

Appendix A1: Questions regarding eating and exercise behaviour

Eating behaviour

Are you satisfied with your eating habits? Yes / No

(analysed as reported)

Exercise behaviour

1. In a normal week, how many times do you engage in less vigorous exercise which lasts 20 minutes or more (i.e. exercise that does **not** make you breathe harder or puff and pant, such as walking, moderate roller blading etc)

Never / Once a week / 2 or 3 times per week / 4, 5 or 6 times a week / Once every day / More than once every day

(the last two categories were coded as "Moderate vigorous activity every day": Yes. The other categories were coded as No)

2. In a normal week, how many times do you engage in vigorous exercise lasting 20 minutes or more (i.e. exercise that makes you breathe harder or puff and pant, such as netball, squash, jogging, aerobics, vigorous swimming etc)

Never / Once a week / 2 or 3 times per week / 4, 5 or 6 times a week / Once every day / More than once every day

(the last four categories were coded as "Vigorous activity at least twice a week": Yes. The other categories were coded as No)