## Supplemental Information

Table SI 1 Results of ordinal logistic regression, stratified by sex. (National Nutrition Survey menuCH, Switzerland, 2014-2015, n = 2057)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **ORa** | **95 % CI** | **ORa** | **95 % CI** |
|  | **Females** | **Males** |
| **BMI**  |  |  |  |
| Normal (ref.) | 1.00 | - | 1.00 | - |
| Underweight | 1.23 | [0.59, 2.60] | 0.86 | [0.10, 7.11] |
| Overweight | 0.79 | [0.56, 1.11] | 0.90 | [0.67, 1.22] |
| Obese | 0.64 | [0.39, 1.06] | 0.67 | [0.41, 1.10] |
| **Age**  |  |  |  |
| 18 – 29 (ref.) | 1.00 | - | 1.00 | - |
| 30 – 44  | 0.66 | [0.43, 1.02] | 0.38 | [0.22, 0.68]\* |
| 45 – 59  | 0.75 | [0.45, 1.23] | 0.43 | [0.23, 0.79]\* |
| 60 – 76 | 1.01 | [0.57, 1.78] | 0.67 | [0.36, 1.27] |
| **Language region**  |  |  |
| German (ref.) | 1.00 | - | 1.00 | - |
| French | 0.95 | [0.68, 1.32] | 1.42 | [1.00, 2.01] |
| Italian | 0.81 | [0.45, 1.46] | 0.89 | [0.49, 1.62] |
| **Nationality** |  |  |  |
| Swiss (ref.) | 1.00 | - | 1.00 | - |
| Non-Swiss | 0.91 | [0.62, 1.33] | 0.73 | [0.49, 1.11] |
| Swiss binationals | 1.07 | [0.71, 1.62] | 0.92 | [0.60, 1.42] |
| **Education** |  |  |  |
| Primary (ref.) | 1.00 | - | 1.00 | - |
| Secondary | 0.72 | [0.32, 1.66] | 0.46 | [0.21, 0.99]\* |
| Tertiary | 0.55 | [0.23, 1.28] | 0.45 | [0.42, 0.95]\* |
| **Health status** |  |  |  |
| Good (ref.) | 1.00 | - | 1.00 | - |
| Medium-bad | 0.82 | [0.51, 1.31] | 0.63 | [0.42, 0.95]\* |
| **Smoking**  |  |  |  |
| Never (ref.) | 1.00 | - | 1.00 | - |
| Former | 1.16 | [0.87, 1.55] | 0.89 | [0.62, 1.28] |
| Current | 1.35 | [0.89, 2.03] | 0.87 | [0.59, 1.29] |
| **Civil status**  |  |  |  |
| Single (ref.) | 1.00 | - | 1.00 | - |
| Married | 1.10 | [0.75, 1.62] | 1.06 | [0.70, 1.61] |
| Divorced | 1.23 | [0.74, 2.04] | 1.38 | [0.76, 2.51] |
| Other | 0.66 | [0.35, 1.22] | 1.50 | [0.49, 4.55] |
| **Currently on a diet** |  |  |  |
| No (ref.) | 1.00 | - | 1.00 | - |
| Yes  | 0.92 | [0.53, 1.61] | 0.82 | [0.37, 1.81] |
| **Alcohol intake**  |  |  |
| None (ref.) | 1.00 | - | 1.00 | - |
| Moderate | 0.96 | [0.68, 1.34] | 1.03 | [0.70, 1.50] |
| Heavy | 0.88 | [0.60, 1.28] | 1.15 | [0.79, 1.66] |
| **AHEI score** | 1.01 | [0.99, 1.02] | 0.99 | [0.98, 1.01] |

\*p < .05

BMI body mass index, AHEI alternative healthy eating index, OR odds ratio, CI confidence interval

a The OR are weighted according to the menuCH weighting strategy for sex, age, marital status, major living region Switzerland, nationality, household size, weekday and season of the recall day.1

