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| **Table S1.** The life style algorithm scoring details in the health care reform plan  |
| **Question**  | **Food group**  | **Score**  |
| 1 | Daily fruit consumption | No consumption or occasionally consumption | 0 |
| < 2 serving | 1 |
| ≥ 2 serving | 2 |
| 2 | Daily vegetable consumption | No consumption or occasionally consumption | 0 |
| < 3 serving | 1 |
| ≥ 3 serving | 2 |
| 3  | Dairy product consumption | No consumption or occasionally consumption | 0 |
| < 3 serving | 1 |
| ≥ 3 serving | 2 |
| 4 | Daily fast foods /junk foods consumption  | Almost every day | 0 |
| One or two such items a week | 1 |
| Rarely (repetitively less than the weekly) | 2 |
| 5 | Frequency of daily meal consumption (e.g. main meals and snacks) | ≤ 2  | 0 |
| 3-4 meals | 1 |
| ≥ 5 meal | 2 |
| 6 | TV/PC using time  | > 2 hours  | 0 |
| about 2 hours | 1 |
| <2 hours | 2 |
| 7  | Physical activity per week (Defining as 60 minutes of moderate and severe physical activity every time and divided in different days of the week)  | No targeted physical activity in the week | 0 |
| < 420 minutes /week | 1 |
| ≥ 420 minutes/week | 2 |

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| **Table S2.** General characteristics of the participants |
| **Variables** | **Subgroups** | **Total participants**  **n (%)** | **Boys****n** | **Girls****n** |
| **Gender**  |  | 425 | 254 | 179 |
| **BMI quartiles** | 1st  | 106 (25.12) | 64 | 42 |
| 2nd  | 105 (24.88) | 64 | 41 |
| 3rd  | 105 (24.88) | 54 | 51 |
| 4th  | 106 (25.12) | 62 | 43 |
| **Blood pressure** | Normal | 366 (86.12) | 208 | 158 |
| Prehypertension | 40 (9.41) | 27 | 13 |
| Hypertension | 19 (4.47) | 10 | 9 |
| **Fruit** | Rarely/never | 5 (1.18) | 3 | 2 |
| < 2 serving / day | 70 (16.47) | 38 | 32 |
| ≥ 2 serving / day | 350 (82.35) | 205 | 145 |
| **Vegetable** | Rarely/never | 8 (1.88) | 4 | 4 |
| < 3 serving / day | 126 (29.65) | 66 | 60 |
| ≥ 3 serving / day | 291 (68.47) | 176 | 115 |
| **Dairy product** | Rarely/never | 6 (1.41) | 3 | 3 |
| < 3 serving / day | 104 (24.47) | 49 | 55 |
| ≥ 3 serving / day | 315 (74.12) | 194 | 121 |
| **Fast foods /junk foods** | almost every day | 37 (8.71) | 16 | 21 |
| 1-2 items/ week | 103 (24.24) | 67 | 36 |
| rarely  | 285 (67.06) | 163 | 122 |
| **Meals/snacks** | ≤ 2meals/ day | 12 (2.82) | 4 | 8 |
| 3-4 meals/ day | 288 (53.65) | 139 | 89 |
| ≥ 5 meals/ day | 185 (43.53) | 103 | 82 |
| **Watching TV/ PC** | > 2 hours/ day | 171 (40.24) | 101 | 70 |
| 2 hours/ day | 88 (20.71) | 54 | 34 |
| <2 hours/ day | 166 (39.06) | 91 | 75 |
| **Physical activity** | Without targeted physical activity | 72 (16.94) | 31 | 41 |
| < 420 minutes/ week | 182 (42.82) | 105 | 77 |
| ≥ 420 minutes/week | 171 (40.24) | 110 | 61 |
| BMI; body mass index, The BMI was categorized as quartile as follows: 1st ; < 22.20, 2nd 22.20-25.22, 3rd 25.22-28.79, 4th ≥ 28.79 kg/m2 |