9, 1.6 | 0.06 | 1.5 | 1.2, 1.9 | <0.001 | 2.7 | 1.5, 4.9 | <0.001 |
| 3 or 4 | 1.6 | 0.9, 2.7 | 1.3 | 1.0, 1.7 | 2.7 | 1.7, 4.2 |  | 1.3 | 1.0, 1.8 | 1.2 | 1.0, 1.6 | 1.9 | 1.1, 3.3 |
| 5 or more | 3.2 | 1.7, 5.8 | 2.4 | 1.7, 3.3 | 5.7 | 3.3, 10.0 |  | 1.5 | 1.0, 2.2 | 2.2 | 1.7, 3.0 | 5.1 | 2.7, 9.5 |
| **P2 average daily alcohol consumption (drinks/d)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 or 2 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| None | 2.1 | 1.1, 4.2 | 0.06 | 1.4 | 0.9, 2.1 | <0.001 | 3.7 | 1.7, 8.0 | <0.001 |  | 0.7 | 0.4, 1.1 | 0.003 | 1.8 | 1.3, 2.6 | 0.001 | 0.7 | 0.3, 2.0 | 0.50 |
| 3 or 4 | 1.3 | 0.8, 2.0 | 1.1 | 0.9, 1.4 | 1.7 | 0.9, 3.1 |  | 1.1 | 0.8, 1.4 | 1.2 | 0.9, 1.5 | 1.0 | 0.5, 1.8 |
| 5 or more | 1.7 | 1.0, 2.9 | 1.8 | 1.4, 2.3 | 3.7 | 2.1, 6.7 |  | 1.6 | 1.2, 2.2 | 1.6 | 1.2, 2.2 | 1.5 | 0.8, 2.8 |
| **P1 smoking (cigarettes/d)** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Never | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| Former | 1.3 | 0.8, 2.0 | <0.001 | 1.1 | 0.9, 1.4 | <0.001 | 1.1 | 0.7, 1.8 | <0.001 |  | 1.2 | 0.9, 1.6 | 0.006 | 0.9 | 0.7, 1.2 | <0.001 | 1.1 | 0.7, 2.0 | <0.001 |
| <=10 | 2.1 | 1.2, 3.5 | 2.1 | 1.7, 2.6 | 2.6 | 1.6, 4.3 |  | 1.5 | 1.1, 2.0 | 2.4 | 1.8, 3.0 | 2.7 | 1.6, 4.6 |
| 11+ | 3.8 | 2.2, 6.4 | 3.4 | 2.6, 4.6 | 6.2 | 3.5, 10.9 |  | 1.7 | 1.2, 2.5 | 3.0 | 2.3, 3.9 | 4.7 | 2.8, 7.9 |
| **P2 smoking (cigarettes/d)** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Never | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| Former | 1.2 | 0.7, 2.1 | <0.001 | 1.0 | 0.8, 1.3 | <0.001 | 0.8 | 0.4, 1.7 | <0.001 |  | 1.4 | 1.0, 1.9 | 0.005 | 0.9 | 0.7, 1.1 | <0.001 | 1.4 | 0.7, 2.8 | 0.001 |
| <=10 | 2.1 | 1.2, 3.6 | 1.1 | 0.8, 1.5 | 1.1 | 0.5, 2.2 |  | 1.3 | 0.9, 1.9 | 1.1 | 0.8, 1.6 | 0.5 | 0.1, 2.1 |
| 11+ | 3.3 | 2.1, 5.3 | 2.0 | 1.5, 2.6 | 4.2 | 2.5, 7.1 |  | 1.8 | 1.3, 2.5 | 2.3 | 1.7, 3.0 | 3.5 | 1.8, 6.8 |
| **P1 physical activity (d/week)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5-7 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 3-4 | 1.5 | 0.8, 2.8 | 0.36 | 1.0 | 0.7, 1.3 | 0.06 | 0.9 | 0.5, 1.6 | 0.26 |  | 1.0 | 0.7, 1.4 | 0.67 | 0.9 | 0.7, 1.1 | 0.41 | 0.8 | 0.4, 1.3 | 0.67 |
| 1-2 | 1.1 | 0.6, 2.2 | 1.1 | 0.9, 1.4 | 1.3 | 0.7, 2.3 |  | 1.0 | 0.7, 1.3 | 0.9 | 0.7, 1.1 | 0.9 | 0.5, 1.6 |
| 0 | 1.5 | 0.7, 3.2 | 1.3 | 1.0, 1.8 | 1.5 | 0.7, 3.1 |  | 1.2 | 0.8, 1.8 | 1.0 | 0.7, 1.3 | 1.0 | 0.5, 2.0 |
| **P2 physical activity (d/week)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5-7 | Ref | - | - | Ref | - | - | Ref | - | - |  | Ref | - | - | Ref | - | - | Ref | - | - |
| 3-4 | 0.8 | 0.4, 1.4 | 0.40 | 0.7 | 0.5, 0.9 | 0.05 | 0.5 | 0.3, 1.0 | 0.004 |  | 0.8 | 0.6, 1.2 | 0.71 | 1.1 | 0.9, 1.5 | 0.64 | 0.8 | 0.4, 1.5 | 0.65 |
| 1-2 | 0.7 | 0.4, 1.1 | 0.8 | 0.6, 1.0 | 0.8 | 0.5, 1.5 |  | 1.0 | 0.7, 1.3 | 1.0 | 0.7, 1.3 | 0.9 | 0.5, 1.6 |
| 0 | 0.6 | 0.3, 1.2 | 0.8 | 0.6, 1.1 | 1.7 | 1.0, 3.0 |  | 0.9 | 0.5, 1.3 | 1.1 | 0.8, 1.5 | 1.2 | 0.6, 2.6 |

P1, parent 1; Ref, reference category; P2, parent 2; drinks/d, drinks per day; cigarettes/d, cigarettes per day; d/week, days per week.

\*‘Never unhealthy’ trajectory=reference category for both cohorts.

†All estimates are weighted.

‡p-value from Wald test for variables with more than two categories.