**Supplementary Table 1.** Mean values of measurement results and distribution by gender.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Total | Females | Males |
| Body mass index (kg/m2) | 23.0±3.6 | 22.4±3.7 | 23.8±3.2 |
| Waist circumference (cm) | 78.6±10.6 | 74.2±9.4 | 85.0±8.9 |
| Blood glucose (mg/dl) | 99.8±20.6 | 98.6±21.2 | 101.4±19.5 |
| Systolic blood pressure (mmHg) | 110.1±15.1 | 104.6±12.1 | 118.2±15.4 |
| Diastolic blood pressure (mmHg) | 70.1±9.4 | 71.2±9.0 | 68.5±9.7 |
| Total cholesterola (mg/dl) | 173.7±21.9 | 175.1±21.7 | 171.1±22.4 |

a Results above the detection limit (150 mg/dl) of the fingerprick TC measurement kit were evaluated.

**Supplementary Table 2.** Comparison of students who declared change in physical activity frequency according to demographic characteristics and eating habits.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | “My physical activity level has **increased** since I started university” | | | | | | | “My physical activity level has **decreased** since I started university” | | | | | | |
| Agree | | Disagree/no opinion | | Total | | p-value | Agree | | Disagree/no opinion | | Total | | p-value |
| n | % | n | % | n | % |  | n | % | n | % | n | % |  |
| Presence of CVRa | Yes | 93 | 40.3 | 138 | 59.7 | 231 | 100 | 0.479 | 62 | 26.8 | 169 | 73.2 | 231 | 100 | 0.128 |
| No | 199 | 43.1 | 263 | 21.6 | 462 | 100 | 100 | 21.6 | 362 | 78.4 | 462 | 100 |
| Residence with family/relatives | Yes | 146 | 43.6 | 189 | 56.4 | 335 | 100 | 0.502 | 66 | 19.7 | 269 | 80.3 | 335 | 100 | 0.027 |
| No | 147 | 41.1 | 211 | 58.9 | 358 | 100 | 96 | 26.8 | 262 | 73.2 | 358 | 100 |
| *Fast-food* at lunch | Yes | 256 | 45.1 | 311 | 54.9 | 567 | 100 | 0.004 | 123 | 21.7 | 444 | 78.3 | 567 | 100 | 0.043 |
| No | 35 | 30.4 | 80 | 69.6 | 115 | 100 | 35 | 30.4 | 80 | 69.6 | 115 | 100 |
| Income level | ≥2x | 69 | 26.7 | 189 | 73.3 | 258 | 100 | 0.840 | 62 | 24.0 | 196 | 76.0 | 258 | 100 | 0.629 |
| <2x | 95 | 22.2 | 332 | 77.8 | 427 | 100 | 96 | 22.4 | 332 | 77.6 | 428 | 100 |
| KIDMEDb category | Average/good | 175 | 47.3 | 195 | 52.7 | 370 | 100 | 0.002 | 72 | 19.4 | 299 | 80.6 | 371 | 100 | 0.006 |
| Poor | 113 | 35.5 | 205 | 64.5 | 318 | 100 | 90 | 28.4 | 227 | 71.6 | 317 | 100 |

a Cardiovascular risk b Mediterranean Diet Quality Index.

