

Table 1: Gender and age specific self reported food consumption, screen-based sedentary behaviours, quality of peer relationships, body mass index and socio economic status in 11, 13 , 15 year-old young adolescents; absolute and relative frequencies.

Variables	11 years old			13 years old			15 years old			
	Boys N (%)	Girls N (%)	All N (%)	Boys N (%)	Girls N (%)	All N (%)	Boys N (%)	Girls N (%)	All N (%)	
Sweets consumption	Low	4004 (38.3)	4003 (39.9)	8007 (39.1)	3131 (31.0)	3117 (30.2)	6248 (30.6)	2104 (25.1)	2306 (25.6)	4410 (25.4)
	Moderate	3612 (34.5)	3359 (33.5)	6971 (34.0)	4184 (41.4)	3925 (38.0)	8109 (39.7)	3602 (43.0)	3620 (40.2)	7222 (41.6)
	High	2850 (27.2)	2662 (26.6)	5512 (26.9)	2798 (27.7)	3289 (31.8)	6087 (29.8)	2675 (31.9)	3073 (34.2)	5748 (33.1)
Sugared drinks consumption	Low	5493 (52.6)	6367 (63.7)	11860 (58.0)	4720 (46.5)	5979 (57.9)	10699 (52.3)	3248 (38.8)	5136 (57.1)	8384 (48.3)
	Moderate	2902 (27.8)	2181 (21.8)	5083 (24.9)	3369 (33.2)	2715 (26.3)	6084 (29.7)	3213 (38.4)	2422 (26.9)	5635 (32.4)
	High	2048 (19.6)	1444 (14.5)	3492 (17.1)	2052 (20.2)	1625 (15.8)	3677 (18.0)	1909 (22.8)	1445 (16.1)	3354 (19.3)
Crisps consumption	Low	6753 (69.9)	7096 (77.0)	13849 (73.4)	6864 (72.6)	7383 (76.5)	14247 (74.5)	5498 (71.0)	6451 (76.8)	11949 (74.0)
	Moderate	1992 (20.6)	1532 (16.6)	3524 (18.7)	2008 (21.2)	1799 (18.6)	3807 (19.9)	1819 (23.5)	1609 (19.2)	3428 (21.2)
	High	921 (9.5)	587 (6.4)	1508 (8.0)	589 (6.2)	475 (4.9)	1064 (5.6)	428 (5.5)	340 (4.1)	768 (4.8)
Unhealthy Food* consumption (Sweets, Coke, Crisps)	Below the median	5832 (61.5)	6233 (68.8)	12065 (65.1)	5487 (58.9)	6053 (63.6)	11540 (61.3)	4092 (53.6)	5202 (62.9)	9294 (58.5)
	Over the median	3647 (38.5)	2821 (31.2)	6468 (34.9)	3823 (41.1)	3460 (36.4)	7283 (38.7)	3536 (46.4)	3066 (37.1)	6602 (41.5)
Screen-based Sedentary Behaviours	≤ 2 hours a day	4139 (40.5)	4423 (44.8)	8562 (42.6)	2411 (24.0)	2112 (20.6)	4523 (22.3)	1597 (19.2)	1529 (17.0)	3126 (18.1)
	to 4 hours a day	3546 (34.7)	3375 (34.2)	6921 (34.5)	3841 (38.3)	3814 (37.1)	7655 (37.7)	3239 (38.9)	3356 (37.4)	6595 (38.1)
	to 6 hours a day	1494 (14.6)	1306 (13.2)	2800 (13.9)	2239 (22.3)	2510 (24.4)	4749 (23.4)	2029 (24.4)	2278 (25.4)	4307 (24.9)
	> 6 hours a day	1040 (10.2)	767 (7.8)	1807 (9.0)	1540 (15.4)	1842 (17.9)	3382 (16.7)	1458 (17.5)	1814 (20.2)	3272 (18.9)
Vegetables consumption	Low	4215 (40.4)	3200 (31.9)	7415 (36.2)	3576 (35.2)	3096 (29.9)	6672 (32.5)	2778 (33.1)	2500 (27.7)	5278 (30.3)
	Moderate	3909 (37.4)	3992 (39.8)	7901 (38.6)	4414 (43.5)	4468 (43.1)	8882 (43.3)	3913 (46.6)	3991 (44.2)	7904 (45.4)
	High	2322 (22.2)	2827 (28.2)	5149 (25.2)	2164 (21.3)	2795 (27.0)	4959 (24.2)	1708 (20.3)	2538 (28.1)	4246 (24.4)
Fruits consumption	Low	2318 (22.1)	1928 (19.2)	4246 (20.7)	2087 (20.5)	2147 (20.7)	4234 (20.6)	1890 (22.5)	2029 (22.4)	3919 (22.4)
	Moderate	3635 (34.6)	3232 (32.2)	6867 (33.4)	4093 (40.2)	3596 (34.7)	7689 (37.4)	3487 (41.5)	3109 (34.3)	6596 (37.8)
	High	4544 (43.3)	4889 (48.7)	9433 (45.9)	4006 (39.3)	4631 (44.6)	8637 (42.0)	3034 (36.1)	3918 (43.3)	6952 (39.8)
Physical activity	Less than 1h/day	7943 (80.1)	8204 (87.2)	16147 (83.5)	7775 (80.2)	8404 (88.1)	16179 (84.1)	6396 (81.4)	6893 (88.7)	13289 (85.0)
	1h every day	1978 (19.9)	1208 (12.8)	3186 (16.5)	1926 (19.9)	1141 (12.0)	3067 (15.9)	1465 (18.6)	877 (11.3)	2342 (15.0)
Close friends of the same sex	Less than 3	1626 (15.5)	4485 (45.4)	6111 (30.0)	2149 (21.1)	5202 (50.6)	7351 (35.9)	2135 (25.4)	5646 (62.8)	7781 (44.7)
	3 or more	8863 (84.5)	5404 (54.7)	14267 (70.0)	8046 (78.9)	5078 (49.4)	13124 (64.1)	6283 (74.6)	3342 (37.2)	9625 (55.3)
Body Mass Index	Normal weight	6173 (76.8)	6018 (83.7)	12191 (80.0)	6040 (78.6)	7611 (86.3)	13651 (82.7)	5905 (77.9)	7367 (89.2)	13272 (83.8)
	Overweight/obese	1868 (23.2)	1175 (16.3)	3043 (20.0)	1646 (21.4)	1212 (13.7)	2858 (17.3)	1672 (22.1)	896 (10.8)	2568 (16.2)
Socio Economic Status (SES)	FAS Low	1318 (12.9)	1605 (16.2)	2923 (14.6)	953 (9.5)	1258 (12.3)	2211 (10.9)	778 (9.4)	1019 (11.4)	1797 (10.4)
	FAS Middle	4604 (45.1)	4570 (46.3)	9174 (45.7)	4045 (40.2)	4382 (42.7)	8427 (41.5)	3271 (39.3)	3737 (41.8)	7008 (40.6)
	FAS High	4287 (42.0)	3706 (37.5)	7993 (39.8)	5060 (50.3)	4632 (45.1)	9692 (47.7)	4266 (51.3)	4190 (46.8)	8456 (49.0)

Consumptions: Low= once a week or less; Moderate= 2 to 6 times a week; High=daily or more

Body mass Index: below and above the sex-, and age-specific 75th percentile from Cole et al (2000)

*Unhealthy Food: sweets, sugared drinks and crisps summed and dichotomized below and over the median valu