**Table S1.** Pre-test sociodemographic characteristics of 35 Mexican-heritage treatment participants and 46 wait-listed control comparisons participating in a six-week father-focused family-centered nutrition program.

| Sociodemographic characteristic | Treatment (n = 35) | Control comparison (n = 46) |
|---|---|---|
| | Mean ± s.d. (range) or n (%) | |
| Age | 38.9 ± 7.1 (28–59) | 38.7 ± 8.9 (26–58) |
| Body mass index[a] | 30.1 ± 5.4 (22.1–46.1) | 31.3 ± 5.5 (22.1–49.7) |
| Marital status | | |
| Married | 23 (65.7) | 25 (54.4) |
| Living with spouse – not married | 12 (34.3) | 21 (45.7) |
| Education attainment | | |
| Didn't go to school | 1 (2.9) | 1 (2.3) |
| Some school | 24 (68.6) | 34 (73.9) |
| GED or HS diploma | 8 (22.8) | 9 (19.6) |
| Some college | 2 (5.7) | 1 (2.2) |
| College degree | 0 (0.0) | 1 (2.2) |
| Total residents in household | 7.1 ± 2.1 (4–13) | 7.1 ± 2.0 (4–13) |
| Number of adults[b] | 2.6 ± 1.0 (2–5) | 2.7 ± 1.0 (2–6) |
| Number of children[c] | 4.5 ± 1.9 (2–8) | 4.4 ± 1.9 (2–9) |
| Ages of adults in household (years of age) | 36.4 ± 11.4 (18–79) | 37.3 ± 12.3 (26–77) |
| Ages of children in household (years of age) | 9.0 ± 4.2 (3 mo–17) | 9.3 ± 4.2 (3 mo–17) |

Abbreviations: Abbreviations: GED, general education development; HS, high school. *Promotoras* gathered pre-test (baseline) sociodemographic characteristics from program participants and wait-list control comparisons two weeks prior to participants starting the program. [a]Body mass index was calculated using kg/m$^2$. [b]Adults were defined as ≥18 years of age. [c]Children were defined as ≤17 years of age.