

Table S1. (With cutoff 8): The distribution of satisfaction level for weight, physical activity, and eating behaviors among 1957 university students in Jazan, Saudi Arabia.

Characteristics	Dissatisfied [#] n (%)	Satisfied n (%)
BMI categories ^a		
Underweight	240 (58.54)	170 (41.46)
Normal weight	511 (48.71)	538 (51.29)
Overweight	288 (79.56)	74 (20.44)
Obese	126 (92.65)	10 (7.35)
Physical activity (Weekly)		
No physical activity	675 (94.14)	42 (5.86)
<150 min	553 (77.02)	165 (22.98)
≥150 min	237 (45.40)	285 (54.60)
Eating behaviors		
Consumption of whole-grain products		
Yes	785 (73.71)	280 (26.29)
No	666 (74.66)	226 (25.34)
Consuming 5+ servings of fruits/vegetables (daily)		
Yes	332 (64.72)	181 (35.28)
No	1119 (77.49)	325 (22.51)
Choosing low-fat meats		
Yes	654 (69.72)	284 (30.28)
No	797 (78.21)	222 (21.79)
Choosing low-fat products		
Yes	428 (63.79)	243 (36.21)
No	1023 (79.55)	263 (20.45)
Avoiding foods high in sugar		
Yes	504 (66.93)	249 (33.07)
No	947 (78.65)	257 (21.35)

BMI: body mass index; n: Sample size; IQR, Interquartile range. ^a BMI was calculated using the standard formula of weight in kilograms divided by height in meters squared. [#] Satisfaction was defined by a score of 8 or higher on a 10-point scale, while dissatisfaction was a score below 8.

Table S2. (With cutoff 7): The distribution of satisfaction level for weight, physical activity, and eating behaviors among 1957 university students in Jazan, Saudi Arabia.

Characteristics	Dissatisfied [#] n (%)	Satisfied n (%)
BMI categories^a		
Underweight	211 (51.46)	199 (48.54)
Normal weight	351 (33.46)	698 (66.54)
Overweight	236 (65.19)	126 (34.81)
Obese	119 (87.50)	17 (12.50)
Physical activity (Weekly)		
No physical activity	658 (91.77)	59 (8.23)
<150 min	434 (60.45)	284 (39.55)
≥150 min	163 (31.23)	359 (68.77)
Eating behaviors		
Consumption of whole-grain products		
Yes	635 (59.62)	430 (40.38)
No	569 (63.79)	323 (36.21)
Consuming 5+ servings of fruits/vegetables (daily)		
Yes	266 (51.85)	247 (48.15)
No	938 (64.96)	506 (35.04)
Choosing low-fat meats		
Yes	511 (54.48)	427 (45.52)
No	693 (68.01)	326 (31.99)
Choosing low-fat products		
Yes	342 (50.97)	329 (49.03)
No	862 (67.03)	424 (32.97)
Avoiding foods high in sugar		
Yes	393 (52.19)	360 (47.81)
No	811 (67.36)	393 (32.64)

BMI: body mass index; n: Sample size; IQR, Interquartile range. ^a BMI was calculated using the standard formula of weight in kilograms divided by height in meters squared. [#] Satisfaction was defined by a score of 7 or higher on a 10-point scale, while dissatisfaction was a score below 7.

Table S3. (With cutoff 6): The distribution of satisfaction level for weight, physical activity, and eating behaviors among 1957 university students in Jazan, Saudi Arabia.

Characteristics	Dissatisfied [#] n (%)	Satisfied n (%)
BMI categories ^a		
Underweight	174 (42.44)	236 (57.56)
Normal weight	268 (25.55)	781 (74.45)
Overweight	198 (54.70)	164 (45.30)
Obese	112 (82.35)	24 (17.65)
Physical activity (Weekly)		
No physical activity	631 (88.01)	86 (11.99)
<150 min	321 (44.71)	397 (55.29)
≥150 min	118 (22.61)	404 (77.39)
Eating behaviors		
Consumption of whole-grain products		
Yes	489 (45.92)	576 (54.08)
No	470 (52.69)	422 (47.31)
Consuming 5+ servings of fruits/vegetables (daily)		
Yes	200 (38.99)	313 (61.01)
No	759 (52.56)	685 (47.44)
Choosing low-fat meats		
Yes	384 (40.94)	554 (59.06)
No	575 (56.43)	444 (43.57)
Choosing low-fat products		
Yes	258 (38.45)	413 (61.55)
No	701 (54.51)	585 (45.49)
Avoiding foods high in sugar		
Yes	303 (40.24)	450 (59.76)
No	656 (54.49)	548 (45.51)

BMI: body mass index; n: Sample size; IQR, Interquartile range. ^a BMI was calculated using the standard formula of weight in kilograms divided by height in meters squared. [#] Satisfaction was defined by a score of 6 or higher on a 10-point scale, while dissatisfaction was a score below 6.