Separate analysis in male and female

Supplement Table 1: General characteristics of sampled adolescent students

Characteristics	Both Sexes		Male (n=170)		Female (n=190)	
	Overweight (n=44) No. (%)	No Overweight (n=316) No. (%)	Overweight (n=27) No. (%)	No Overweight (n=143) No. (%)	Overweight (n=17) No. (%)	No Overweight (173) No. (%)
Age						
16-17 years	35 (13.1)	233 (86.9)	24 (18.2)	108 (81.8)	11 (8.1)	125 (91.9)
18-19 years	9 (9.8)	83 (90.2)	3 (7.9)	35 (92.1)	6 (11.1)	48 (88.9)
Ethnicity						
Advantaged	32 (13.6)	203 (86.4)	22 (19.6)	90 (80.4)	10 (8.1)	113 (91.9)
Relatively disadvantaged	12 (9.6)	113 (90.4)	5 (8.6)	53 (91.4)	7 (10.4)	60 (89.6)
School type						
Private	29 (16.1)	151 (83.9)	21 (20.2)	83 (79.8)	8 (10.5)	68 (89.5)
Government	15 (8.3)	165 (91.7)	6 (9.1)	60 (90.9)	9 (7.9)	105 (92.1)
Mother's educational level						
Formal education	32 (14.2)	194 (85.8)	21 (18.4)	93 (81.6)	11 (9.8)	101 (90.2)
No formal education	12 (9.0)	122 (91.0)	6 (10.7)	50 (89.3)	6 (7.7)	72 (92.3)
Mother's occupation						
Working outside home also/ Employed/ non-housewife	27 (14.6)	158 (85.4)	19 (18.8)	82 (81.2)	8 (9.5)	76 (90.5)
Unemployed/housewife	17 (9.7)	158 (90.3)	8 (11.6)	61 (88.4)	9 (8.5)	97 (91.5)
Family type						
Nuclear	34 (13.9)	210 (86.1)	21 (19.3)	88 (80.7)	17 (8.9)	173 (91.1)
Extended/joint	10 (8.6)	106 (91.4)	6 (9.8)	55 (90.2)	4 (7.3)	51 (92.7)
No. of siblings						
Up to 2	39 (14.8)	225 (85.2)	24 (19.5)	99 (80.5)	15 (10.6)	126 (89.4)
More than 2	5 (5.2)	91 (94.8)	3 (6.4)	44 (93.6)	2 (4.1)	47 (95.9)
Socio-economic status						
High (Rich)	28 (23.3)	92 (76.7)	18 (32.1)	38 (67.9)	10 (15.6)	54 (84.4)

Middle	8 (6.7)	112 (93.3)	5 (8.3)	55 (91.7)	3 (5.0)	57 (95.0)
Low (Poor)	8 (6.7)	112 (93.3)	4 (7.4)	50 (90.6)	4 (6.1)	62 (93.9)
Watching TV						
> 2 hours/day	26 (32.9)	53 (67.1)	14 (41.2)	20 (58.8)	12 (26.7)	33 (73.3)
≤ 2 hours/day	18 (6.4)	263 (93.6)	13 (9.6)	123 (90.4)	5 (3.4)	140 (96.6)
Fruits consumption						
≤ 4 times/week	31 (16.8)	153 (83.2)	20 (20.6)	77 (79.4)	11 (12.6)	76 (87.4)
> 4times/week	13 (7.4)	163 (92.6)	7 (9.6)	66 (90.4)	6 (5.8)	97 (94.2)

SES: wealth index was computed using PCA, and the components included in wealth index were ownership of house, vehicles, animals, electronic goods (refrigerator, radio, TV, computer, fan), furniture (sofa, bed, cupboard, table, chair), mobile phone, telephone, housing characteristics and type of fuel for cooking.

