

Table S1. By the type of intervention and body weight status (%).

| Intervention Group | Full | | | | | | Partial | | | | | | Null | | | | | |
|----------------------------|------------|------|-------------------|----------------|------|-------------------|------------|------|-------------------|----------------|------|-------------------|------------|------|-------------------|----------------|------|-------------------|
| Body Weight Status | Overweight | | | Non-Overweight | | | Overweight | | | Non-Overweight | | | Overweight | | | Non-Overweight | | |
| Study | S1 | S2 | S3 | S1 | S2 | S3 | S1 | S2 | S3 | S1 | S2 | S3 | S1 | S2 | S3 | S1 | S2 | S3 |
| Fruit consumption | | | | | | | | | | | | | | | | | | |
| < once a week | 8.5 | 9.2 | 4.2 | 3.8 | 4.7 | 4.9 | 6.8 | 5.1 | 3.4 | 7.4 | 7.4 | 5.3 | 5.3 | 7.0 | 8.6 | 6.4 | 5.9 | 4.5 |
| Once a week | 5.6 | 8.5 | 7.7 | 7.6 | 9.4 | 9.3 | 8.5 | 5.1 | 6.8 | 8.4 | 9.5 | 11.1 | 10.5 | 6.6 | 13.8 | 8.4 | 7.4 | 7.4 |
| 2–6 days a week | 50.7 | 45.8 | 50.7 | 52.7 | 51.9 | 48.2 | 52.5 | 55.9 | 50.8 | 54.7 | 55.0 | 55.0 | 47.4 | 49.6 | 43.1 | 46.0 | 51.0 | 54.0 |
| Daily | 35.2 | 36.6 | 37.3 | 35.9 | 34.0 | 37.6 | 32.2 | 33.9 | 39.0 | 29.5 | 28.0 | 28.6 | 36.8 | 36.8 | 34.5 | 39.1 | 35.6 | 34.2 |
| Vegetables consumption | | | | | | | | | | | | | | | | | | |
| < once a week | 7.8 | 6.6 | 4.9 | 6.0 | 5.4 | 6.7 | 8.6 | 5.2 | 5.2 | 6.3 | 7.4 | 4.8 | 14.0 | 1.8 | 5.2 | 8.0 | 6.9 | 7.5 |
| Once a week | 8.5 | 5.1 | 9.9 | 10.7 | 8.7 | 8.2 | 5.2 | 12.1 | 13.8 | 10.1 | 8.5 | 7.4 | 5.3 | 12.5 | 8.6 | 7.5 | 7.4 | 6.5 |
| 2–6 days a week | 44.7 | 52.6 | 50.7 | 46.2 | 50.4 | 51.4 | 44.8 | 56.9 | 46.6 | 52.9 | 54.0 | 60.1 | 49.1 | 44.6 | 46.6 | 46.3 | 50.0 | 52.2 |
| Daily | 39.0 | 35.8 | 34.5 | 37.1 | 35.4 | 33.7 | 41.4 | 25.9 | 34.5 | 30.7 | 30.2 | 27.7 | 31.6 | 41.1 | 39.7 | 38.3 | 35.6 | 33.8 |
| Sweets consumption | | | | | | | | | | | | | | | | | | |
| Daily | 18.3 | 14.5 | 11.3 | 30.5 | 21.2 | 19.6 | 15.5 | 13.6 | 10.3 | 36.0 | 28.0 | 24.7 | 8.8 | 16.4 | 8.6 | 31.8 | 19.9 | 19.9 |
| 2–6 days a week | 47.2 | 47.8 | 49.6 | 49.4 | 50.7 | 50.3 | 50.0 | 59.3 | 34.5 | 42.9 | 50.8 | 48.4 | 52.6 | 41.8 | 41.4 | 48.8 | 59.2 | 52.7 |
| Once a week | 21.8 | 21.0 | 19.9 | 11.1 | 16.0 | 17.1 | 19.0 | 15.3 | 22.4 | 11.1 | 12.7 | 15.3 | 22.8 | 25.5 | 31.0 | 13.4 | 12.9 | 13.4 |
| < once a week | 12.7 | 16.7 | 19.1 ^c | 8.9 | 12.1 | 13.0 ^a | 15.5 | 11.9 | 32.8 ^a | 10.1 | 8.5 | 11.6 ^c | 15.8 | 16.4 | 19.0 | 6.0 | 8.0 | 13.9 ^a |
