

Supplementary Table 1. Sociodemographic and behavioral characteristics according to the eating habits of adult Primary Health Care service users in Goiânia, Goiás, Brazil, 2022-2023 (n=783)

Variables	Score for recommended commensality practices (n=783)		Habit of having screen-free meals (n=783)		Habit of having eating food at the table (n=783)		Habit of having eating food with company (n=783)	
	Median (IQR)	p-value	Yes n (%)	p-value	Yes n (%)	p-value	Yes n (%)	p-value
Total sample^f	2 (1-3)	-	307 (39.2)	-	490 (62.6)	-	605 (77.3)	-
Age (years)^a (n=779)	-	-	41 (30-50)	<0.001 ^b	39 (29-48)	0.002 ^b	37 (28-46)	0.762 ^a
18-35	2 (1-2)	<0.001 ^b	106 (34.6)	<0.001 ^c	192 (39.3)	0.006 ^c	258 (42.6)	0.706 ^b
36-59	2 (1-3)		200 (65.4)		297 (60.7)		347 (57.4)	
Sex (n=783)								
Female	2 (1-3)	0.694 ^b	258 (84.0)	0.159 ^c	394 (80.4)	0.262 ^c	497 (82.1)	0.472 ^b
Male	2 (1-2)		49 (16.0)		96 (19.6)		108 (17.8)	
Race/skin color (n=781)								
White	2 (1-3)a	0.003 ^d	66 (21.5)	0.370 ^c	114 (23.3)	<0.001 ^c	130 (21.5)	0.498 ^b
Black	2 (1-2)b		42 (13.7)		62 (12.7)		81 (13.4)	
Mixed race	2 (1-3)a		190 (61.9)		302 (61.8)		368 (60.9)	
Asian	1 (1-2)c		9 (2.9)		11 (2.2)		25 (4.1)	
Schooling level (n=781)								
Up to complete elementary	2 (1-3)	0.292 ^d	112 (36.6)	0.260 ^c	158 (32.3)	0.055 ^c	210 (34.8)	0.571 ^b
Complete high school	2 (1-3)		146 (47.7)		247 (50.5)		306 (50.7)	
Complete higher education	2 (1-3)		48 (15.7)		84 (17.2)		88 (14.6)	
Monthly Family income (minimum wages) (n=747)								
<1	2 (1-2)	0.129 ^d	18 (6.2)	0.787 ^c	32 (6.9)	0.001 ^c	43 (7.4)	0.329 ^b
1	2 (1-3)		87 (29.9)		125 (26.8)		170 (29.4)	
2-3	2 (1-3)		130 (44.7)		208 (44.6)		270 (46.6)	
4-5	2 (1-3)		33 (11.3)		57 (12.2)		56 (9.7)	

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	Median (IQR)	p-value	Yes n (%)	p-value	Yes n (%)	p-value	Yes n (%)	p-value
>5	2 (1-3)		23 (7.9)		44 (9.4)		40 (6.9)	
Body Mass Index (kg/m²)^a	-	-	26,5 (23.5-30.8)	0.267 ^b	26.40 (23.3-30.3)	0.477 ^b	26.13 (23.1-30.3)	0.517 ^b
Nutritional Status (n=761)								
Underweight	2 (1-2)	0.982 ^c	7 (2.3)	0.430 ^c	18 (3.8)	0.908 ^c	23 (3.9)	0.865 ^d
Healthy weight	2 (1-3)		113 (37.8)		182 (38.1)		221 (37.6)	
Overweight	2 (1-3)		98 (32.8)		145 (30.3)		186 (31.7)	
Obese	2 (1-3)		81 (27.1)		133 (27.8)		157 (26.7)	
Tobacco use (n=747)								
Yes	1 (1-2)	<0.001 ^b	24 (8.1)	0.054 ^c	33 (7.0)	<0.001 ^c	51 (8.8)	0.001 ^c
No	2 (1-3)		271 (91.9)		435 (92.9)		525 (91.1)	
Alcohol use (n=747)								
Yes	2 (1-2)	0.330 ^b	100 (33.8)	0.035 ^c	188 (40.2)	0.203 ^c	216 (37.5)	0.343 ^c
No	2 (1-3)		196 (66.2)		280 (59.8)		360 (62.5)	
Physical activity level (n=757)								
Sedentary	2 (1-2)	<0.001 ^c	140 (46.8)	0.005 ^c	214 (45.2)	0.000 ^c	293 (50.2)	0.059 ^c
Moderate	2 (1-3)		91 (30.4)		134 (28.4)		148 (25.3)	
Active	2 (1-3)		58 (19.4)		111 (23.5)		129 (22.1)	
Very active	2 (1-2)		10 (3.3)		13 (2.7)		14 (2.4)	

Notes: ^aValues presented as medians (interquartile range). ^b Mann-Whitney U test; ^cPearson's chi-square test; ^dFisher's exact test; ^eKruskal-Wallis test; ^fSome variables had n<783 due to missing data.