Supplement Table 2. Risk factors of overweight among adolescent students, Nepal

Characteristics	Both sexes				Male				Female			
	Unadjusted OR (95%CI)	p-value	Adjusted OR (95%CI)	p-value	Unadjusted OR (95%CI)	p-value	Adjusted OR (95%CI)	p-value	Unadjusted OR (95%CI)	p-value	Adjusted OR (95%CI)	p-value
Age												
16-17 years	1.4 (0.6-3.0)	0.409	1.1 (0.4-2.9)	0.927	2.6 (0.7-9.1)	0.14	1.8 (0.4-8.7)	0.47	0.7 (0.3-2.0)	0.51	0.9 (0.2-3.8)	0.86
18-19 years	1		1		1		1		1		1	
Sex												
Male	1.9 (1.0-3.7)	**0.048***	2.6 (1.2-4.9)	**0.018***	NA		**NA**		NA		**NA**	
Female	1		1									
Ethnicity												
Advantaged	1.5 (0.7-3.0)	0.271	1.4 (0.6-3.3)	0.476	2.6 (0.9-7.2)	0.07	3.0 (0.8-11.0)	0.10	0.8 (0.3-2.1)	0.59	0.5 (0.1-2.1)	0.37
Relatively disadvantaged	1		1		1		1		1		1	
School type												
Private	2.1 (1.1-4.1)	**0.027***	2.1 (1.0-4.3)	**0.042***	2.5 (0.96-6.64)	0.06	2.1 (1.0-4.6)	**0.046**	1.4 (0.5-3.7)	0.54	0.7 (0.1-4.0)	0.69
Government	1		1		1		1		1		1	
Mother's Education												
Formal education	1.7 (0.3-1.2)	0.148	0.9 (0.3-2.2)	0.732	1.9 (0.7-5.0)	0.20	1.4 (0.4-5.2)	0.64	1.3 (0.5-3.7)	0.61	0.7 (0.1-3.1)	0.62
No formal education	1		1		1				1		1	
Mother's occupation												
Working outside home also/ Employed/ non-housewife	1.6 (0.8-3.0)	0.673	1.2 (0.5-2.6)	0.673	1.8 (0.7-4.3)	0.21	2.1 (0.7-6.1)	0.18	1.1 (0.4-3.1)	0.80	0.7 (0.2-2.5)	0.63
Unemployed/housewife	1		1		1		1		1		1	
Family type												

	OR (95% CI)	p-value	OR (95% CI)	p-value	OR (95% CI)	p-value	OR (95% CI)	p-value	OR (95% CI)	p-value	OR (95% CI)	p-value
Nuclear	1.7 (0.8-3.6)	0.154	1.4 (0.6-3.4)	0.445	2.2 (0.8-5.8)	0.11	2.8 (0.9-8.5)	0.069	1.4 (0.4-4.4)	0.61	1.1 (0.3-4.7)	0.86
Extended/joint	1		1		1		1		1		1	
No. of siblings												
Up to 2	3.2 (1.2-8.3)	**0.019***	1.8 (0.6-5.6)	0.097	3.5 (1.01-12.4)	**0.047**	1.7 (0.4-7.3)	0.47	2.8 (0.6-12.7)	0.18	2.0 (0.3-11.7)	0.43
More than 2	1		1		1		1		1		1	
Socio-economic status												
High (Rich)	4.3 (1.9-9.8)	**<0.001***	4.8 (1.4-16.7)	**0.018***	5.9 (1.8-18.9)	**0.003**	6.0 (1.7-21.6)	**.006**	2.9 (0.8-9.7)	0.09	4.3 (1.1-16.7)	**0.036**
Middle	1.0 (0.4-2.8)	1.00	0.9 (0.3-3.2)	0.912	1.1 (0.3-4.5)	0.855	1.2 (0.3-5.2)	0.76	0.8 (0.2-3.8)	0.79	1.2 (0.2-6.4)	0.797
Low (Poor)	1		1		1		1		1		1	
Watching TV												
> 2 hours/day	7.17 (3.7-14.0)	**<0.001***	8.9 (3.9-20.1)	**<0.001***	6.6 (2.7-16.1)	**<0.001**	4.3 (1.6-11.6)	**0.004**	10.2 (3.3-30.9)	**<0.001**	11.5 (3.6-37.2)	**<0.001**
≤ 2 hours/day	1		1		1		1		1		1	
Fruits consumption												
≤ 4 times/week	2.5 (1.3-5.0)	**0.008***	3.13 (1.4-7.0)	**0.006***	2.5 (0.97-6.1)	**.057**	3.5 (1.2-10.0)	**0.022**	2.3 (0.8-6.6)	0.11	3.7 (1.1-12.0)	**0.031**
> 4times/week	1		1		1		1		1		1	

Note: Adjusted for age, sex, ethnicity, school type, mother's educational level, mother's occupation, family type, number of siblings, socio-economic status, watching TV and fruits consumption

*p-value <0.05