| Sugared drinks consumption | | | | | | | | | | | | | | | | | | |
| Daily | 8.5 | 11.4 | 9.9 | 11.2 | 8.7 | 7.4 | 0.0 | 3.5 | 7.0 | 12.2 | 16.9 | 14.8 | 5.3 | 3.5 | 10.3 | 15.9 | 9.5 | 10.5 |
| 2–6 days a week | 34.5 | 33.6 | 21.1 | 26.3 | 30.3 | 25.2 | 25.4 | 26.3 | 28.1 | 30.0 | 36.0 | 32.3 | 21.1 | 26.3 | 15.5 | 22.9 | 32.8 | 23.0 |
| Once a week | 14.1 | 16.4 | 14.8 | 15.8 | 15.5 | 18.1 | 23.7 | 15.8 | 17.5 | 17.6 | 12.7 | 20.1 | 19.3 | 15.8 | 22.4 | 15.4 | 10.0 | 22.0 |
| < once a week | 43.0 | 38.6 | 54.2 ^b | 46.7 | 45.5 | 49.3 ^c | 50.8 | 54.4 | 47.4 ^b | 39.9 | 34.4 | 32.8 ^b | 54.4 | 54.4 | 51.7 | 45.8 | 47.8 | 44.5 |
| Breakfast weekdays | | | | | | | | | | | | | | | | | | |
| Never | 21.1 | 23.2 | 20.4 | 19.3 | 20.9 | 17.7 | 16.9 | 20.3 | 11.9 | 25.9 | 33.2 | 31.7 | 27.6 | 26.3 | 25.9 | 20.4 | 23.8 | 18.3 |
| 1–2 days | 8.5 | 16.2 | 10.6 | 9.3 | 11.1 | 12.6 | 10.2 | 11.9 | 13.6 | 15.3 | 16.8 | 12.2 | 15.5 | 8.8 | 6.9 | 11.9 | 13.4 | 13.4 |
| 3–4 days | 17.6 | 10.6 | 16.2 | 16.7 | 18.0 | 19.3 | 16.9 | 18.6 | 16.9 | 11.1 | 13.2 | 10.6 | 12.1 | 12.3 | 17.2 | 14.4 | 12.4 | 18.3 |
| Daily | 52.8 | 50.0 | 52.8 ^a | 54.7 | 50.0 | 50.3 ^a | 55.9 | 49.2 | 57.6 ^b | 47.6 | 36.8 | 45.5 ^a | 44.8 | 52.6 | 50.0 ^a | 53.2 | 50.5 | 50.0 ^a |
| Breakfast weekends | | | | | | | | | | | | | | | | | | |
| Never | 5.6 | 5.0 | 7.8 | 2.4 | 5.1 | 4.3 | 1.8 | 3.4 | 3.4 | 2.4 | 4.8 | 6.3 | 1.8 | 5.3 | 3.4 | 5.0 | 5.0 | 5.0 |
| 1 day | 14.8 | 17.9 | 16.3 | 8.4 | 11.9 | 13.2 | 17.5 | 22.4 | 20.3 | 8.4 | 15.9 | 22.1 | 10.5 | 10.5 | 8.6 | 11.0 | 13.5 | 19.4 |
| Both days | 79.6 | 77.1 | 75.9 | 89.1 | 83.0 | 82.5 ^a | 80.7 | 74.1 | 76.3 | 89.1 | 79.4 | 71.6 ^a | 87.7 | 84.2 | 87.9 | 84.0 | 81.5 | 75.6 |
| MVPA ¹ | | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | |
|----------|------|------|------------------|------|------|------------------|------|------|-------------------|------|------|------------------|------|------|------------------|------|------|------------------|
| never | 6.6 | 4.9 | 6.4 | 4.2 | 4.0 | 6.7 | 5.1 | 3.4 | 10.2 | 5.8 | 8.4 | 8.5 | 1.7 | 0.0 | 3.4 | 2.0 | 3.0 | 4.5 |
| 1–3 days | 36.0 | 38.7 | 41.4 | 31.1 | 39.5 | 42.3 | 54.2 | 46.6 | 44.1 | 39.7 | 41.1 | 51.3 | 46.6 | 47.4 | 51.7 | 36.1 | 35.3 | 36.6 |
| 4–6 days | 44.1 | 41.5 | 45.0 | 49.1 | 41.2 | 41.4 | 35.6 | 39.7 | 35.6 | 43.9 | 41.1 | 33.3 | 46.6 | 47.4 | 41.4 | 47.0 | 48.3 | 52.0 |
| 7 days | 13.2 | 14.8 | 7.1 ^a | 15.6 | 15.3 | 9.6 ^a | 5.1 | 10.3 | 10.2 ^a | 10.6 | 9.5 | 6.9 ^a | 5.2 | 5.3 | 3.4 ^a | 14.9 | 13.4 | 6.9 ^a |

