

**Additional File 3**

*Sample characteristics (eating and physical activity surveys)*

| Socio-demographic                    | Eating   |                | Physical Activity |                | Sig. |
|--------------------------------------|----------|----------------|-------------------|----------------|------|
|                                      | <i>N</i> | Mean (SD) or % | <i>N</i>          | Mean (SD) or % |      |
| Age                                  | 455      | 24.91 (5.15)   | 582               | 22.81 (4.87)   | .000 |
| BMI                                  | 455      | 24.21 (5.65)   | 582               | 20.30 (4.60)   | .000 |
| Diet score                           | 455      | 78.03 (15.13)  |                   |                |      |
| Total PA (mins/wk.)                  |          |                | 582               | 152.48 (91.9)  |      |
| Total MVPA (mins/wk.)                |          |                | 582               | 90.79 (71.46)  |      |
| Sex                                  |          |                |                   |                | .744 |
| Female                               | 367      | 80.8           | 467               | 80.3           |      |
| Male                                 | 85       | 18.7           | 115               | 19.7           |      |
| Prefer not to answer                 | 2        | 0.4            | -                 | -              |      |
| Education                            |          |                |                   |                | .000 |
| Postgraduate degree                  | 97       | 21.3           | 47                | 8.1            |      |
| Undergraduate degree                 | 156      | 34.4           | 216               | 37.1           |      |
| Vocational qualification             | 69       | 15.2           | 82                | 14.1           |      |
| Year 12 or equivalent                | 131      | 28.9           | 234               | 40.2           |      |
| Less than year 12                    | 1        | 0.2            | 3                 | 0.05           |      |
| Employment                           |          |                |                   |                | .087 |
| Full-time work                       | 97       | 21.4           | 53                | 9.1            |      |
| Part-time work                       | 69       | 15.2           | 134               | 23.1           |      |
| Full-time student                    | 237      | 52.2           | 336               | 57.7           |      |
| Part-time student                    | 22       | 4.8            |                   | -              |      |
| Unemployed                           | 21       | 4.6            | 59                | 10.2           |      |
| Other                                | 8        | 1.8            |                   |                |      |
| Annual household income (before tax) |          |                |                   |                | .000 |
| \$0 - \$25,000                       | 129      | 28.7           | 262               | 45.1           |      |
| \$25,001 - \$50,000                  | 78       | 17.3           | 133               | 22.8           |      |
| \$50,001 - \$75,000                  | 60       | 13.3           | 58.2              | 10.0           |      |
| \$75,001 - \$100,000                 | 38       | 8.4            | 51                | 8.8            |      |
| \$100,001 - \$150,000                | 49       | 10.9           | 54                | 9.3            |      |
| More than \$150,001                  | 31       | 6.9            | 23                | 4.0            |      |
| Prefer not to answer                 | 65       | 14.4           | -                 | -              |      |
| Relationship status                  |          |                |                   |                | .085 |
| Married                              | 74       | 16.4           | 69                | 11.9           |      |
| Living with partner                  | 108      | 23.9           | 129               | 22.2           |      |
| Single                               | 225      | 49.8           | 384               | 65.9           |      |
| Other                                | 45       | 10.0           | -                 |                |      |
| Ethnicity                            |          |                |                   |                | .000 |
| Caucasian                            | 329      | 72.5           | 480               | 82.5           |      |
| Latino/Hispanic                      | 5        | 1.1            | 4                 | 0.6            |      |
| Middle Eastern                       | 3        | 0.7            | 4                 | 0.7            |      |
| South Asian                          | 30       | 6.6            | 28                | 4.8            |      |
| East Asian                           | 29       | 6.4            | 25                | 4.3            |      |
| Mixed                                | 36       | 7.9            | 34                | 5.8            |      |
| Other                                | 22       | 4.8            | 8                 | 1.3            |      |

*Note.* Age range = 18-35 years. Independent samples t-tests were conducted to ascertain between sample differences. Abbreviations: BMI = body mass index; MVPA = moderate to vigorous physical activity; PA = physical activity.