

Appendix – Supplementary Material

A Glimpse of Academic Staff Health Behavior on Diet Type and Physical Activity at Austrian Universities: First Findings from the “Sustainably Healthy – From Science 2 Highschool & University” Study

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Appendix Tables A1 – A4

Table A1: Anthropometric Characteristics by federal state and living area in full-time university staff. Values are means \pm SD and prevalence for body weight categories.

	N	Age (years)	Height (cm)	Body Weight (kg)	BMI (kg/m ²)	Overweight/Obesity (%)
Burgenland	18	43.0 \pm 10.9	170.3 \pm 6.9	73.3 \pm 19.6	25.2 \pm 6.6	38.9
Urban	9	45.0 \pm 11.0	168.1 \pm 6.2	68.7 \pm 20.4	24.0 \pm 5.6	33.3
Rural	9	41.0 \pm 11.0	172.6 \pm 7.1	77.8 \pm 18.9	26.3 \pm 7.6	44.4
Carinthia	8	50.1 \pm 6.4	171.2 \pm 9.1	71.4 \pm 13.8	24.0 \pm 3.4	25.0
Urban	6	52.5 \pm 5.1	168.7 \pm 8.1	68.8 \pm 15.2	24.0 \pm 4.0	33.3
Rural	2	43.0 \pm 4.2	181.5 \pm 2.1	71.4 \pm 4.2	24.0 \pm 0.7	0.0
Lower Austria	30	48.6 \pm 10.4	176.3 \pm 9.4	73.4 \pm 15.5	23.5 \pm 4.2	30.0
Urban	7	51.0 \pm 3.5	174.7 \pm 7.1	67.5 \pm 9.7	22.0 \pm 2.1	0.0
Rural	23	47.9 \pm 11.7	176.8 \pm 10.0	75.2 \pm 16.7	24.0 \pm 4.6	39.1
Salzburg	36	47.8 \pm 9.7	176.0 \pm 9.3	76.9 \pm 13.3	24.8 \pm 3.9	38.9
Urban	26	48.0 \pm 10.6	175.8 \pm 9.9	76.5 \pm 14.5	24.7 \pm 4.2	34.6
Rural	10	47.2 \pm 7.1	176.7 \pm 7.7	78.1 \pm 9.8	25.1 \pm 3.1	50.0
Styria	35	49.4 \pm 10.4	170.9 \pm 7.2	69.3 \pm 9.8	23.7 \pm 2.8	22.9
Urban	25	51.2 \pm 9.7	170.8 \pm 7.1	68.8 \pm 9.5	23.6 \pm 2.6	28.0
Rural	10	44.9 \pm 11.5	171.0 \pm 7.8	70.4 \pm 11.0	24.1 \pm 3.2	10.0
Tyrol	189	47.3 \pm 9.8	174.3 \pm 9.5	73.4 \pm 14.1	24.1 \pm 3.8	31.7
Urban	125	46.7 \pm 10.1	173.7 \pm 9.9	72.9 \pm 13.9	24.1 \pm 3.9	31.2
Rural	64	48.5 \pm 9.3	175.4 \pm 8.5	74.4 \pm 14.6	24.0 \pm 3.7	32.8
Upper Austria	75	49.3 \pm 8.8	171.9 \pm 9.2	71.1 \pm 13.7	24.0 \pm 3.6	33.3
Urban	42	48.1 \pm 9.8	172.1 \pm 8.4	69.9 \pm 14.2	23.5 \pm 3.8	28.6
Rural	33	50.7 \pm 7.5	171.8 \pm 10.2	72.7 \pm 13.0	24.6 \pm 3.4	39.4
Vienna	279	44.4 \pm 11.3	175.8 \pm 8.9	75.7 \pm 13.8	24.4 \pm 3.4	36.6
Urban	252	44.2 \pm 11.3	175.7 \pm 8.8	75.7 \pm 14.1	24.4 \pm 3.4	35.7
Rural	27	46.4 \pm 11.3	176.9 \pm 9.9	76.2 \pm 11.8	24.3 \pm 4.0	44.4
Vorarlberg	16	50.1 \pm 11.4	173.3 \pm 6.7	74.5 \pm 16.3	24.8 \pm 5.1	37.5
Urban	7	51.4 \pm 10.7	172.7 \pm 7.3	73.8 \pm 15.3	24.7 \pm 4.4	42.9
Rural	9	49.1 \pm 12.4	173.7 \pm 6.7	75.1 \pm 18.0	24.9 \pm 5.8	33.3

Table A2: Anthropometric Characteristics by federal state and living area in part time staff. Values are means \pm SD and prevalence for body weight categories.

