

Table 5 Description of variables

Variable	Description of survey item
Fruit and vegetable intake	Six questions assessed self-reported intake of fruit (two questions for fruits and 100% fruit juice) and vegetables (four questions for green salad, potatoes-other than french-fries, carrots, and other vegetables) in the past 7 days. The response scale ranged from 0 = none in the past 7 days to 6 = 4 or more times per day. The scale was later dichotomized into 0 = does not meet recommended daily intake and 1= meets recommended daily intake for fruit and vegetables combined. The cut-off score was "≥ 5 portions per day" for fruit and vegetables combined (ftp://ftp.cdc.gov/pub/data/yrbs/2009/yrbs_2009_national_user_guide.pdf).
Meal patterns	Frequency of intake of main meals was assessed with the question "During the past week, how many days did you eat breakfast/lunch/dinner?" Response categories were "never, 1-2 days, 3-4 days, 5-6 days and every day"
Fast food	Frequency of fast food intake was assessed with the question "In the past week, how often did you eat something from a fast food restaurant (like McDonalds, Burger King, Hardees, etc.)?" Response categories were "never, 1-2 times and 3 times or more"
Snacking	Frequency of snacking was assessed with the question "How many times did you snack (eat between meals) yesterday?" Range: 0 = none; 4 = more than 5 times; recoded into 0 = none; 3 = 4 times or more
Soft drinks	Soft drinks consumption was measured with the question "During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?" Response categories were "none, less than once a day, at least once a day".
Family affluence	We calculated a composite score for family affluence scale by summing the responses to 4 items including number of cars owned by family, having own bedroom, family holidays in the past year and number of family computers. Then, we recoded the sum into a 3-point ordinal scale (low, medium and high family affluence) (Richter M, Moor I, van Lenthe FJ. Explaining socioeconomic differences in adolescent self-rated health: the contribution of material, psychosocial and behavioural factors. J Epidemiol Community Health. 2012 Aug;66(8):691-7. https://doi.org/10.1136/jech.2010.125500 PMID:21543387).
Family meals	Frequency of family meals was assessed with the question "During the past 7 days, how many times did all, or most, of your family living in your house, eat a meal together?" Response categories were "1-2 times, 3-6 times, and 7 or more times"
Parental presence at meal	"On how many of the past 7 days was at least one of your parents in the room with you when you ate your main meal?" Responses ranged from "never" to "every day"
Priority of family meals	Five statements, rated on a 4-point Likert-scale: "In my family, it is important that the family eat at least one meal a day together", "In my family we are expected to be home for dinner", "I am often just too busy to eat dinner with my family", "In my family, different schedules make it make it hard to eat meals together on a regular basis", "In my family, it is often difficult to find a time when family members can sit down to a meal together". Coding reversed for the last 3 items, range: 0 = strongly disagree; 3 = strongly agree
Parental support for healthy eating	Four statements, rated on a 4-point Likert scale: "My mother cares about eating healthy food", "My mother encourages me to eat healthy foods". Same questions for the father. Range: 0 = not at all; 3 = very much
Atmosphere at family meal	Four statements, rated on a 4-point Likert scale: "I enjoy eating meals with my family", "In my family, eating brings people together in an enjoyable way", "In my family, mealtime is a time for talking with other family members", "In my family, dinner time is about more than just getting food; we talk with each other". Range: 0 = strongly disagree; 3 = strongly agree
Availability of fruits and vegetables at home/school	Two statements, rated on a 4-point Likert scale on availability of fruits and vegetables at home. One statement for availability of fruits and vegetables at school. Range 0 = never; 3 = always
Availability of unhealthy snacks	Six statements, rated on a 4-point Likert scale on availability of chips and salty snacks; chocolate and candy, and soft drinks at home and school. Range: 0 = never; 3 = always