Table C. Binary logistic regression analyses examining univariate cross sectional associations between dietary intake and graduation status

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| --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **Univariate binary logistic regression (unadjusted models)** | | | | | |
| **Time point 1 (SEM 1; Y1)**  **Baseline** | | **Time point 2 (SEM 2; Y1)**  **6 months** | | **Time point 3 (SEM 1; Y2)**  **12 months** | |
| ***p* value** | **OR**  **95%CI** | ***p* value** | **OR**  **95%CI** | ***p* value** | **OR**  **95%CI** |
| **DEMOGRAPHIC CHARACTERISTICS** | | | | | | |
| **Age(years)** | 0.208 | 1.887  0.702 – 5.077 | 0.856 | 1.089  0.433 – 2.740 | 0.325 | 1.810  0.556 – 5.895 |
| **Gender** | | | | | | |
| Males | Ref | | | | | |
| Females | 0.282 | 1.766  0.627 – 4.972 | 0.282 | 1.766  0.627 – 4.972 | 0.282 | 1.766  0.627 – 4.972 |
| **Country of birth** | | | | | | |
| Other countries | Ref | | | | | |
| Australia | 0.869 | 1.114  0.311 – 3.989 | 0.869 | 1.114  0.311 – 3.989 | 0.869 | 1.114  0.311 – 3.989 |
| **School ICSEA value** | **0.027** | **1.008**  **1.001 – 1.015** | **0.027** | **1.008**  **1.001 – 1.015** | **0.027** | **1.008**  **1.001 – 1.015** |
| **Living arrangements** | | | | | | |
| On campus | Ref | | | | | |
| Off campus | 0.283 | 0.536  0.172 – 1.673 | 0.479 | 1.527  0.473 – 4.928 | **0.110** | **0.269**  **0.054 – 1.348** |
| **Language** | | | | | | |
| Other languages | Ref | | | | | |
| English | 0.697 | 1.336  0.311 – 5.746 | 0.697 | 1.336  0.311 – 5.746 | 0.697 | 1.336  0.311 – 5.746 |
| **Total hours of paid work (week)** | 0.428 | 1.049  0.932 – 1.180 | **0.119** | **1.110**  **0.974 – 1.266** | 0.494 | 1.041  0.928 – 1.168 |
| **Current work status** | | | | | | |
| Not in paid/unpaid employment/Other | Ref | | | | | |
| Full/Part time/Casual employment | 0.897 | 1.069  0.388 – 2.942 | 0.539 | 0.717  0.248 – 2.072 | 0.617 | 0.707  0.182 – 2.752 |
| **Dietary intake** | | | | | | |
| **Serves of vegetables per day** | 0.861 | 1.042  0.659 – 1.646 | **0.173** | **1.380**  **0.868 – 2.192** | 0.643 | 1.103  0.730 – 1.666 |
| **Serves of fruit per day** | 0.436 | 1.170  0.788 – 1.739 | **0.177** | **1.337**  **0.877 – 2.036** | 0.783 | 1.059  0.705 – 1.591 |
| **Alcohol intake (>4 standard drinks on one occasion in the last 12 months)** | | | | | | |
| Less than monthly or less frequently | Ref | | | | | |
| Monthly or more frequently | 0.207 | 2.824  0.564 – 14.134 | 0.465 | 1.535  0.486 – 4.845 | 0.708 | 0.795  0.240 – 2.635 |
| **Meeting Australian carbohydrate intake recommendations (45 – 65% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | **0.053** | **4.016**  **0.983 – 16.400** | 0.347 | 0.554  0.162 – 1.897 | **0.148** | **0.316**  **0.066** – **1.507** |
| **Meeting Australian protein recommendations (15 – 25% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | 0.547 | 1.481  0.412 **–** 5.322 | **0.098** | **0.301**  **0.073 –** **1.246** | 0.952 | 1.050  0.217 – 5.084 |
