

Appendix 3 -Prevalence of risk and protective behaviors (%) among Brazilian adolescents. National Survey of Health among 9th Grade Students (PeNSE, 2012)

Behaviors (%)	Gender	Operationalization							
Food intake frequency		none	1	2	3	4	5	6	7
			day/week	days/week	days/week	days/week	days/week	days/week	days/week
Bagged salty snacks intake	Male	26.5	20.9	18.1	13.8	6.7	4.5	2.4	7.3
	Female	25.6	21.2	16.5	12.4	7.0	5.0	2.9	9.4
	Total	26.0	21.0	17.3	13.0	6.8	4.7	2.7	8.4
Fried salty snacks intake	Male	42.4	20.4	12.5	8.6	5.1	3.6	2.2	5.1
	Female	37.2	20.1	13.3	9.0	5.5	4.6	3.4	7.0
	Total	39.7	20.3	12.9	8.8	5.3	4.1	2.8	6.1
Fizzy drinks intake	Male	12.2	14.1	15.5	14.3	10.3	8.4	5.7	19.5
	Female	15.5	15.9	14.5	12.5	8.7	7.5	6.1	19.3
	Total	13.94	15.0	15.0	13.4	9.5	7.9	5.9	19.4
Raw vegetables intake	Male	30.2	15.0	12.0	10.2	7.0	6.0	4.2	15.4
	Female	29.8	15.1	11.3	9.4	6.9	5.5	4.7	17.3
	Total	30.0	15.0	11.6	9.8	7.0	5.8	4.5	16.4
Cooked vegetables intake	Male	37.5	20.2	14.1	9.5	5.5	3.6	2.4	7.2
	Female	37.7	20.4	13.6	9.2	5.7	3.8	2.8	7.2
	Total	37.4	20.3	13.9	9.3	5.6	3.7	2.6	7.2
Fruit intake	Male	20.1	14.6	13.1	12.9	9.8	7.9	5.1	16.6
	Female	22.4	14.7	12.8	11.0	8.3	7.0	5.4	18.4
	Total	21.3	14.7	13.0	11.9	9.0	7.4	5.3	17.6
Physical activity		none	1	2	3	4	5	6	7
			day/week	days/week	days/week	days/week	days/week	days/week	days/week
Physical activity (at least 1h)	Male	14.4	18.0	16.3	14.2	9.2	7.8	4.2	15.9
	Female	33.9	21.8	15.5	10.2	5.5	4.3	2.1	6.7

<b>Sedentary Behavior</b> Hours sitting (weekdays)	Total	24.6	20.0	15.9	12.1	7.3	5.9	3.1	11.1
		<b>&lt; 1 hour</b>	<b>1-2h</b>	<b>3-4h</b>	<b>5-6h</b>	<b>7-8h</b>	<b>&gt;8h</b>		
	Male	16.9	23.9	25.3	15.3	6.6	12.1		
	Female	15.4	19.9	23.1	17.5	8.9	15.2		
	Total	16.1	21.8	24.2	16.5	7.8	13.7		

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