

Supplemental Information

SUPPLEMENTAL TABLE 5 Healthy Lifestyle Behavior Recommendations

Behavior	Recommendation	Measurement Tool	Interpretation
Vegetables and fruit	Eating Well with Canada's Food Guide ¹⁸ (6 or more servings)	Harvard Food Frequency Questionnaire ¹⁷ ; 147 questions to ascertain frequency of consuming food items over the past year Canadian Nutrient File ⁴⁷ ; derives nutrient, energy, and food serving information from food items	Children eating 6 or more servings of vegetables and fruit met the recommendation.
Milk and alternatives	Eating Well with Canada's Food Guide ¹⁸ (3 or more servings)	See above	Children eating 3 or more servings of milk and alternatives met the recommendation.
Grain products	Eating Well with Canada's Food Guide ¹⁸ (6 or more servings)	See above	Children eating 6 or more servings of grain products met the recommendation.
Meat and alternatives	Eating Well with Canada's Food Guide ¹⁸ (2 or more servings)	See above	Children eating 2 or more servings of meat and alternatives met the recommendation.
Added sugar	World Health Organization's Guideline: Sugar Intake for Adults and Children ¹⁹ (<10% of total energy intake)	See above	Children with <10% of total energy intake from added sugar met the recommendation.
Saturated fat	Dietary Guidelines for American Adults and Children ²⁰ (<10% of total energy intake)	See above	Children with <10% of total energy intake from saturated fat met the recommendation.
PA	Physical Activity Questionnaire for Older Children cutoffs ⁴⁸ (2.7 for girls; 2.9 for boys)	Physical Activity Questionnaire for Older Children ⁴⁹ ; 10-item validated PA recall that measures moderate-to-vigorous PA. A composite score from 0 to 5 was calculated.	Physical Activity Questionnaire for Older Children scores of 2.7 and 2.9 for girls and boys respectively, were considered sufficiently active and met the recommendation.
Screen time	Canadian 24-h Movement Guidelines for Children and Youth ²¹ (<2 h)	Home survey; parents reported how many h per d their children spend watching television, not including school h	Children with total daily television screen time <2 h met the recommendation.
Sleep	Canadian 24-h Movement Guidelines for Children and Youth ²¹ (9–11 h)	Home survey; parents reported habitual wake times and bedtimes for children on weekdays and weekends. Average nightly sleep was calculated from the mean sleep duration of 5 weekdays and 2 weekend d.	Children with average sleep duration between 9 and 11 h met the recommendation.

SUPPLEMENTAL REFERENCES

47. Health Canada. Canadian Nutrient File (CNF) – search by food. Available at: <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>. Accessed March 19, 2018
48. Voss C, Ogunleye AA, Sandercock GR. Physical activity questionnaire for children and adolescents: English norms and cut-off points. *Pediatr Int*. 2013;55(4):498–507
49. Kowalski KC, Crocker PR, Donen RM. The Physical Activity Questionnaire for older children (PAQ-C) and adolescents (PAQ-A) manual. *Coll Kinesiol Univ Saskatchewan*. 2004; 1–37