Table SI 2 Results of the sensitivity analysis for sociodemographic and lifestyle factors associated with physical activity level, including income as additional explanatory variable. (National Nutrition Survey menuCH, Switzerland, 2014-2015, n = 2057)

|  |  |  |
| --- | --- | --- |
|  | **ORa** | **95 % CI** |
| **Sex** |  |  |
| Male (ref.) | 1.00 | - |
| Female | 0.93 | [0.76, 1.15] |
| **BMI**  |  |
| Normal (ref.) | 1.00 | - |
| Underweight | 1.16 | [0.58, 2.31] |
| Overweight | 0.84 | [0.67, 1.05] |
| Obese | 0.63 | [0.45, 0.90]\* |
| **Age**  |  |
| 18 – 29 (ref.) | 1.00 | - |
| 30 – 44  | 0.54 | [0.38, 0.78]\* |
| 45 – 59  | 0.61 | [0.42, 0.90]\* |
| 60 – 76 | 0.88 | [0.59, 1.30] |
| **Language region**  |
| German (ref.) | 1.00 | - |
| French | 1.12 | [0.89, 1.42] |
| Italian | 0.85 | [0.56, 1.29] |
| **Nationality** |  |
| Swiss (ref.) | 1.00 | - |
| Non-Swiss | 0.80 | [0.60, 1.07] |
| Swiss binationals | 0.98 | [0.73, 1.32] |
| **Education** |  |
| Primary (ref.) | 1.00 | - |
| Secondary | 0.59 | [0.34, 1.05] |
| Tertiary | 0.51 | [0.29, 0.90|\* |
| **Health status** |  |
| Good (ref.) | 1.00 | - |
| Medium-bad | 0.68 | [0.50, 0.92]\* |
| **Smoking**  |  |
| Never (ref.) | 1.00 | - |
| Former | 1.01 | [0.81, 1.26] |
| Current | 1.01 | [0.77, 1.32] |
| **Civil status**  |  |
| Single (ref.) | 1.00 | - |
| Married | 1.07 | [0.82, 1.41] |
| Divorced | 1.23 | [0.84, 1.81] |
| Other | 0.86 | [0.56, 1.53] |
| **Currently on a diet** |  |
| No (ref.) | 1.00 | - |
| Yes  | 0.88 | [0.61, 1.37] |
| **Alcohol intake**  |
| None (ref.) | 1.00 | - |
| Moderate | 0.96 | [0.75, 1.24] |
| Heavy | 1.00 | [0.78, 1.30] |
| **Income (CHF/month)** |  |
| <6000 (ref.) | 1.00 | - |
| 6000 - 13000  | 0.85 | [0.61, 1.18] |
| >13000  | 0.93 | [0.64, 1.37] |
| **AHEI score** | 1.00 | [0.99, 1.01] |

\*p < .05

BMI body mass index, AHEI alternative healthy eating index, CHF = Swiss francs, OR odds ratio, CI confidence interval

a The OR are weighted according to the menuCH weighting strategy for sex, age, marital status, major living region Switzerland, nationality, household size, weekday and season of the recall day.1

Table SI 3 Results of the sensitivity analysis for sociodemographic and lifestyle factors associated with physical activity level, including sitting time as additional explanatory variable. (National Nutrition Survey menuCH, Switzerland, 2014-2015, n = 2057)

|  |  |  |
| --- | --- | --- |
|  | **ORa** | **95 % CI** |
| **Sex** |  |  |
| Male (ref.) | 1.00 | - |
| Female | 0.87 | [0.70, 1.07] |
| **BMI**  |  |
| Normal (ref.) | 1.00 | - |
| Underweight | 1.28 | [0.62, 2.65] |
| Overweight | 0.84 | [0.66, 1.06] |
| Obese | 0.66 | [0.47, 0.93]\* |
| **Age**  |  |
| 18 – 29 (ref.) | 1.00 | - |
| 30 – 44  | 0.50 | [0.35, 0.73]\* |
| 45 – 59  | 0.61 | [0.41, 0.90]\* |
| 60 – 76 | 0.77 | [0.51, 1.16] |
| **Language region**  |
| German (ref.) | 1.00 | - |
| French | 1.03 | [0.80, 1.32] |
| Italian | 0.72 | [0.47, 1.09] |
| **Nationality** |  |
| Swiss (ref.) | 1.00 | - |
| Non-Swiss | 0.85 | [0.63, 1.15] |
| Swiss binationals | 1.03 | [0.77, 1.38] |
| **Education** |  |
| Primary (ref.) | 1.00 | - |
| Secondary | 0.64 | [0.37, 1.12] |
| Tertiary | 0.66 | [0.38, 1.13| |
| **Health status** |  |
| Good (ref.) | 1.00 | - |
| Medium-bad | 0.68 | [0.50, 0.92]\* |
| **Smoking**  |  |
| Never (ref.) | 1.00 | - |
| Former | 1.01 | [0.80, 1.27] |
| Current | 0.96 | [0.73, 1.26] |
| **Civil status**  |  |
| Single (ref.) | 1.00 | - |
| Married | 0.89 | [0.67, 1.18] |
| Divorced | 1.02 | [0.69, 1.50] |
| Other | 0.69 | [0.38, 1.23] |
| **Currently on a diet** |  |
| No (ref.) | 1.00 | - |
| Yes  | 0.95 | [0.61, 1.48] |
| **Alcohol Intake**  |
| None (ref.) | 1.00 | - |
| Moderate | 0.97 | [0.75, 1.25] |
| Heavy | 1.05 | [0.80, 1.36] |
| **AHEI score** | 1.00 | [0.99, 1.01] |
| **Sitting time (h)** | 0.88 | [0.85, 0.91]\* |

