

	Overall	Educational strategy		Screening strategy		Environmental strategy	
		No	Yes	No	Yes	No	Yes
<i>Sociodemographic characteristics</i>							
Age	0.034	0.056	0.019	0.020	0.056	0.050	0.027
Gender	0.089	0.087	0.101	0.079	0.089	0.172	0.023
General and technological courses	0.218	0.055	0.157	0.112	0.499	0.249	0.253
Full boarder or half-boarder	0.036	0.026	0.017	0.017	0.040	0.039	0.037
Classic schooling	0.009	0.006	0.005	0.002	0.016	0.021	0.001
Residence (Rural)	0.345	0.396	0.269	0.293	0.456	0.196	0.376
Employee or worker family responsive	0.017	0.030	0.001	0.009	0.024	0.016	0.022
Both parents work	0.019	0.007	0.012	0.007	0.039	0.012	0.013
A moderate family financial level	0.000	0.001	-0.001	0.003	0.000	-0.001	0.001
High parents physical activity level	0.009	0.006	0.012	0.019	0.003	0.009	0.003
Parents considered overweight	0.003	0.006	0.001	0.006	0.000	0.001	0.006
<i>Nutritional attitudes and behaviours</i>							
Knowledge score (0-100)	0.054	0.060	0.066	0.052	0.064	0.065	0.057
Dietary guidelines followed							
Fruits and vegetables ($\geq 5^{\#}$)	0.015	0.018	0.019	0.031	0.011	0.012	0.030
Meats, eggs and fishes (1-2 [#])	0.004	0.009	0.003	0.003	-0.004	0.008	0.002
Sugary foods (2-3 [#])	0.002	0.002	0.004	-0.002	0.003	0.007	-0.001
Dairy product (3-4 [#])	0.003	0.001	0.000	0.000	0.006	0.009	0.000
Starchy foods (3 to 6 [#])	0.017	0.015	0.013	0.009	0.014	0.012	0.016
Drinks ($\geq 5^{\#}$)	0.011	-0.001	0.007	0.007	-0.002	0.000	0.002
Number of meals per week (21-28)	0.002	0.018	0.009	0.013	0.007	0.018	0.007
Nibbling	0.011	0.003	0.006	0.005	0.004	-0.002	0.013
Physical activity guidelines followed	0.006	0.040	0.019	0.028	0.030	0.068	0.003
Number of nutritional guidelines followed	0.031	0.020	0.020	0.025	0.015	0.026	0.019
<i>Health and anthropometric measurements</i>							
Body Mass Index (kg/m ²)	0.014	0.009	0.018	0.011	0.017	0.009	0.022
Overweight and obesity	0.002	0.008	0.004	-0.002	0.004	0.001	0.004
Waist circumference (cm)	0.106	0.095	0.140	0.034	0.130	0.093	0.058
High waist circumference	0.048	0.071	0.079	0.008	0.086	0.039	0.021
High risk of eating disorder (EAT-40)	0.009	0.015	0.004	0.005	0.018	0.016	0.006
High risk of anxiety (HAD scale)	0.014	0.014	0.023	0.025	0.013	0.020	0.006
High risk of depression (HAD scale)	0.003	0.008	0.021	0.005	0.005	0.006	0.003
Mental Duke score (0-100)	0.026	0.035	0.006	0.045	0.013	0.050	0.008
Physical Duke score (0-100)	0.029	0.034	0.018	0.038	0.032	0.052	0.005
Social Duke score (0-100)	0.018	0.029	0.014	0.028	0.015	0.036	0.009