

**Table S1. Study variables**

<b>Variables</b>	<b>Question</b>	<b>Response options and recoding</b>
<b>Outcome variables</b>		
Fruits consumption	During the past 30 days, how many times per day did you usually eat fruit, such as oranges, pineapple, watermelon, banana, guava, pear, sweet apple, mangoes, or pawpaw?	1= I did not eat fruit during the past 30 days; 2= Less than one time per day; 3=1 time per day 4=2 times per day 5=3 times per day 6=4 times per day 7=5 or more times per day (coded as 1-3=0; 4-7=1)
Vegetable consumption	During the past 30 days, how many times per day did you usually eat vegetables, such as kontomire, garden eggs, lettuce, cabbage, okra, alefu, bira, ayoyo, or bean leaves?	1= I did not eat vegetables during the past 30 days; 2= Less than one time per day; 3=1 time per day 4=2 times per day 5=3 times per day 6=4 times per day 7=5 or more times per day (coded as 1-4=0; 5-7=1)
<b>Explanatory variables</b>		
<b>Socio-demographic characteristics</b>		
Age	How old are you?	1=12, 2=13, 3=14, 4=15, 5=16, 6=17, 7=18 years (coded as 0=1-14, 15-19)
Sex	What is your sex?	1=male, 2=female (coded 2=0, 1=male)
Grade	In what grade are you?	1=SHS1, 2=SHS2, 3=SHS3, 4=SHS4
Hunger (proxy of socioeconomic status)	Went hungry past 30 days	1=never, 2=Rarely, 3=sometimes, 4=most of the times, 5=always (coded 1-3=0, 4-5=1)
Soft drinks	During the past 30 days, how many times per day did you usually drink carbonated soft drinks, such as Pepsi, Coca-cola, Fanta, Lucozade, or Sprite?	1= I did not drink carbonated soft drinks during the past 30 days; 2= Less than one time per day; 3=1 time per day 4=2 times per day 5=3 times per day 6=4 times per day 7=5 or more times per day (coded as 1-2=0; 3-7=1)
Fast food	During the past 7 days, on how many days did you eat food from a fast food restaurant,	1=0 days to 8=7days (coded as 1-3=0; 4-8=1)

	such as vendors who sell pizza, hamburgers, fried chicken, fried rice, fried doughnuts, fried yams or potatoes, fried plantains, fried turkey (chofi), fried fish, or fried beef?	
Physical activity	During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?	1=0 days to 8=7days (coded as 1-5=0; 6-8=1)
Sedentary behaviours	How much time do you spend during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities such as oware, ludu, draft, snake and ladders, or other board games?	1=Less than 1 hour per day; to 6=More than 8 hours per day (Coded as 1-2=0; 3-6=1)
Body Mass Index classification	Overweight, obese, and underweight.	
<b>Substance use</b>		
Current tobacco use	During the past 30 days, on how many days did you use any other form of tobacco, such as chewing tobacco leaves?	1 = 0 days; to 7 = All 30 days (coded as 1 = 0; and 2–7 = 1)
Current alcohol use	During the past 30 days, on how many days did you have at least one drink containing alcohol?	1 = 0 days; to 7 = All 30 days (coded as 1 = 0; and 2–7 = 1)
Current cigarette smoking	During the past 30 days, how many days did you smoke cigarette?	1 = 0 days; to 7 = All 30 days (coded as 1 = 0; and 2–7 = 1)
Current marijuana use	During the past 30 days, how many times have you used marijuana (also called wee, Jah, Indian hemp, ahabammono, and ganja)	1=0 times; to 5=20 or more times (coded as 1=0; and 2-5=1)
<b>Psychological distress</b>		
Loneliness	During the past 12 months, how often have you felt lonely?	1=never, 2=rarely, 3= sometimes, 4 = most of the time to 5 = always (coded as 1-3 = 0; and 4- 5 = 1)
Anxiety	During the past 12 months, how often have you been so worried about something that you could not sleep at night?	1 = never to 5 = always (coded 1 - 3 = 0, 4 – 5 = 1)
Suicidal ideation	During the past 12 months, did you ever seriously consider attempting suicide?"	1 = yes, 2 = no (coded 2 = 0; and 1 = 1)
No close friends	How many close friends do you have?	1=0 to 4=3 or more (coded as 1=1; and 2-4=0)
<b>Protective factors</b>		
Helpful (Peer support)	During the past 30 days, how often were most of the students in your school kind and helpful?	1=never, 2=Rarely, 3=sometimes, 4=most of the times, 5=always (coded as 1-3 = 0; and 4–5 = 1)

Parents check homework (parental supervision)	During the past 30 days, how often did your parents or guardians check to see if your homework was done?	1=never, 2=Rarely, 3=sometimes, 4=most of the times, 5=always (coded as 1-3 = 0; and 4-5 = 1)
Understand problems (Parental Connectedness)	During the past 30 days, how often did your parents or guardians understand your problems and worries?	1=never, 2=Rarely, 3=sometimes, 4=most of the times, 5=always (coded as 1-3 = 0; and 4-5 = 1)
Know what adolescent do free time (Parental or guardian Bonding)	During the past 30 days, how often did your parents or guardians really know what you were doing with your free time?	1=never, 2=Rarely, 3=sometimes, 4=most of the times, 5=always (coded as 1-3= 0; and 4-5 = 1)