	N	Age (years)	Height (cm)	Body Weight (kg)	BMI (kg/m ²)	Overweight/Obesity (%)
Burgenland	22	45.3 \pm 11.6	174.8 \pm 10.0	72.7 \pm 17.1	23.5 \pm 3.4	40.9
Urban	10	46.3 \pm 11.5	172.7 \pm 9.3	67.1 \pm 12.9	22.3 \pm 2.6	30.0
Rural	12	44.5 \pm 12.1	176.6 \pm 10.6	77.4 \pm 19.3	24.5 \pm 3.7	50.0
Carinthia	4	51.7 \pm 4.6	161.3 \pm 1.2	75.2 \pm 32.3	29.0 \pm 12.9	50.0
Urban	4	51.7 \pm 4.6	161.3 \pm 1.2	75.2 \pm 32.3	29.0 \pm 12.9	50.0
Rural	N / A	N / A	N / A	N / A	N / A	N / A
Lower Austria	8	49.1 \pm 9.8	168.8 \pm 8.6	70.9 \pm 12.5	25.0 \pm 4.6	37.5
Urban	3	53.0 \pm 11.5	166.7 \pm 1.2	70.0 \pm 17.1	25.1 \pm 5.8	33.3
Rural	5	46.8 \pm 9.1	170.0 \pm 11.1	71.4 \pm 11.3	24.8 \pm 4.6	40.0
Salzburg	31	48.6 \pm 11.2	172.5 \pm 8.9	71.1 \pm 14.4	23.9 \pm 4.3	29.0
Urban	24	49.8 \pm 11.9	171.8 \pm 8.5	70.5 \pm 14.6	23.7 \pm 3.8	33.3
Rural	7	44.4 \pm 7.2	174.7 \pm 10.4	73.4 \pm 14.8	24.3 \pm 6.3	14.3
Styria	26	47.3 \pm 10.1	169.9 \pm 8.4	67.0 \pm 12.4	23.0 \pm 3.9	30.8
Urban	19	48.0 \pm 10.6	169.4 \pm 8.0	66.8 \pm 12.6	23.1 \pm 4.3	31.6
Rural	7	45.4 \pm 9.4	171.4 \pm 9.9	67.7 \pm 12.3	22.8 \pm 2.8	28.6
Tyrol	92	42.3 \pm 13.2	171.4 \pm 8.3	68.6 \pm 11.2	23.3 \pm 3.8	26.1
Urban	49	39.5 \pm 13.7	170.7 \pm 7.8	67.0 \pm 11.9	22.9 \pm 3.5	20.4
Rural	43	45.5 \pm 11.9	172.2 \pm 8.8	70.3 \pm 11.0	23.8 \pm 4.1	32.6
Upper Austria	45	48.2 \pm 10.1	171.9 \pm 7.9	70.0 \pm 12.8	23.6 \pm 3.2	26.7
Urban	21	46.9 \pm 9.8	170.9 \pm 8.1	70.2 \pm 14.6	23.9 \pm 3.8	33.3
Rural	24	49.3 \pm 10.4	172.8 \pm 7.7	69.9 \pm 11.3	23.3 \pm 2.7	20.8
Vienna	123	47.2 \pm 15.0	174.7 \pm 8.3	72.0 \pm 14.2	23.4 \pm 3.5	26.8
Urban	112	47.3 \pm 15.2	174.8 \pm 8.2	72.0 \pm 14.1	23.4 \pm 3.5	25.9
Rural	11	46.0 \pm 13.7	173.8 \pm 9.6	72.1 \pm 15.7	23.6 \pm 3.5	36.4
Vorarlberg	4	53.5 \pm 11.8	173.5 \pm 12.0	79.3 \pm 15.8	26.1 \pm 2.6	50.0
Urban	N / A	N / A	N / A	N / A	N / A	N / A
Rural	4	53.5 \pm 11.8	173.5 \pm 12.0	79.3 \pm 15.8	26.1 \pm 2.6	50.0

Table A3: Health behavior by federal state and living area in full time staff. Values are prevalences (%) as well as mean \pm SD for days with PA – physical activity, sports & exercise.

