

Appendix

Health Behaviors of Austrian Tertiary Students focusing on Diet Type linked to Sports & Exercise – First Glimpse of Results from the “Sustainably healthy – From Science 2 Highschool & University” Study

1 Supplementary Data

2 Supplementary Matrial: Tables A1 to A4

Table A1: Anthropometric Characteristics by federal state and living environment in bachelor students (n = 3780) presented as mean \pm SD and prevalence (%) for the overweight/obesity category.

	N	Age (years)	Height (cm)	Body Weight (kg)	BMI (kg/m ²)	Overweight/Obesity (%)
Burgenland	113	24.7 \pm 7.5	169.8 \pm 10.2	66.5 \pm 15.8	22.9 \pm 3.9	22.1
Urban	27	26.4 \pm 8.7	168.9 \pm 9.7	65.0 \pm 17.7	22.5 \pm 4.3	18.5
Rural	86	24.2 \pm 7.0	170.1 \pm 10.4	67.0 \pm 15.2	23.0 \pm 3.9	23.3
Carinthia	31	28.6 \pm 11.2	167.1 \pm 11.2	65.2 \pm 16.2	23.3 \pm 4.5	22.6
Urban	18	26.8 \pm 10.4	165.2 \pm 12.2	65.2 \pm 17.5	23.8 \pm 5.4	22.2
Rural	13	31.0 \pm 12.2	169.6 \pm 9.6	65.2 \pm 14.8	22.5 \pm 3.1	23.1
Lower Austria	255	23.5 \pm 6.5	170.5 \pm 9.0	66.8 \pm 15.0	22.9 \pm 4.1	19.6
Urban	97	23.7 \pm 6.1	171.0 \pm 8.8	67.1 \pm 15.1	22.9 \pm 4.2	19.6
Rural	158	23.4 \pm 6.7	170.2 \pm 9.1	66.6 \pm 14.9	22.9 \pm 4.0	19.6
Salzburg	107	23.0 \pm 4.6	168.2 \pm 8.1	61.6 \pm 11.4	21.7 \pm 3.4	14.0
Urban	55	23.1 \pm 4.9	168.8 \pm 8.6	59.6 \pm 9.0	20.9 \pm 2.7	9.1
Rural	52	22.8 \pm 4.4	167.5 \pm 7.6	63.7 \pm 13.2	22.6 \pm 3.9	19.2
Styria	321	23.5 \pm 6.1	170.2 \pm 8.4	65.5 \pm 12.9	22.5 \pm 3.5	17.8
Urban	162	24.3 \pm 7.2	171.0 \pm 8.6	66.9 \pm 13.6	22.8 \pm 3.8	19.8
Rural	159	22.7 \pm 4.6	169.3 \pm 8.2	64.0 \pm 12.0	22.2 \pm 3.2	15.7
Tyrol	811	23.5 \pm 6.2	170.4 \pm 8.1	64.8 \pm 12.7	22.2 \pm 3.5	16.0
Urban	388	23.8 \pm 6.2	171.3 \pm 8.4	65.4 \pm 12.8	22.2 \pm 3.6	16.2
Rural	423	23.1 \pm 6.2	169.5 \pm 7.7	64.2 \pm 12.6	22.2 \pm 3.4	15.9
Upper Austria	473	24.0 \pm 6.4	170.1 \pm 8.8	65.2 \pm 13.1	22.5 \pm 3.6	17.5
Urban	217	24.2 \pm 5.9	170.2 \pm 8.7	64.8 \pm 13.5	22.3 \pm 3.7	15.2
Rural	256	23.8 \pm 6.8	170.0 \pm 8.8	65.6 \pm 12.8	22.6 \pm 3.6	19.5
Vienna	1607	22.9 \pm 5.0	173.2 \pm 9.4	68.0 \pm 14.3	22.6 \pm 3.8	18.7
Urban	1268	23.1 \pm 4.9	173.4 \pm 9.4	68.2 \pm 14.2	22.6 \pm 3.7	17.9
Rural	339	22.4 \pm 5.1	172.3 \pm 9.4	67.1 \pm 14.7	22.5 \pm 3.9	21.8
Vorarlberg	61	23.7 \pm 5.5	168.9 \pm 7.8	64.6 \pm 16.2	22.5 \pm 4.8	19.7
Urban	18	26.3 \pm 7.1	171.5 \pm 9.2	67.9 \pm 17.9	22.9 \pm 4.6	22.2
Rural	43	22.6 \pm 4.3	167.7 \pm 6.9	63.2 \pm 15.5	22.4 \pm 4.9	18.6

Table A2: Anthropometric Characteristics by federal state and living environment in graduate students (n = 2361) presented as mean \pm SD and prevalence (%) for the overweight/obesity subsample.

