

Table A: Descriptive results for the family and school environmental factors

<b>FAMILY ENVIRONMENTAL FACTORS</b>	Descriptive results
<i>Sociocultural</i>	
Good student according to parent? (1-4)	2.8 ± 0.8
BMI parent	23.6 ± 3.5 kg/m <sup>2</sup>
Single-parent household:	
yes	4%
no	96%
<hr/>	
<i>Sociocultural</i>	
<b>Breakfast</b> together (1-5)	4.2 ± 1.3
<hr/>	
<i>Physical</i>	
<b>Soft drink consumption</b> availability:	
seldom or never	11.6%
sometimes	28.6%
(almost) always	59.4%
<i>Sociocultural</i>	
<b>Soft drink consumption</b> parents:	
never	24.7%
<1 day/week or seldom	31.1%
1 day/week	15.1%
2-4 days/week	13.3%
5-6 days/week	3.1%
every day	10.1%
every day, more than once a day	2.5%
<i>Political</i>	
<b>Soft drink consumption</b> parenting 1 (1-5)	3.1 ± 1.3
<b>Soft drink consumption</b> parenting 2 (1-5)	3.0 ± 1.0
<b>Soft drink consumption</b> parenting 3 (1-5)	3.8 ± 1.3
<hr/>	
<i>Sociocultural</i>	
<b>Physical activity</b> cycling together	35.9 ± 49.4 min/week
<b>Physical activity</b> walking together	41.4 ± 53.2 min/week
<b>Physical activity</b> together in car	119.3 ± 94.0 min/week
<b>Physical activity</b> attitude (3-9)	5.2 ± 1.1
<b>Physical activity</b> modelling	134.4 ± 118.7 min/week
<b>Physical activity</b> together (1-4)	1.7 ± 0.7
<b>Physical activity</b> logistic support (1-4)	2.8 ± 1.1
<b>Physical activity</b> encouragement (1-4)	2.4 ± 1.0

---

<b>Physical activity</b> fitness benefit (1-5)	4.3 ± 0.6
<b>Physical activity</b> competition benefit (1-5)	2.0 ± 0.9
<b>Physical activity</b> social benefit (1-5)	4.2 ± 0.8
<b>Physical activity</b> relaxing benefit (1-5)	4.2 ± 0.7
<b>Physical activity</b> fun benefit (1-5)	4.6 ± 0.5
<b>Physical activity</b> barriers (1-5)	2.0 ± 0.7

---

### **SCHOOL ENVIRONMENTAL FACTORS**

---

#### *Physical*

Activity in playtime:

sitting	2.8%
standing	1.7%
walking around	13.7%
sports	81.9%

Extra-curricular sports (0-6) 2.4 ± 1.2

Participation extra-curricular sports (1-4) 3.1 ± 0.9

#### *Political*

Hours physical education 2.0 ± 0.6 h/week

---

#### *Sociocultural*

Relation with classmates (1-5) 4.1 ± 0.6

Schoolwork stress (1-4) 2.0 ± 0.8

Good student according to teacher? (1-4) 2.8 ± 0.7

#### *Political*

Homework 5.7 ± 4.2 h/week

---

Min, minutes; h, hours

Table B: Single linear regression models for breakfast consumption, soft drink consumption and total physical activity

DEPENDENT VARIABLES	INDEPENDENT VARIABLES	$\beta$	t	p
<b>Breakfast consumption at age 16</b> (days/week)	<b>FAMILY ENVIRONMENT:</b>			
	<i>Sociocultural</i>			
	Good student according to parent?	0.09	2.40	0.02
	BMI parent	-0.10	-2.75	0.01
	Single-parent household	-0.08	-1.93	ns
	Having breakfast together	0.22	6.03	<0.001
	<b>SCHOOL ENVIRONMENT:</b>			
	<i>Sociocultural</i>			
	Relation classmates	-0.06	-1.50	ns
	Schoolwork stress	0.001	0.02	ns
	Good student according to teacher?	0.08	2.01	0.04
	<i>Political</i>			
Homework	-0.09	-2.54	0.01	
<b>Soft drink consumption at age 16</b> (days/week)	<b>FAMILY ENVIRONMENT:</b>			
	<i>Physical</i>			
	Availability soft drinks at home	0.33	9.44	<0.001
	<i>Sociocultural</i>			
	Good student according to parent?	-0.11	-2.96	0.003
	BMI parent	0.01	0.38	ns
	Single-parent household	0.07	1.66	ns
	Soft drink consumption parents	0.25	7.02	<0.001
	<i>Political</i>			
	Soft drink consumption parenting 1	-0.16	-4.18	<0.001
	Soft drink consumption parenting 2	-0.29	-8.07	<0.001
	Soft drink consumption parenting 3	-0.31	-8.63	<0.001
	<b>SCHOOL ENVIRONMENT:</b>			
	<i>Sociocultural</i>			
Relation classmates	0.07	1.88	ns	
Schoolwork stress	0.03	0.86	ns	
Good student according to teacher?	-0.10	-2.56	0.01	
Homework	0.02	0.46	ns	
<b>Total physical activity at age 16</b>	<b>FAMILY ENVIRONMENT:</b>			
	<i>Sociocultural</i>			

(min/day)	Good student according to parent?	-0.05	-1.46	ns
	BMI parent	0.002	0.05	ns
	Single-parent household	-0.03	-0.70	ns
	Physical activity cycling together	0.02	0.57	ns
	Physical activity walking together	0.03	0.86	ns
	Physical activity together in car	0.03	0.85	ns
	Physical activity attitude	0.20	4.96	<0.001
	Physical activity modeling	0.06	1.59	ns
	Physical activity together	0.07	1.96	ns
	Physical activity logistic support	0.19	5.08	<0.001
	Physical activity encouragement	0.25	6.92	<0.001
	Physical activity fitness benefit	0.06	1.48	ns
	Physical activity competition benefit	0.04	1.11	ns
	Physical activity social benefit	0.05	1.21	ns
	Physical activity relaxing benefit	0.21	5.61	<0.001
	Physical activity fun benefit	0.09	2.40	0.02
	Physical activity barriers	0.03	0.80	ns
	<b>SCHOOL ENVIRONMENT:</b>			
	<i>Physical</i>			
	Activity in playtime	0.10	2.75	0.006
	Extra-curricular sports	0.03	0.85	ns
	Participation extra-curricular sports	0.14	3.85	<0.001
	<i>Sociocultural</i>			
	Relation classmates	-0.03	-0.83	ns
	Schoolwork stress	-0.02	-0.47	ns
	Good student according to teacher?	0.06	1.50	ns
	<i>Political</i>			
	Homework	0.04	0.94	ns
	Hours of physical education	0.10	2.80	0.005