

Supplementary Data

Supplementary Table S1. Median Response for Weight-Related Questionnaire Items

Questionnaire item	Median response value
Fruit servings per day	2 servings
Vegetable servings per day	2 servings
Breakfast	5 times per week
Milk	4–6 times per week
Soft drinks	1–3 times per week
High-energy snacks	1–3 times per week
Takeaway food	2–3 times per month
Weekday afterschool activity ^a	2 days out of 5
Weekend activity ^a	2–3 times per weekend
Activity ^b during lunch	Standing
Weekday TV hours	1–2 hours per day
Weekend TV hours	2–4 hours per day
Weekday computer/video game hours	1–2 hours per day
Weekend computer/video game hours	2–4 hours per day

^aActivity includes sports, dance, or playing games in which adolescents were active

^bPrimary lunch activity (when not eating lunch) options included sitting down, standing up, and running, or being physically active a little, quite a bit, or most of the time.