	N	Age (years)	Height (cm)	Body Weight (kg)	BMI (kg/m ²)	Overweight/Obesity (%)
Burgenland	25	27.7 \pm 7.5	169.6 \pm 7.9	65.6 \pm 13.6	22.7 \pm 3.6	24.0
Urban	12	26.5 \pm 4.7	166.7 \pm 8.2	60.2 \pm 10.8	21.6 \pm 3.3	16.7
Rural	13	28.8 \pm 9.4	172.3 \pm 6.9	70.7 \pm 11.3	23.6 \pm 3.7	30.8
Carinthia	13	28.2 \pm 5.0	166.7 \pm 8.3	66.6 \pm 12.2	24.0 \pm 3.9	38.5
Urban	7	30.4 \pm 4.6	168.2 \pm 9.2	70.1 \pm 15.2	24.7 \pm 4.7	42.9
Rural	6	25.7 \pm 4.5	164.8 \pm 7.5	62.5 \pm 6.5	23.1 \pm 2.8	33.3
Lower Austria	74	28.7 \pm 7.8	171.9 \pm 8.5	69.1 \pm 13.5	23.4 \pm 4.3	24.3
Urban	26	28.6 \pm 7.5	172.4 \pm 10.2	66.8 \pm 12.8	22.3 \pm 3.0	11.5
Rural	48	28.7 \pm 8.0	171.6 \pm 7.6	70.3 \pm 13.8	23.9 \pm 4.8	31.3
Salzburg	71	27.3 \pm 6.6	173.2 \pm 9.7	69.4 \pm 17.6	22.9 \pm 4.4	25.4
Urban	52	27.1 \pm 5.5	173.5 \pm 10.7	70.3 \pm 19.3	23.1 \pm 4.8	25.0
Rural	19	28.1 \pm 9.0	172.5 \pm 6.4	66.8 \pm 12.1	22.3 \pm 2.9	26.3
Styria	137	26.5 \pm 5.6	173.3 \pm 9.4	67.9 \pm 12.0	22.5 \pm 3.3	16.8
Urban	106	26.6 \pm 5.8	173.5 \pm 9.4	67.4 \pm 12.0	22.3 \pm 3.1	15.1
Rural	31	26.2 \pm 5.3	172.5 \pm 9.4	69.5 \pm 12.0	23.4 \pm 4.0	22.6
Tyrol	487	26.3 \pm 6.2	171.6 \pm 9.1	66.8 \pm 12.9	22.6 \pm 3.4	19.1
Urban	344	26.3 \pm 5.7	171.9 \pm 9.3	66.4 \pm 113.4	22.4 \pm 3.3	17.4
Rural	143	26.3 \pm 7.4	171.0 \pm 8.7	67.5 \pm 11.8	23.0 \pm 3.4	23.1
Upper Austria	133	30.0 \pm 8.9	172.2 \pm 9.4	68.4 \pm 15.3	23.0 \pm 4.0	18.8
Urban	79	29.1 \pm 7.6	172.5 \pm 9.9	68.4 \pm 15.4	22.8 \pm 3.7	15.2
Rural	54	31.3 \pm 10.6	171.7 \pm 8.8	68.5 \pm 15.3	23.1 \pm 4.7	24.1
Vienna	1404	27.0 \pm 5.7	173.3 \pm 9.7	68.7 \pm 14.6	22.8 \pm 3.7	19.6
Urban	1228	27.1 \pm 5.5	173.5 \pm 9.8	68.8 \pm 14.6	22.7 \pm 3.6	18.9
Rural	176	26.5 \pm 6.6	171.9 \pm 8.5	68.4 \pm 14.8	23.1 \pm 4.3	24.4
Vorarlberg	17	32.5 \pm 13.1	169.7 \pm 9.1	68.1 \pm 14.1	23.6 \pm 4.3	17.6
Urban	8	36.9 \pm 16.8	172.0 \pm 12.1	69.6 \pm 10.5	23.5 \pm 2.6	12.5
Rural	9	28.6 \pm 7.8	167.7 \pm 5.4	66.7 \pm 17.3	23.7 \pm 5.6	22.2