	N	Leisure time PA (%)	Club sports (%)	PA/Sport days per week* (mean \pm SD)	Daily Fruits (%)	Daily Veggies (%)	Fluid intake >2L/day (%)	Water as most common fluid (%)	Vegetarian /Vegan (%)	Alcohol (%)	Smoking (%)
Burgenland	18	88.9	16.7	3.3 \pm 1.1	50.0	77.8	55.6	72.2	16.7	72.2	22.2
Urban	9	88.9	11.1	3.5 \pm 1.1	55.6	88.9	55.6	67.7	22.2	66.7	22.2
Rural	9	88.9	22.2	3.1 \pm 1.1	44.4	66.7	55.6	77.8	11.1	77.8	22.2
Carinthia	8	100	25.0	3.9 \pm 1.9	87.5	62.5	62.5	62.5	12.5	50.0	0.0
Urban	6	100	33.3	3.2 \pm 1.5	83.3	83.3	50.0	66.7	16.7	33.3	0.0
Rural	2	100	0.0	6.0 \pm 1.4	100	0.0	100	50.0	0.0	100	0.0
Lower Austria	30	83.3	26.7	3.9 \pm 2.1	66.7	70.0	40.0	76.7	6.7	60.0	16.7
Urban	7	85.7	28.6	4.3 \pm 1.6	71.4	42.9	42.9	71.4	0.0	57.1	14.3
Rural	23	82.6	26.1	3.7 \pm 2.2	65.2	78.3	39.1	78.3	8.7	60.9	17.4
Salzburg	36	80.6	8.3	3.4 \pm 1.6	61.1	77.8	41.7	75.0	13.9	72.2	5.6
Urban	26	80.8	7.7	3.2 \pm 1.6	57.7	76.9	38.5	76.9	11.5	76.9	7.7
Rural	10	80.0	10.0	3.9 \pm 1.6	70.0	80.0	50.0	70.0	20.0	60.0	0.0
Styria	35	80.0	25.7	3.5 \pm 1.5	68.6	82.9	40.0	82.9	17.1	71.4	5.7
Urban	25	76.0	24.0	3.6 \pm 1.3	68.0	80.0	44.0	80.0	16.0	68.0	4.0
Rural	10	90.0	30.0	3.2 \pm 1.8	70.0	90.0	30.0	90.0	20.0	80.0	10.0
Tyrol	189	92.6	19.6	3.1 \pm 1.6	63.5	79.9	36.0	72.5	12.7	73.5	13.2
Urban	125	92.0	20.0	3.0 \pm 1.6	65.6	75.2	36.8	72.8	14.4	73.6	11.2
Rural	64	93.8	18.8	3.3 \pm 1.6	59.4	89.1	34.4	71.9	9.4	73.4	17.2
Upper Austria	75	90.7	20.0	3.1 \pm 1.5	65.3	82.7	44.0	70.7	13.4	66.7	9.3
Urban	42	92.9	14.3	3.1 \pm 1.6	66.7	85.7	38.1	76.2	16.7	69.0	11.9
Rural	33	87.9	27.3	3.1 \pm 1.0	63.6	78.8	51.5	63.6	9.1	63.6	6.1
Vienna	279	88.9	20.1	3.4 \pm 2.0	60.6	81.4	43.7	75.6	15.8	74.6	14.0
Urban	252	88.9	19.0	3.4 \pm 1.9	61.5	81.0	44.4	77.8	16.7	74.6	15.5
Rural	27	88.9	29.6	2.9 \pm 2.9	51.9	85.2	37.0	55.6	7.4	74.1	0.0
Vorarlberg	16	87.5	12.5	3.4 \pm 1.3	50.0	75.0	31.3	87.5	18.8	62.5	6.3
Urban	7	85.7	14.3	3.2 \pm 0.4	42.9	71.4	14.3	71.4	14.3	71.4	0.0
Rural	9	88.9	11.1	3.6 \pm 1.7	55.6	77.8	44.4	100	22.2	55.6	11.1

* only participants who reported regular PA/sports participation were included.

