

Supplement: Mader S, Rubach M, Schaecke W (2017) The impact of social factors on the nutrition of German children and adolescents. They say you are what you eat, but do you eat what you are? Ernährungs Umschau 64(6): 96–100.e19–e22

		target variable	measurement	min.	mean/ proportion	median	max.	SD	n
actual intake	univariate	intake level M (1.1)	in g/day	237.72	2,948.34	2,461.05	15,364.73	1,718.77	8,558
		energy intake M (2.1)	in kcal/day	190.20	2,049.16	1,819.79	10,608.27	1,039.63	8,558
actual intake: multivariate	intake level in g (M 1.2)	drinks (low energy density/ energy-free drinks)	in g/day	0	845.01	471.43	9,900	1,066.97	8,558
		vegetables		0	162.61	133.93	1,902.23	126.81	8,558
		fruit		0	233.43	150.00	3,000.00	272.35	8,558
		potatoes, pasta, and rice		2.23	133.88	114.29	2,105.47	97.47	8,558
		bread and cereals		0	139.65	110.71	1,400.00	114.53	8,558
		milk/dairy products		0	404.21	300.00	5,370.00	384.74	8,558
		meats		0	121.14	100.89	1,596.43	91.48	8,558
		eggs		0	11.62	10.71	300.00	14.46	8,558
		fish		0	10.49	8.04	810	16.46	8,558
		edible fats		0	10.40	6.47	451.07	12.90	8,558
		fast food		0	18.59	11.25	497.50	25.44	8,558
		confectionery		0	122.25	95.98	2,142.68	111.24	8,558
		snack items		0	7.31	2.68	900	19.00	8,558
		sweetened drinks		0	727.76	453.57	7,242.86	897.40	8,558
	energy intake in kcal (M 2.2)	juice	in kcal/day	0	192.27	90.58	1,630.44	285.92	8,558
		vegetables		0	50.88	41.28	898.48	41.63	8,558
		fruit		0	131.31	84.45	1,714.74	152.20	8,558
		potatoes, pasta, and rice		2.22	151.99	128.41	3,406.96	123.87	8,558
		bread and cereals		0	337.75	272.12	3,402.77	276.42	8,558
		milk/dairy products		0	319.19	247.92	3,744.26	271.97	8,558
		meats		0	216.00	176.78	2,029.05	168.94	8,558
		eggs		0	18.00	16.61	465	22.42	8,558
		fish		0	14.11	10.81	1,089.21	22.13	8,558
		edible fats		0	74.77	46.94	2,498.64	89.72	8,558
		fast food		0	51.64	34.93	1,200.71	69.24	8,558
		confectionery		0	347.62	265.67	6,461.58	342.78	8,558
		snack items		0	31.20	11.43	3,840.03	81.06	8,558
		sweetened drinks		0	112.42	16.35	5,186.88	242.95	8,558
deviation	intake level in g	categorized quotient	1 "far too little"	0	0.05		1		8,558
			2 "too little"	0	0.34		1		
			3 "as recommended"	0	0.17		1		
			4 "too much"	0	0.21		1		
			5 "far too much"	0	0.22		1		
	energy intake in kcal	categorized quotient	1 "far too little"	0	0.05		1		8,558
			2 "too little"	0	0.36		1		
			3 "as recommended"	0	0.21		1		
			4 "too much"	0	0.24		1		
			5 "far too much"	0	0.15		1		