Table A3: Health-related behaviors by federal state and living environment in bachelor students (n = 3,780) presented as prevalence (%) and mean \pm SD for sport days per week

	N	Leisure time sports (%)	Club-sports (%)	Days/week with sport (mean \pm SD)	Daily Fruit Intake (%)	Daily Vegetable Intake (%)	Fluid intake >2L/day (%)	Water most common fluid (%)	Vegetarian /Vegan (%)	Alcohol Intake (%)	Smoking (%)
Burgenland	113	85.0	17.6	3.1 \pm 1.9	48.4	73.3	34.7	83.2	20.4	61.4	10.8
Urban	27	85.2	3.8	3.2 \pm 1.8	50.0	75.0	37.5	75.0	20.8	59.1	9.1
Rural	86	85.0	22.4	3.0 \pm 1.9	47.9	73.2	33.8	85.9	20.3	62.3	11.5
Carinthia	31	83.3	24.1	2.9 \pm 1.8	59.3	70.4	29.6	77.8	17.9	68.2	18.2
Urban	18	88.2	25.0	3.3 \pm 1.8	66.7	73.3	20.0	93.3	18.8	66.7	16.7
Rural	13	76.9	23.1	2.4 \pm 1.7	50.0	66.7	41.7	58.3	16.7	70.0	20.0
Lower Austria	255	86.3	27.2	2.9 \pm 1.8	52.5	74.8	31.7	81.7	20.0	73.5	10.5
Urban	97	90.1	33.7	2.9 \pm 2.6	53.4	78.1	30.1	87.7	16.7	67.7	3.1
Rural	158	83.6	23.2	2.9 \pm 1.9	51.9	72.9	32.6	78.3	22.0	76.7	14.7
Salzburg	107	85.6	23.3	2.9 \pm 2.0	66.2	81.8	26.0	85.7	39.8	72.2	15.3
Urban	55	82.4	16.7	2.7 \pm 1.9	63.4	80.5	24.4	87.8	43.5	73.0	18.9
Rural	52	89.1	31.0	3.1 \pm 2.1	69.4	83.3	27.8	83.3	35.1	71.4	11.4
Styria	321	88.9	25.5	3.2 \pm 1.8	59.1	78.7	40.2	84.3	28.5	73.1	7.6
Urban	162	87.5	24.3	3.2 \pm 1.9	59.8	81.1	47.2	89.0	35.6	74.4	9.9
Rural	159	90.4	26.8	3.2 \pm 1.8	58.3	76.4	33.1	79.5	21.1	71.8	5.1
Tyrol	811	87.5	24.2	3.2 \pm 1.9	58.8	78.1	38.5	84.1	24.1	73.8	12.5
Urban	388	87.9	20.2	3.2 \pm 1.9	59.1	81.4	42.5	86.4	29.4	78.1	14.9
Rural	423	87.2	28.0	3.1 \pm 1.9	58.4	75.0	34.7	81.9	19.2	69.8	10.4
Upper Austria	473	83.0	24.8	3.0 \pm 2.0	62.6	80.6	38.7	77.5	28.1	70.0	9.7
Urban	217	82.3	24.0	3.0 \pm 2.0	60.2	84.9	39.2	79.5	35.3	67.9	12.8
Rural	256	83.6	25.5	2.9 \pm 2.0	64.5	77.3	38.4	75.8	22.5	71.6	7.2
Vienna	1607	80.3	19.4	2.8 \pm 2.0	52.8	78.4	42.7	83.7	30.3	70.9	13.9
Urban	1268	79.7	18.5	2.8 \pm 2.0	52.1	78.4	43.3	83.5	30.7	73.2	15.2
Rural	339	82.4	22.8	3.1 \pm 2.0	55.3	78.2	40.4	84.4	28.8	66.5	9.1
Vorarlberg	61	79.7	30.4	2.5 \pm 1.8	57.7	75.0	11.5	75.0	9.3	80.9	19.1
Urban	18	76.5	35.3	2.9 \pm 2.2	43.8	75.0	12.5	87.5	12.5	85.7	35.7
Rural	43	81.0	28.2	2.4 \pm 1.8	63.9	75.0	11.1	69.4	7.9	78.8	12.1

