

Supplementary Table 1. Description of questions in terms of lifestyle behaviors

Variable	Questions description
Physical activity	<p>1) Do you participate in any physical exercises including relatively intense physical exercises, such as volleyball, soccer, and badminton before or after school or on weekends each week? If “yes”, how many times do you participate in any physical exercises? On average, for how long do you participate in these physical exercises each time? (hours: minutes)</p> <p>2) Do you participate in any physical exercises including relatively intense physical exercises, such as volleyball, soccer, and badminton at school each week? If “yes”, how many times do you participate in any physical exercises? On average, for how long do you participate in these physical exercises each time? (hours: minutes)</p>
Sleep duration	<p>1) How many hours each day do you usually sleep including daytime and night-time on weekdays (hours: minutes)?</p> <p>2) How many hours each day do you usually sleep including daytime and night-time on weekends (hours: minutes)?</p>
Screen time	<p>1) On average, how long is your daily screen time, such as watching TV, online videos, using a computer or smart-phone, playing video games on weekdays (hours: minutes)?</p> <p>2) On average, how long is your daily screen time, such as watching TV, online videos, using a computer or smart-phone, playing video games on weekends (hours: minutes)?</p>
Dietary behaviors	<p>1) How often do you drink sugar-sweetened beverages? Response options were “every day”, “5–6 times/week”, “3–4 times/week”, “1–2 times/week”, “1–3 times/month”, “<once/month”.</p> <p>2) How often do you have breakfast? Response options were “every day”, “5–6 times/week”, “3–4 times/week”, “1–2 times/month”, “never”.</p> <p>3) How often do you have lunch? Response options were “every day”, “5–6 times/week”, “3–4 times/week”, “1–2 times/month”, “never”.</p>

4) How often do you have dinner? Response options were “every day”, “5–6 times/week”, “3–4 times/week”, “1–2 times/month”, “never”.

5) How often do you eat vegetable? Response options were “>once/day”, “4–6 times/week”, “2–3 times/week”, “once/week”, “<once/week”.

6) How often do you eat fruit? Response options were “>once/day”, “4–6 times/week”, “2–3 times/week”, “once/week”, “<once/week”.

7) How often do you drink milk and alternatives? Response options were “>once/day”, “4–6 times/week”, “2–3 times/week”, “once/week”, “<once/week”.

8) On average, how much is your daily water intake? Response options were “<800 milliliter”, “800–1100 milliliter”, “1100–1400 milliliter”, “1400–1500 milliliter”, “1500–1700 milliliter”.

9) On average, how many eggs do you eat every day? Response options were “three or more per day”, “two per day”, “one per day”, “3–4/week”, “1–2/week”, “never”.