Tab. 1: Descriptive distribution of the target variables

max. = Maximum; mean/proportion = arithmetic mean/relative proportion for categorized quotients; min. = Minimum; n = observations;
 SD = standard deviation

	covariate	measurement	min.	mean/ proportion	median	max.	SD	n
afford.	equivalent income according to the GCEE	in 1,000 €	0.10	1.31	1.19	4.24	0.59	8,558
availability	place of residence: former GDR	binary; 1, if place of residence is eastern Germany	0	0.33		1		8,558
	place of residence: large city	binary; 1, if place of residence has more than 100,000 inhabitants	0	0.20		1		8,558
	interaction: place of residence: large city in the former GDR	binary; 1, if place of residence is a large city in the former GDR	0	0.07		1		8,558
education	mother: education	five levels pursuant to ISCED97	1	3.63	3	5	1.00	8,558
	father: education		1	3.80	3	5	1.04	
professional status	mother: professional status	seven levels pursuant to the job autonomy scale	1	3.30	4	7	1.61	8,558
	father: professional status		1	3.89	4	7	1.81	
employment	mother: employed part-time	binary; reference: unemployed	0	0.46		1		8,558
	mother: employed full-time		0	0.22		1		
	father: employed part-time		0	0.03		1		
	father: employed full-time		0	0.89		1		
family structure	traditional family structure index	six levels; 1 "other arrangements", 6 "(natural) parents"	1	5.67	6	6	0.91	8,558
	age	in completed years	2.5	9.29	8.5	16.5	4.47	8,558
	sex: female	binary	0	0.49		1		8,558
	migration background	binary	0	0.09		1		8,558
control var.	univariate: mental well-being	metric index of 0–100 from 4 items	12.5	81.57	81.25	100	11.98	8,558
	multivariate: vegetarian diet	binary	0	0.01		1		8,652

Tab. 2: Descriptive distribution of all covariables included in the model

afford. = affordability; GCEE = German Council of Economic Experts; ISCED97 = International Standard Classification of Education 1997; max. = maximum; mean/proportion = arithmetic mean/relative proportion (for binary coded variables); min. = minimum; SD = standard deviation; n = observations

comparison of effects			
theoretical dimension	indicator	target variable: actual absolute intake	
		theoretically expected effects	empirically observed effects
affordability	earned income	▼	▼ E
availability	east/west differences (east)	▲	▲ E
	urban/rural differences (urban)	▼	0
	urban/rural differences between eastern Germany and western Germany (urban areas in eastern Germany)	▼	▼ E
accessibility	educational background/educational attainment of the parents	▼	▼ (mother) ▼ A (Father)
	parents' professional status	▼	0
	parents' employment status	▼	▼
	traditional family structure	▼	0
	birth cohort (increasing)	▼	▼
	sex: female	▼	▼
	migration background (yes)	▼ ▲	▲ E
psycho-social disposition	mental well-being	▼	0

Tab. 3: Actual absolute intake: comparison of the theoretically expected effects with the empirically observed effects

- ▼ = negative significant association
- ▲ = positive significant association
- E = effect is only significant in terms of energy intake in kcal/day
- A = effect is only significant in terms of the intake level in g/day
- 0 = no significant effect

comparison of effects					
theoretical dimension	indicator	target variable: categorized deviations			
		theoretically expected effects		empirically observed effects	
		–	+	–	+
affordability	earned income	▼	▼	▲E	0
availability	east/west differences (east)	▲	▲	▼	▲E
	urban/rural differences (urban)	▼	▼	0	0
	urban/rural differences between eastern Germany and western Germany (urban areas in eastern Germany)	▼	▼	▲A	▼E
accessibility	parents' educational background/educational attainment	▼	▼	▼	▼
	professional status of the parents	▼	▼	0	0
	parents' employment status	▼	▼	▲	▼
	traditional family structure	▼	▼	0	0
	birth cohort (increasing)	▼	▼	▼	▲E ▼A
	sex: female	▲	▼	▲	0
	migration background (yes)	▼ ▲	▼ ▲	▲E	▲E
psycho-social disposition	mental well-being	▼	▼	0	0

Tab. 4: Categorized deviations: comparison of the theoretically expected effects with the empirically observed effects

- = downwards (too little intake)
- + = upwards (too much intake)
- ▼ = lower significant risk ('protective factor')
- ▲ = elevated significant risk ('risk factor')
- 0 = no significant effect ('neutral factor')
- E = effect is only significant in terms of energy intake in kcal/day
- A = effect is only significant in terms of the intake level in g/day