\*p < .05

BMI body mass index, AHEI alternative healthy eating index, OR odds ratio, CI confidence interval, h hours

a The OR are weighted according to the menuCH weighting strategy for sex, age, marital status, major living region Switzerland, nationality, household size, weekday and season of the recall day.1

Table SI 4 Results of the sensitivity analysis for sociodemographic and lifestyle factors associated with physical activity level, including income and sitting time as additional explanatory variables. (National Nutrition Survey menuCH, Switzerland, 2014-2015, n = 2057)

|  |  |  |
| --- | --- | --- |
|  | **ORa** | **95% CI** |
| **Sex** |  |  |
| Male (ref.) | 1.00 | - |
| Female | 0.87 | [0.70, 1.07] |
| **BMI**  |  |
| Normal (ref.) | 1.00 | - |
| Underweight | 1.30 | [0.63, 2.70] |
| Overweight | 0.84 | [0.66, 1.06] |
| Obese | 0.66 | [0.47, 0.93]\* |
| **Age**  |  |
| 18 – 29 (ref.) | 1.00 | - |
| 30 – 44  | 0.51 | [0.35, 0.74]\* |
| 45 – 59  | 0.60 | [0.41, 0.89]\* |
| 60 – 76 | 0.78 | [0.51, 1.17] |
| **Language region**  |
| German (ref.) | 1.00 | - |
| French | 1.03 | [0.81, 1.33] |
| Italian | 0.73 | [0.48, 1.11] |
| **Nationality**  |  |
| Swiss (ref.) | 1.00 | - |
| Non-Swiss | 0.85 | [0.63, 1.14] |
| Swiss binationals | 1.02 | [0.75, 1.36] |
| **Education**  |  |
| Primary (ref.) | 1.00 | - |
| Secondary | 0.65 | [0.37, 1.14] |
| Tertiary | 0.66 | [0.38, 1.14] |
| **Health status** |  |
| Good (ref.) | 1.00 | - |
| Medium-bad  | 0.68 | [0.50, 0.99]\* |
| **Smoking** |  |
| Never (ref.) | 1.00 | - |
| Former | 1.01 | [0.81, 1.27] |
| Current | 0.96 | [0.73, 1.26] |
| **Civil status** |  |
| Single (ref.) | 1.00 | - |
| Married | 0.89 | [0.66, 1.19] |
| Divorced | 1.02 | [0.69, 1.52] |
| Other | 0.66 | [0.37, 1.19] |
| **Currently on a diet** |  |
| No (ref.) | 1.00 | - |
| Yes  | 0.95 | [0.61, 1.49] |
| **Alcohol intake**  |
| None (ref.) | 1.00 | - |
| Moderate | 0.96 | [0.75, 1.24] |
| Heavy | 1.04 | [0.79, 1.36] |
| **Income** |  |
| < 6000 CHF/month (ref.) | 1.00 | - |
| 6000 - 13000 CHF/month | 0.95 | [0.67, 1.33] |
| >13000 CHF/month | 1.15 | [0.78, 1.68] |
| **AHEI score** | 1.00 | [0.99, 1.01] |
| **Sitting time (h)** | 0.88 | [0.84, 0.91]\* |

\*p < .05

BMI body mass index, AHEI alternative healthy eating index, CHF = Swiss francs, OR odds ratio, CI confidence interval, h = hours

a The OR are weighted according to the menuCH weighting strategy for sex, age, marital status, major living region Switzerland, nationality, household size, weekday and season of the recall day.1

## References

1. Pasquier J, Chatelan A, Bochud M. Weighting strategy. https://www.data.blv.admin.ch/catalog/4#metadata-sampling. Published 2017. Accessed May 9, 2024.