Differences between 3 study periods by the Kendall's W test: ^a $p < 0.001$; ^b $p < 0.01$; ^c $p < 0.05$. ¹MVPA: moderate-to-vigorous physical activity.

Table S2. Health Behavior Index (HBI) change in 3 study periods by the type of intervention.

| | Type of Intervention | | | <i>p</i> ² |
|-----------------------|----------------------|--------------|--------------|-----------------------|
| | Full | Partial | Null | |
| | M ± SD | M ± SD | M ± SD | |
| Study 1 | 13.89 ± 3.17 | 13.24 ± 3.34 | 13.64 ± 3.21 | 0.033 |
| Study 2 | 14.91 ± 4.07 | 13.88 ± 4.00 | 15.16 ± 4.19 | <0.001 |
| Study 3 | 13.93 ± 3.26 | 13.08 ± 3.42 | 13.83 ± 3.22 | 0.008 |
| <i>p</i> ¹ | <0.001 | 0.001 | <0.001 | |

¹ Differences in HBI between 3 study rounds—Kendall's W test for repeated measures. ² Differences by type of intervention—H² Kruskal–Wallis test for independent groups.

Table S3. Changes in the self-efficacy before and after the Healthy Me program by the type of intervention.

| | Type of Intervention | | | <i>p</i> ² |
|-----------------------------|----------------------|--------------|--------------|-----------------------|
| | Full | Partial | Null | |
| General Self-Efficacy (GSE) | | | | |
| Study 1 | 35.04 ± 5.51 | 34.73 ± 5.04 | 33.83 ± 5.10 | 0.009 |
| Study 3 | 34.56 ± 5.17 | 33.93 ± 5.43 | 34.15 ± 4.90 | 0.392 |
| <i>p</i> ¹ | 0.030 | 0.027 | 0.354 | |
| Domain of strength | | | | |
| Study 1 | 17.57 ± 3.11 | 17.46 ± 3.20 | 16.86 ± 3.23 | 0.009 |
| Study 3 | 17.29 ± 3.13 | 17.07 ± 3.39 | 16.89 ± 3.28 | 0.342 |
| <i>p</i> ¹ | 0.020 | 0.138 | 0.832 | |
| Domain of perseverance | | | | |
| Study 1 | 17.40 ± 3.44 | 17.31 ± 3.07 | 16.99 ± 3.32 | 0.305 |
| Study 3 | 17.26 ± 3.15 | 16.85 ± 3.17 | 17.22 ± 3.10 | 0.379 |
| <i>p</i> ¹ | 0.262 | 0.060 | 0.354 | |

¹ Differences in self-efficacy between 1st and 3rd study rounds—Kendall's W test for repeated measures.

² Differences by type of intervention—H² Kruskal–Wallis test for independent groups.