

S1 Table. Summary of variables investigated

| Study variable | YRBSS identifiers | Questions asked | Response options provided | Response options analyzed |
|----------------------------|--|---|--|--|
| Weight | | | | |
| BMI | Calculated Variable: QNOWT, QNOBESE OWOB | <ol style="list-style-type: none"> How tall are you without your shoes on? (in feet and inches) How much do you weight without your shoes on? (in pounds) | <ol style="list-style-type: none"> Underweight (BMI < 18.5) Normal weight (BMI 18.5 - 24.9) Overweight/obese (BMI ≥ 25). | <ol style="list-style-type: none"> Underweight/normal Overweight/obese |
| Self-described (perceived) | Q66 | How do you describe your weight? | <ol style="list-style-type: none"> Very underweight Slightly underweight Normal weight Slightly overweight Very overweight | <ol style="list-style-type: none"> Very underweight Slightly underweight Normal weight Slightly overweight Very overweight |
| Demographic factors | | | | |
| Age | Q1 | How old are you? | <ol style="list-style-type: none"> 12 years old or younger 13 years old 14 years old 15 years old 16 years old 17 years old 18 years old or older | <ol style="list-style-type: none"> 13 years old or younger 14 years old 15 years old 16 years old 17 years old 18 years old or older |
| Gender | Q2 | What is your sex? | <ol style="list-style-type: none"> Male Female | <ol style="list-style-type: none"> Male Female |
| Race and Ethnicity | Calculated Variable: raceeth | What is your race? | <ol style="list-style-type: none"> American Indian or Alaska Native Asian Black or African American Native Hawaiian or Other Pacific Islander White | <ol style="list-style-type: none"> White Asian Black or African American Hispanic/Latino American Indian/Alaska Native/Native Hawaiian/Other Pacific Islander Multiple race—Hispanic/Non-Hispanic Did not report. |
| | | Are you Hispanic or Latino?" | <ol style="list-style-type: none"> Yes No | |

| Behavioral and other factors | | | | |
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| Ate fruit or drank 100% fruit juices one or more times per day | Q69 | During the past 7 days, how many times did you eat fruit? | 1. Did not eat/drink 2. 1 to 3 times 3. 4 to 6 times 4. 1 time per day 5. 2 times per day 6. 3 times per da 7. 4 or more times per day | 1. Yes 2. No 3. Did not report |
| | Q68 | During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.) | 1. Did not eat/drink 2. 1 to 3 times 3. 4 to 6 times 4. 1 time per day 5. 2 times per day 6. 3 times per da 7. 4 or more times per day | 1. Yes 2. No 3. Did not report |
| Ate vegetables one or more times per day | Q73 | During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.) | 1. Did not eat/drink 2. 1 to 3 times 3. 4 to 6 times 4. 1 time per day 5. 2 times per day 6. 3 times per da 7. 4 or more times per day | 1. Yes 2. No 3. Did not report |
| Drank a can, bottle, or glass of soda or pop one or more times per day | Q74 | During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.) | 1. Did not eat/drink 2. 1 to 3 times 3. 4 to 6 times 4. 1 time per day 5. 2 times per day 6. 3 times per da 7. 4 or more times per day | 1. Yes 2. No 3. Did not report |
| Drank one or more glasses per day of milk | Q75 | During the past 7 days, how many glasses of milk did you drink? (Count the milk you | 1. Did not eat/drink 2. 1 to 3 times 3. 4 to 6 times 4. 1 time per day 5. 2 times per day 6. 3 times per da | 1. Yes 2. No 3. Did not report |

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| | | drank in a glass or cup, from a carton, or with cereal. Count the half-pint of milk served at school as equal to one glass.)". | 7. 4 or more times per day | |
| Ate breakfast on all 7 days (before the survey) | Q76 | During the past 7 days, how many days did you eat breakfast?" | <ol style="list-style-type: none"> 1. 0 days 2. 1 day 3. 2 days 4. 3 days 5. 4 days 6. 5 days 7. 6 days 8. 7 days | <ol style="list-style-type: none"> 1. Yes 2. No 3. Did not report |
| Physically active at least 60 minutes per day on all 7 days | Q77 | During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.) | <ol style="list-style-type: none"> 1. 0 days 2. 1 day 3. 2 days 4. 3 days 5. 4 days 6. 5 days 7. 6 days 8. 7 days | <ol style="list-style-type: none"> 1. Yes 2. No 3. Did not report |
| Reported that their mental health was most of the time or always not good | Q85 | During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.) | <ol style="list-style-type: none"> 1. Never 2. Rarely 3. Sometimes 4. Most of the time 5. Always | <ol style="list-style-type: none"> 1. Yes 2. No 3. Did not report |
| Got 8 or more hours of sleep (on an | Q86 | On an average school night, how many | <ol style="list-style-type: none"> 1. 4 hours or less 2. 5 hours 3. 6 hours | <ol style="list-style-type: none"> 1. Yes 2. No 3. Did not report |

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| average school night) | | hours of sleep do you get? | <ul style="list-style-type: none"> 4. 7 hours 5. 8 hours 6. 9 hours 7. 10 or more hours | |
| Did not sleep in their parent's or guardian's home (during the 30 days before the survey) | Q87 | During the past 30 days, where did you usually sleep? | <ul style="list-style-type: none"> 1. In my parent's or guardian's home 2. In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing 3. In a shelter or emergency housing 4. In a motel or hotel 5. In a car, park, campground, or other public place 6. I do not have a usual place to sleep 7. Somewhere else | <ul style="list-style-type: none"> 1. Yes 2. No 3. Did not report |