

Table S1. Associations of obesity (BMI \geq 30) with socioeconomic and behavioral characteristics, univariable models and models adjusted for gender and age

Covariate	N	Evs.	% Evts.	Univariable			Adj. for gender & age			
				RR	95% CI	p-value	RR	95% CI	p-value	
Gender (N = 922)										
		12	3.07	1.00	-	-	-	1.00	-	-
Male	391									
Female	531	102	19.21	6.26	(3.53 to 11.09)	<0.0001	5.59	(3.17 to 9.86)	<0.0001	
					(1.04 to 1.06)	<0.0001	1.05	(1.03 to 1.06)	<0.0001	
Age (per year)	-	-	-	1.05						
Household wealth index, quintiles (N = 818)										
		5	4.59	1.00	-	-	-	1.00	-	-
Very low	109									
Low	146	21	14.38	3.14	(1.22 to 8.06)	0.0176	3.34	(1.35 to 8.27)	0.0093	
Medium	174	24	13.79	3.01	(1.22 to 7.42)	0.0169	3.24	(1.35 to 7.77)	0.0085	
Medium/high	192	17	8.85	1.93	(0.73 to 5.08)	0.1829	2.11	(0.84 to 5.31)	0.1136	
Highest	197	35	17.77	3.87	(1.59 to 9.42)	0.0028	4.34	(1.84 to 10.21)	0.0008	
Education (N = 921)										
		82	19.20	1.00	-	-	-	1.00	-	-
Primary or lower	427									
Secondary or higher	494	32	6.48	0.34	(0.23 to 0.50)	<0.0001	0.75	(0.47 to 1.19)	0.2256	
Marital status (N = 922)										
		35	7.43	1.00	-	-	-	1.00	-	-
Single	471									
Married	392	66	16.84	2.27	(1.57 to 3.27)	<0.0001	1.34	(0.91 to 1.97)	0.1377	
Divorced/ widow(ed)	59	13	22.03	2.97	(1.75 to 5.03)	<0.0001	0.88	(0.48 to 1.62)	0.6768	
Occupation (N = 922)										
		25	13.66	1.00	-	-	-	1.00	-	-
Unemployed/retired	183									
Housewife	51	6	11.76	0.86	(0.37 to 2.00)	0.7282	0.66	(0.29 to 1.50)	0.3159	
Student	146	4	2.74	0.20	(0.07 to 0.56)	0.0021	0.44	(0.16 to 1.23)	0.1196	
Employed	449	68	15.14	1.11	(0.74 to 1.67)	0.6219	1.41	(0.96 to 2.06)	0.0771	
	93	11	11.83	0.87	(0.44 to 1.69)	0.6728	1.00	(0.54 to 1.88)	0.9879	
Missing data										
Can speak, write and read Portuguese (N = 922)										
		16	15.53	1.00	-	-	-	1.00	-	-
No	103									
Yes	760	86	11.32	0.73	(0.44 to 1.19)	0.2090	1.46	(0.90 to 2.36)	0.1230	