**Supplementary Table 3.** Comparison of students who declared changes in their eating habits according to the demographic characteristics and eating habits.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | “I’m eating **healthier** since I started university” | | | | | | | “I’m eating **unhealthier** since I started university” | | | | | | |
| Agree | | Disagree/no opinion | | Total | | p-value | Agree | | Disagree/no opinion | | Total | | p-value |
| n | % | n | % | n | % |  | n | % | n | % | n | % |  |
| Presence of CVRa | Yes | 39 | 17.0 | 190 | 83.0 | 229 | 100 | 0.003 | 114 | 49.4 | 117 | 50.6 | 231 | 100 | 0.005 |
| No | 126 | 27.2 | 337 | 73.8 | 463 | 100 | 176 | 38.3 | 284 | 61.7 | 460 | 100 |
| Residence with family/relatives | Yes | 93 | 27.8 | 241 | 72.2 | 334 | 100 | 0.013 | 87 | 26.1 | 246 | 73.9 | 333 | 100 | <0.001 |
| No | 71 | 19.8 | 287 | 80.2 | 358 | 100 | 201 | 56.1 | 157 | 43.9 | 358 | 100 |
| *Fast-food* at lunch | Yes | 9 | 7.8 | 106 | 92.2 | 115 | 100 | <0.001 | 69 | 60.0 | 46 | 40.0 | 115 | 100 | <0.001 |
| No | 152 | 26.8 | 415 | 73.2 | 567 | 100 | 217 | 38.4 | 348 | 61.6 | 565 | 100 |
| Income level | ≥2x | 69 | 26.7 | 189 | 73.3 | 258 | 100 | 0.182 | 114 | 44.4 | 143 | 55.6 | 257 | 100 | 0.243 |
| <2x | 95 | 22.2 | 332 | 77.8 | 427 | 100 | 170 | 39.8 | 257 | 60.2 | 427 | 100 |
| KIDMEDb category | Average/good | 122 | 33.0 | 248 | 67.0 | 370 | 100 | <0.001 | 119 | 32.3 | 249 | 67.7 | 368 | 100 | <0.001 |
| Poor | 44 | 13.9 | 273 | 86.1 | 317 | 100 | 166 | 52.2 | 152 | 47.8 | 318 | 100 |

a Cardiovascular risk. b Mediterranean Diet Quality Index.

**Supplementary Table 4.** Comparison of the distribution of some sociodemographic characteristics, habits, and health conditions of the participants according to single and multiple cardiovascular risk factors.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Single CVRa | | Multiple CVR | | Total | | p-value |
|  |  | n | % | n | % | n | % |  |
| Maternal education level | Unqualified | 15 | 25.0 | 5 | 75.0 | 20 | 100 | 0.814 |
| Undergraduate | 28 | 22.2 | 8 | 77.8 | 36 | 100 |
| Paternal education level | Unqualified | 8 | 100 | 0 | 0 | 8 | 100 | - |
| Undergraduate | 52 | 77.6 | 15 | 22.4 | 67 | 100 |
| Residence | With family/relatives | 76 | 73.1 | 28 | 26.9 | 104 | 100 | 0.236 |
| At dormitory/with other students/alone | 102 | 79.7 | 26 | 20.3 | 128 | 100 |
| Monthly income level of family | ≤x2 minimum wage | 100 | 75.8 | 32 | 24.2 | 132 | 100 | 0.816 |
| >x2 minimum wage | 74 | 77.1 | 22 | 22.9 | 96 | 100 |
| Sufficient exercise | Yes | 89 | 80.9 | 21 | 19.1 | 110 | 100 | 0.292 |
| No | 81 | 75.0 | 27 | 25.0 | 108 | 100 |
| Eating habits | Fast-food at lunch | 133 | 74.7 | 45 | 25.3 | 178 | 100 | 0.190 |
| Others | 41 | 83.7 | 8 | 16.3 | 49 | 100 |
| History of diet | Yes | 115 | 87.8 | 16 | 12.2 | 131 | 100 | <0.001 |
| No | 59 | 63.4 | 34 | 36.6 | 93 | 100 |
| KIDMEDb category | Poor | 105 | 84.0 | 20 | 16.0 | 125 | 100 | 0.019 |
| Average/good | 100 | 71.9 | 39 | 28.1 | 139 | 100 |
| HLS-TRc category | Adequate/excellent | 90 | 73.2 | 33 | 26.8 | 123 | 100 | 0.402 |
| Inadequate/problematic-limited | 88 | 77.9 | 25 | 22.1 | 113 | 100 |
| CARRF-KLd score | | 22.5±3.1 | | 23.0±2.34 | | 22.8±2.9 | | 0.285 |

a Cardiovascular risk. b Mediterranean Diet Quality Index. c Turkish Health Literacy Scale. d Cardiovascular Risk Factors Knowledge Level Scale.