| **Meeting Australian fat intake recommendations (20 – 35% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | 0.865 | 0.900  0.267 **–** 3.029 | 0.851 | 1.125  0.328 – 3.861 | 0.428 | 0.533  0.113 – 2.524 |
| **Meeting Australian saturated fat intake recommendations (<10% of daily energy intake)** | | | | | | |
| Not meeting recommendations | Ref | | | | | |
| Meeting recommendations | 0.523 | 2.053  0.225 **–**18.687 | 0.289 | 3.250  0.369 – 28.650 | **0.051** | **0.138**  **0.019** – **1.013** |
| **Polyunsaturated fat intake (% of daily energy intake)** | 0.243 | 0.825  0.598 **–** 1.139 | 0.391 | 0.881  0.660 – 1.176 | 0.520 | 1.202  0.686 – 2.107 |
| **Sodium intake (mg)** | 0.223 | 1.000  0.999 **–** 1.000 | 0.385 | 1.000  0.999 – 1.000 | **0.040** | **0.999**  **0.999** – **1.000** |
| **Iron intake (mg)** | **0.154** | **0.905**  **0.789 – 1.038** | 0.392 | 0.953  0.853 **–** 1.064 | **0.192** | **0 .919**  **0.810 – 1.043** |
| **Caffeine intake (mg)** | 0.559 | 1.004  0.991 **–** 1.016 | 0.469 | 1.004  0.993 **–** 1.015 | 0.661 | 1.003  0.990 **–** 1.016 |
| **OTHER VARIABLES AND POTENTIAL CONFOUNDING FACTORS** | | | | | | |
| **Self-report: PA score MET minutes/week** | **0.068** | **1.001**  **1.000 – 1.001** | **0.053** | **1.001**  **1.000 – 1.001** | **0.063** | **1.001**  **1.000 – 1.002** |
| **Accelerometer-derived MVPA (minutes/day)** | 0.745 | 1.005  0.976 – 1.035 | **0.127** | **1.029**  **0.992 – 1.068** | **0.094** | **1.033**  **0.995 – 1.072** |
| **Self-report: frequency of strength or toning activities last week** | 0.367 | 1.222  0.791 – 1.889 | 0.870 | 1.039  0.659 – 1.638 | 0.272 | 1.390  0.773 – 2.501 |
| **Self–report: Average SB (hours/day)** | 0.294 | 0.888  0.712 – 1.108 | 0.430 | 0.916  0.737 – 1.139 | 0.269 | 0.874  0.688 – 1.110 |
| **Accelerometer derived SB (hours/day)** | 0.769 | 0.932  0.581 – 1.494 | 0.200 | 0.731  0.452 – 1.181 | 0.237 | 0.752  0.468 – 1.207 |
| **Weight (kg)** | 0.889 | 0.997  0.960 – 1.036 | 0.873 | 0.997  0.959 – 1.036 | 0.527 | 0.987  0.948 – 1.028 |
| **BMI (kg/m2)** | 0.982 | 1.002  0.846– 1.186 | 0.800 | 1.024  0.854 – 1.227 | 0.978 | 0.998  0.834 – 1.193 |
| **General health rating** | 0.584 | 1.219  0.600 – 2.478 | 0.936 | 0.970  0.466 – 2.021 | 0.963 | 0.984  0.496 – 1.950 |
| **Overall life satisfaction** | 0.259 | 1.241  0.853 – 1.806 | 0.259 | 1.241  0.853 – 1.806 | 0.703 | 1.087  0.707 – 1.671 |
| **Work/study life satisfaction** | 0.475 | 1.145  0.790 – 1.659 | 0.475 | 1.145  0.790 – 1.659 | 0.489 | 0.883  0.620 – 1.257 |
| **Mental Well–being** | 0.539 | 0.955  0.823 – 1.107 | 0.539 | 0.955  0.823 – 1.107 | 0.504 | 0.947  0.807 – 1.111 |
| **Psychological distress** | 0.505 | 0.967  0.877 – 1.067 | 0.505 | 0.967  0.877 – 1.067 | 0.865 | 0.989  0.871 – 1.123 |

PA = physical activity; SB = sedentary behaviour; MVPA = moderate-to-vigorous physical activity; MET = metabolic equivalent; BMI = Body mass index; GPA = grade point average; OR = odds ratio; CI= Confidence interval; ATSI = Aboriginal and Torres Strait Islander; School ICSEA value = Index of Community Socio-educational Advantage values; SEM = semester.

Values in bold indicate a *p* value ˂ 0.20.