Table A4: Health behavior by federal state and living area part time staff. Values are prevalences (%) as well as mean \pm SD for days with PA – physical activity, sports & exercise.

	N	Leisure time PA (%)	Club sports (%)	PA/Sport days per week* (mean \pm SD)	Daily Fruits (%)	Daily Veggies (%)	Fluid intake >2L/day (%)	Water as most common fluid (%)	Vegetarian /Vegan (%)	Alcohol (%)	Smoking (%)
Burgenland	22	90.9	22.7	2.8 \pm 0.9	63.6	68.2	40.9	72.7	9.1	59.1	9.1
Urban	10	80.0	20.0	3.0 \pm 0.8	80.0	80.0	20.0	70.0	10.0	50.0	10.0
Rural	12	100	25.0	2.6 \pm 0.9	50.0	58.3	58.3	75.0	8.3	66.7	8.3
Carinthia	4	75.0	0.0	3.3 \pm 1.5	75.0	75.0	0.0	50.0	0.0	50.0	0.0
Urban	4	75.0	0.0	3.3 \pm 1.5	75.0	75.0	0.0	50.0	0.0	50.0	0.0
Rural	N / A	N / A	N / A	N / A	N / A	N / A	N / A	N / A	N / A	N / A	N / A
Lower Austria	8	62.5	25.0	3.2 \pm 2.7	50.0	87.5	37.5	62.5	12.5	75.0	12.5
Urban	3	33.3	0.0	5.0 \pm N/A	66.7	66.7	66.7	66.7	33.3	66.7	0.0
Rural	5	80.0	40.0	2.8 \pm 2.9	40.0	100	20.0	60.0	0.0	80.0	20.0
Salzburg	31	87.1	6.5	3.6 \pm 1.7	58.1	80.6	32.3	71.0	22.6	74.2	16.1
Urban	24	83.3	4.2	3.8 \pm 1.8	62.5	79.2	25.0	70.8	25.0	70.8	20.8
Rural	7	100	14.3	2.9 \pm 1.2	42.9	85.7	57.1	71.4	14.3	85.7	0.0
Styria	26	88.5	23.1	2.8 \pm 1.3	57.7	80.8	34.6	73.1	19.2	65.4	7.7
Urban	19	94.7	26.3	2.8 \pm 1.4	52.6	78.9	42.1	84.2	10.5	68.4	5.3
Rural	7	71.4	14.3	2.6 \pm 0.5	71.4	85.7	14.3	42.9	42.9	57.1	14.3
Tyrol	92	94.6	20.7	3.6 \pm 1.5	69.6	85.9	33.7	79.3	22.8	79.3	12.0
Urban	49	93.9	20.4	3.7 \pm 1.4	69.4	87.8	32.7	83.7	24.5	81.6	14.3
Rural	43	95.3	20.9	3.5 \pm 1.5	69.8	83.7	34.9	74.4	20.9	76.7	9.3
Upper Austria	45	84.4	17.8	3.5 \pm 1.5	66.7	77.8	26.7	80.0	11.1	84.4	20.0
Urban	21	85.7	14.3	3.6 \pm 1.4	71.4	81.0	28.6	76.2	9.5	81.0	19.0
Rural	24	83.3	20.8	3.4 \pm 1.6	62.5	75.0	25.0	83.3	12.5	87.5	20.8
Vienna	123	83.7	12.2	3.3 \pm 1.5	58.5	74.8	33.3	65.0	15.5	78.9	17.1
Urban	112	83.9	12.5	3.3 \pm 1.5	58.9	73.2	33.9	65.2	16.1	80.4	18.8
Rural	11	81.8	9.1	2.7 \pm 1.6	54.5	90.9	27.3	63.6	9.1	63.6	0.0
Vorarlberg	4	100	50.0	3.8 \pm 2.2	25.0	25.0	0.0	50.0	0.0	75.0	0.0
Urban	N / A	N / A	N / A	N / A	N / A	N / A	N / A	N / A	N / A	N / A	N / A
Rural	4	100	50.0	3.8 \pm 2.2	25.0	25.0	0.0	50.0	0.0	75.0	0.0

* only participants who reported regular PA/sports participation were included.