Table A4: Health-related behaviors by federal state and living environment in graduate students (n = 2,361) presented as prevalence (%) and mean \pm SD for sport days per week

	N	Leisure time sports (%)	Club-sports (%)	Days/week with sport (mean \pm SD)	Daily Fruit Intake (%)	Daily Vegetable Intake (%)	Fluid intake >2L/day (%)	Water most common fluid (%)	Vegetarian /Vegan (%)	Alcohol Intake (%)	Smoking (%)
Burgenland	25	79.2	13.0	2.7 \pm 1.9	61.9	100.0	42.9	76.2	19.2	73.7	5.3
Urban	12	81.8	10.0	2.5 \pm 1.5	70.0	100.0	30.0	60.0	30.0	62.5	0.0
Rural	13	76.9	15.4	2.9 \pm 2.2	54.5	100.0	54.5	90.9	8.3	81.8	9.1
Carinthia	13	90.9	36.4	3.6 \pm 1.7	63.6	63.6	63.6	90.1	36.4	81.8	27.3
Urban	7	100.0	40.0	3.8 \pm 1.6	60.0	60.0	60.0	100.0	40.0	80.0	40.0
Rural	6	83.3	33.3	3.5 \pm 2.0	66.7	66.7	66.7	66.7	33.3	83.3	16.7
Lower Austria	74	88.4	27.3	3.0 \pm 2.0	47.6	79.4	46.0	76.2	26.6	61.4	8.8
Urban	26	87.0	21.7	2.9 \pm 1.9	43.5	87.0	39.1	69.6	26.1	54.5	18.2
Rural	48	89.1	30.2	3.1 \pm 2.1	50.0	75.0	50.0	80.0	26.8	65.7	2.9
Salzburg	71	93.9	23.1	3.2 \pm 1.8	67.7	90.3	37.1	90.3	27.0	61.5	11.5
Urban	52	91.4	23.4	3.2 \pm 2.0	66.7	88.9	37.7	91.1	30.4	61.0	7.3
Rural	19	100.0	22.2	3.0 \pm 1.2	70.6	94.1	35.3	88.2	17.6	63.6	27.3
Styria	137	91.5	22.4	3.5 \pm 1.8	59.6	87.2	49.5	84.4	33.9	68.3	7.7
Urban	106	92.9	21.1	3.6 \pm 1.8	58.3	89.3	56.0	85.7	34.1	70.0	7.5
Rural	31	87.1	26.7	3.2 \pm 1.8	64.0	80.0	28.0	80.0	33.3	62.5	8.3
Tyrol	487	91.7	23.8	3.4 \pm 1.9	61.7	85.5	40.1	84.2	31.1	73.8	9.8
Urban	344	92.1	20.8	3.4 \pm 1.8	62.0	88.2	43.3	86.1	35.3	74.3	9.8
Rural	143	90.7	31.2	3.3 \pm 2.1	60.7	78.6	32.1	79.5	21.4	72.5	9.8
Upper Austria	133	93.1	22.3	3.0 \pm 1.7	60.0	82.9	47.6	80.0	26.4	69.8	5.2
Urban	79	92.5	24.6	3.0 \pm 1.8	43.5	80.6	50.0	83.9	30.6	76.8	3.6
Rural	54	100.0	19.1	3.0 \pm 1.6	65.1	86.0	44.2	74.4	20.5	60.0	7.5
Vienna	1404	86.1	19.3	3.0 \pm 1.9	58.2	83.3	45.3	84.6	32.1	73.4	12.4
Urban	1228	86.3	18.8	3.0 \pm 1.9	57.8	84.3	46.1	84.9	32.7	74.1	13.2
Rural	176	84.2	22.9	2.8 \pm 2.0	61.2	75.5	39.6	82.0	27.9	71.5	6.9
Vorarlberg	17	87.5	26.7	3.0 \pm 1.9	42.9	57.1	35.7	92.9	7.1	76.9	15.4
Urban	8	71.4	0.0	1.8 \pm 1.6	0.0	20.0	20.0	100.0	0.0	100.0	25.0
Rural	9	100.0	44.4	3.8 \pm 1.6	66.7	77.8	44.4	88.9	11.1	66.7	11.1