

Table S2. Results from structural equation models for sociodemographic indirect predictors and BMI.

| MALES | | | FEMALES | |
|-------------------------------|----------------------|----------------|----------------------|----------------|
| | β (95 % CI) | P-value | β (95 % CI) | P-value |
| Ethnicity | | | | |
| Via Intense physical activity | 0.03 (-0.03; 0.09) | 0.288 | -0.06 (-0.18; 0.06) | 0.307 |
| Via Stoutness valorization | -0.01 (-0.04; 0.02) | 0.424 | 0.20 (0.09; 0.30) | 0.000 |
| Via Dietary intake | 1.93 (1.60; 2.26) | 0.000 | 2.18 (-0.13; 4.49) | 0.065 |
| SES | | | | |
| Via Intense physical activity | -0.01 (-0.02; 0.01) | 0.129 | 0.01 (-0.01; 0.01) | 0.438 |
| Via Stoutness valorization | -0.01 (-0.02; 0.01) | 0.061 | -0.02 (-0.07; 0.04) | 0.576 |
| Via Dietary intake | -0.30 (-0.59; -0.01) | 0.048 | -0.17 (-0.38; 0.05) | 0.122 |
| Education | | | | |
| Via Intense physical activity | -0.01 (-0.02; 0.02) | 0.876 | 0.01 (-0.08; 1.00) | 0.855 |
| Via Stoutness valorization | -0.05 (-0.14; 0.04) | 0.272 | -0.11 (-0.30; 0.09) | 0.278 |
| Via Dietary intake | -0.24 (-0.63; 0.16) | 0.243 | -0.17 (-0.76; 0.41) | 0.561 |
| Matrimonial status | | | | |
| Via Intense physical activity | 0.01 (-0.01; 0.02) | 0.370 | 0.03 (0.01; 0.06) | 0.038 |
| Via Stoutness valorization | -0.05 (-0.09; -0.01) | 0.016 | 0.19 (0.07; 0.32) | 0.002 |
| Via Dietary intake | 0.17 (-0.12; 0.47) | 0.246 | -0.18 (-0.59; 0.23) | 0.396 |
| Age | | | | |
| Via Intense physical activity | -0.01 (-0.01; 0.01) | 0.611 | 0.01 (-0.01; 0.01) | 0.251 |
| Via Stoutness valorization | 0.01 (0.01; 0.01) | 0.004 | 0.02 (0.02; 0.03) | 0.000 |
| Via Dietary intake | 0.02 (-0.03; 0.06) | 0.480 | 0.03 (-0.01; 0.06) | 0.132 |
| Urban duration | | | | |
| Via Intense physical activity | 0.01 (-0.01; 0.01) | 0.680 | -0.01 (-0.01; 0.01) | 0.135 |
| Via Stoutness valorization | -0.01 (-0.01; 0.01) | 0.169 | -0.01 (-0.01; -0.01) | 0.045 |
| Via Dietary intake | 0.01 (-0.02; 0.04) | 0.427 | -0.01 (-0.03; 0.02) | 0.702 |

SES: Socioeconomic status, coded in an inverted direction.