

|                                               |         | Educational strategy |       | Screening strategy |        | Environmental strategy |       |
|-----------------------------------------------|---------|----------------------|-------|--------------------|--------|------------------------|-------|
|                                               | Overall | No                   | Yes   | No                 | Yes    | No                     | Yes   |
| <i>Sociodemographic characteristics</i>       |         |                      |       |                    |        |                        |       |
| Age                                           | 0.195   | 0.208                | 0.193 | 0.202              | 0.203  | 0.202                  | 0.202 |
| Gender                                        | 0.091   | 0.084                | 0.103 | 0.071              | 0.119  | 0.140                  | 0.047 |
| General and technological courses             | 0.841   | 0.744                | 0.952 | 0.798              | 0.912  | 0.874                  | 0.815 |
| Full boarder or half-boarder                  | 0.034   | 0.033                | 0.039 | 0.015              | 0.058  | 0.026                  | 0.033 |
| Classic schooling                             | 0.117   | 0.117                | 0.126 | 0.101              | 0.146  | 0.150                  | 0.092 |
| Residence (Rural)                             | 0.375   | 0.574                | 0.229 | 0.296              | 0.461  | 0.287                  | 0.418 |
| Employee or worker family head                | 0.056   | 0.065                | 0.054 | 0.044              | 0.066  | 0.066                  | 0.051 |
| Both parents work                             | 0.039   | 0.038                | 0.043 | 0.027              | 0.054  | 0.050                  | 0.028 |
| A moderate family financial level             | 0.001   | 0.002                | 0.000 | 0.001              | 0.000  | -0.001                 | 0.003 |
| High parents physical activity level          | 0.026   | 0.031                | 0.026 | 0.033              | 0.021  | 0.040                  | 0.016 |
| Parents considered overweight                 | 0.005   | 0.006                | 0.004 | 0.005              | 0.005  | 0.000                  | 0.010 |
| <i>Nutritonal attitudes and behaviours</i>    |         |                      |       |                    |        |                        |       |
| Knowledge score (0-100)                       | 0.121   | 0.122                | 0.130 | 0.128              | 0.119  | 0.121                  | 0.131 |
| Dietary guidelines followed                   |         |                      |       |                    |        |                        |       |
| Fruits and vegetables (≥ 5 <sup>#</sup> )     | 0.015   | 0.018                | 0.013 | 0.023              | 0.010  | 0.012                  | 0.021 |
| Meats, eggs and fishes (1-2 <sup>#</sup> )    | 0.007   | 0.011                | 0.004 | 0.006              | 0.008  | 0.008                  | 0.007 |
| Sugary foods (2-3 <sup>#</sup> )              | 0.005   | 0.003                | 0.006 | -0.001             | 0.009  | 0.006                  | 0.004 |
| Dairy product (3-4 <sup>#</sup> )             | 0.008   | 0.001                | 0.013 | 0.003              | 0.014  | 0.014                  | 0.002 |
| Starchy foods (3 to 6 <sup>#</sup> )          | 0.017   | 0.016                | 0.020 | 0.010              | 0.027  | 0.020                  | 0.016 |
| Drinks (≥ 5 <sup>#</sup> )                    | 0.001   | -0.003               | 0.004 | 0.004              | -0.001 | -0.001                 | 0.002 |
| Number of meals per week (21-28)              | 0.024   | 0.027                | 0.024 | 0.023              | 0.028  | 0.028                  | 0.023 |
| Nibbling                                      | 0.011   | 0.010                | 0.013 | 0.007              | 0.018  | 0.008                  | 0.014 |
| Physical activity guidelines followed         | 0.026   | 0.028                | 0.027 | 0.028              | 0.027  | 0.050                  | 0.004 |
| Number of nutritional guidelines followed     | 0.058   | 0.060                | 0.057 | 0.040              | 0.078  | 0.061                  | 0.060 |
| <i>Health and anthropometric measurements</i> |         |                      |       |                    |        |                        |       |
| Body Mass Index (kg/m²)                       | 0.025   | 0.028                | 0.025 | 0.022              | 0.030  | 0.028                  | 0.023 |
| Overweight and obesity                        | 0.004   | 0.008                | 0.001 | 0.002              | 0.005  | 0.004                  | 0.005 |
| Waist circumference (cm)                      | 0.165   | 0.142                | 0.195 | 0.053              | 0.277  | 0.209                  | 0.069 |
| High waist circumference                      | 0.060   | 0.071                | 0.054 | 0.017              | 0.114  | 0.081                  | 0.012 |
| High risk of eating disorder (EAT-40)         | 0.009   | 0.015                | 0.004 | 0.004              | 0.016  | 0.013                  | 0.005 |
| High risk of anxiety (HAD scale)              | 0.013   | 0.014                | 0.013 | 0.019              | 0.008  | 0.018                  | 0.006 |
| High risk of depression (HAD scale)           | 0.012   | 0.008                | 0.018 | 0.012              | 0.014  | 0.016                  | 0.010 |
| Mental Duke score (0-100)                     | 0.025   | 0.027                | 0.025 | 0.035              | 0.016  | 0.042                  | 0.008 |
| Physical Duke score (0-100)                   | 0.028   | 0.028                | 0.031 | 0.031              | 0.029  | 0.049                  | 0.003 |
| Social Duke score (0-100)                     | 0.019   | 0.023                | 0.017 | 0.024              | 0.016  | 0.036                  | 0.008 |