

Supplementary Material

Table S1. Prevalence ratios (PR) of having breakfast 3 or less times in the last week in 12-18-years-old adolescents from Central Catalonia, estimated using Poisson regression models.

	Girls				Boys			
	Crude PR		Adjusted PR		Crude PR		Adjusted PR	
	PR	95%CI	PR	95%CI	PR	95%CI	PR	95%CI
Perceived socioeconomic position								
Highest SEP tertile	1.00		1.00		1.00		1.00	
Medium SEP tertile	1.14	(1.02-1.29)	1.05	(0.93-1.17)	1.24	(1.24-1.41)	1.13	(1.00-1.28)
Lowest SEP tertile	1.44	(1.29-1.60)	1.17	(1.06-1.30)	1.37	(1.37-1.55)	1.12	(0.99-1.27)
Course								
2nd course of CSE	1.00		1.00		1.00		1.00	
4th course of CSE	1.22	(1.09-1.37)	1.11	(0.99-1.24)	1.28	(1.28-1.46)	1.25	(1.09-1.43)
2nd course of PCSE	1.27	(1.14-1.42)	1.15	(1.02-1.28)	1.38	(1.38-1.63)	1.36	(1.13-1.64)
ILTC	1.61	(1.41-1.83)	1.32	(1.14-1.51)	1.89	(1.89-2.23)	1.72	(1.45-2.03)
Migratory status								
Native	1.00		1.00		1.00		1.00	
First- or second-generation immigrant	1.37	(1.26-1.49)	1.24	(1.15-1.33)	1.36	(1.36-1.55)	1.22	(1.08-1.38)
No data	1.26	(1.09-1.47)	1.12	(0.96-1.31)	1.08	(1.08-1.48)	0.97	(0.72-1.32)
Size of municipality								
≤5,000 inhabitants	1.00				1.00			
5,001-20,000 inhabitants	1.07	(0.95-1.20)			1.16	(1.16-1.33)		
>20,000 inhabitants	1.06	(0.93-1.22)			1.01	(1.01-1.18)		
Living outside Central Catalonia	1.01	(0.76-1.33)			1.79	(1.79-2.44)		
Academic performance								
Good grades	1.00		1.00		1.00		1.00	
Average grades	1.56	(1.38-1.77)	1.40	(1.24-1.59)	1.53	(1.53-1.88)	1.44	(1.17-1.76)
Poor grades	2.16	(1.87-2.49)	1.71	(1.48-1.99)	1.99	(1.99-2.48)	1.74	(1.42-2.14)
No data	1.94	(1.61-2.33)	1.64	(1.36-1.97)	1.80	(1.80-2.37)	1.58	(1.21-2.06)
General health status								
Excellent or very good	1.00		1.00		1.00		1.00	
Good, fair or poor	1.65	(1.53-1.78)	1.38	(1.27-1.51)	1.48	(1.48-1.67)	1.22	(1.07-1.39)
Emotional state								
Highest tertile (better mood)	1.00		1.00		1.00		1.00	
Medium tertile	1.28	(1.12-1.47)	1.19	(1.04-1.37)	1.20	(1.20-1.33)	1.08	(0.96-1.21)
Lowest tertile (worse mood)	1.69	(1.49-1.91)	1.39	(1.22-1.57)	1.52	(1.52-1.78)	1.23	(1.03-1.47)
Physical Activity								
Over WHO recommendations	1.00				1.00		1.00	
Under WHO recommendations	1.26	(1.13-1.41)			1.40	(1.40-1.56)	1.20	(1.07-1.36)
No data	1.44	(1.24-1.68)			1.39	(1.39-1.68)	1.26	(1.03-1.54)
Body Mass Index								
Normal weight	1.00				1.00		1.00	
Underweight	0.83	(0.58-1.19)			0.79	(0.79-1.14)	0.76	(0.53-1.10)
Overweight or obesity	1.27	(1.16-1.40)			1.28	(1.28-1.46)	1.18	(1.03-1.35)
No data	1.01	(0.81-1.26)			1.45	(1.45-1.88)	1.30	(1.00-1.68)
On a diet								
No	1.00				1.00			
Yes, to lose or maintain weight	1.14	(0.98-1.33)			1.33	(1.33-1.63)		
Yes, for other reasons	0.91	(0.74-1.13)			0.79	(0.79-1.08)		

Highlighted in bold the statistically significant associations. Abbreviations: CSE=compulsory secondary education (ISCED 2); PCSE=post-compulsory secondary education (ISCED3); ILTC=intermediate level training cycles; SEP=socioeconomic position.