	59	12	20.34	1.31	(0.68 to 2.53)	0.4221	0.85	(0.45 to 1.59)	0.6069
Missing data									
Portuguese as the mother language (N = 922)									
	99	15.00	1.00		- -	-	1.00	- -	-
No	660								
	262	15	5.73	0.38	(0.23 to 0.62)	0.0001	0.78	(0.45 to 1.36)	0.3802
Yes									
Consumption of Fruit per week (N = 919)									
(per number of days of the week)	-	-	-	1.01	(0.93 to 1.10)	0.7643	1.05	(0.98 to 1.13)	0.1720
Consumption of Fruit per week (N = 919)									
		34	13.77	1.00	- -	-	1.00	- -	-
Never	247								
	486	54	11.11	0.81	(0.55 to 1.18)	0.2656	0.97	(0.66 to 1.41)	0.8635
1-3 days a week									
	186	26	13.98	1.02	(0.64 to 1.61)	0.9481	1.35	(0.86 to 2.13)	0.1938
4-7 days a week									
Consumption of Vegetables per week (N = 891)									
(per number of days of the week)	-	-	-	1.03	(0.96 to 1.12)	0.4059	0.99	(0.91 to 1.08)	0.8507
Consumption of Vegetables per week (N = 891)									
		1	6.67	1.00	- -	-	1.00	- -	-
Never	15								
	385	47	12.21	1.83	(0.28 to 12.04)	0.5289	1.39	(0.23 to 8.45)	0.7190
1-3 days a week									
	491	65	13.24	1.99	(0.29 to 13.48)	0.4827	1.31	(0.21 to 8.15)	0.7735
4-7 days a week									
Consumption of Processed food per week (N = 919)									
		43	13.87	1.00	- -	-	1.00	- -	-
Never	310								
Less than once per week	368	51	13.86	1.00	(0.68 to 1.47)	0.9964	1.01	(0.69 to 1.48)	0.9599
	175	18	10.29	0.74	(0.45 to 1.23)	0.2479	1.02	(0.64 to 1.63)	0.9301
1-4 times per week									
	66	2	3.03	0.22	(0.05 to 0.89)	0.0341	0.45	(0.11 to 1.78)	0.2547
Daily/almost daily									
Consumption of Soft drinks per week (N = 893)									
		70	13.81	1.00	- -	-	1.00	- -	-
Never	507								
Less than once per week	186	23	12.37	0.90	(0.57 to 1.41)	0.6314	1.05	(0.68 to 1.62)	0.8157
	145	16	11.03	0.80	(0.47 to 1.35)	0.4031	1.17	(0.72 to 1.90)	0.5361
1-4 times per week									
	55	3	5.45	0.40	(0.13 to 1.19)	0.0991	0.71	(0.24 to 2.07)	0.5267
Daily/almost daily									
Tobacco consumption (N = 920)									
		110	13.21	1.00	- -	-	1.00	- -	-
Never consumed	833								
	36	1	2.78	0.21	(0.03 to 1.49)	0.1183	0.41	(0.07 to 2.40)	0.3221
Consumes weekly									
	51	3	5.88	0.45	(0.16 to 1.22)	0.1157	0.65	(0.22 to 1.93)	0.4343
Consumes daily									
Alcohol consumption (N = 919)									
Never consumed alcohol	396	48	12.12	1.00	- -	-	1.00	- -	-

Very low*	108	5	4.63	1.00	-	-	-	1.00	-	-	-
Low	146	21	14.38	3.11	(1.21 to 7.98)	0.0185	3.56	(1.44 to 8.82)	0.0061		
Medium	174	24	13.79	2.98	(1.21 to 7.35)	0.0178	3.50	(1.46 to 8.36)	0.0049		
Medium/high	192	17	8.85	1.91	(0.73 to 5.03)	0.1888	2.33	(0.93 to 5.86)	0.0709		
Highest Education	197	35	17.77	3.84	(1.58 to 9.33)	0.0030	5.17	(2.19 to 12.20)	0.0002		
Primary or lower	380	74	19.47	1.00	-	-	-	1.00	-	-	-
Secondary or higher Occupation	437	28	6.41	0.33	(0.22 to 0.50)	0.0000	0.60	(0.38 to 0.97)	0.0361		
Retired/unemployed*	160	24	15.00	1.00	-	-	-	1.00	-	-	-
Housewife	44	5	11.36	0.76	(0.30 to 1.89)	0.5514	0.58	(0.24 to 1.40)	0.2247		
Student	132	4	3.03	0.20	(0.07 to 0.56)	0.0022	0.49	(0.18 to 1.37)	0.1748		
Employed	403	59	14.64	0.98	(0.64 to 1.48)	0.9094	1.36	(0.93 to 1.97)	0.1106		
Missing data	78	10	12.82	0.85	(0.43 to 1.71)	0.6561	1.04	(0.56 to 1.95)	0.8933		

N = number of observations; Evt. = number of events; % Evt. = (N-events/N)*100; RR = risk ratio; 95% CI = 95% confidence interval

* reference stratum

** Uni- and multi-variable Poisson regression results; using robust variance estimates adjusted for clustering by household