

Supplementary Material

The following table provides a comparison of demographic variables for male and female participants for overall Stage 2 (first follow-up biomedical examination), Telephone Follow Up 2 (second follow-up survey) and Stage 3 (second follow-up biomedical examination), North West Adelaide Health Study.

| DEMOGRAPHICS (self-reported) | STAGE 2 (2004-06) (overall n=3564) | | | | TEL FOLLOW UP 2 (2007) (overall n=2996) | | | | STAGE 3 (2008-10) (overall n=2871) | | | |
|--|---------------------------------------|------|---------|------|--|------|---------|------|---------------------------------------|------|---------|------|
| | Males | | Females | | Males | | Females | | Males | | Females | |
| | n | % | n | % | n | % | n | % | n | % | n | % |
| Age | | | | | | | | | | | | |
| 20 to 29 years | 99 | 5.9 | 90 | 4.8 | 58 | 4.2 | 46 | 2.9 | 34 | 2.5 | 28 | 1.8 |
| 30 to 39 years | 240 | 14.3 | 263 | 13.9 | 166 | 12.0 | 188 | 11.7 | 130 | 9.7 | 146 | 9.5 |
| 40 to 49 years | 339 | 20.3 | 437 | 23.1 | 277 | 20.0 | 351 | 21.8 | 251 | 18.8 | 311 | 20.2 |
| 50 to 59 years | 348 | 20.8 | 431 | 22.8 | 289 | 20.9 | 372 | 23.1 | 298 | 22.3 | 364 | 23.7 |
| 60 to 69 years | 312 | 18.6 | 311 | 16.5 | 304 | 22.0 | 311 | 19.3 | 305 | 22.9 | 322 | 20.9 |
| 70 years and over | 336 | 20.1 | 358 | 18.9 | 289 | 20.9 | 345 | 21.4 | 316 | 23.7 | 366 | 23.8 |
| Marital status | | | | | | | | | | | | |
| Married/defacto | 1048 | 67.7 | 1030 | 60.2 | 983 | 71.1 | 1004 | 62.2 | 904 | 71.9 | 920 | 63.3 |
| Separated/ divorced | 211 | 13.6 | 261 | 15.3 | 179 | 12.9 | 229 | 14.2 | 157 | 12.5 | 208 | 14.3 |
| Widowed | 97 | 6.3 | 256 | 15.0 | 83 | 6.0 | 246 | 15.3 | 76 | 6.0 | 205 | 14.1 |
| Never married | 184 | 11.9 | 158 | 9.2 | 138 | 10.0 | 134 | 8.3 | 120 | 9.5 | 117 | 8.1 |
| Work status | | | | | | | | | | | | |
| Full time employed | 754 | 48.7 | 419 | 24.5 | 708 | 51.2 | 423 | 26.2 | 647 | 51.6 | 401 | 27.7 |
| Part time/casual employed | 140 | 9.0 | 403 | 23.6 | 110 | 8.0 | 388 | 24.1 | 93 | 7.4 | 324 | 22.4 |
| Unemployed | 42 | 2.7 | 32 | 1.9 | 35 | 2.5 | 21 | 1.3 | 19 | 1.5 | 21 | 1.5 |
| Home duties | 14 | 0.9 | 381 | 22.3 | 6 | 0.4 | 145 | 9.0 | 5 | 0.4 | 96 | 6.6 |
| Retired | 532 | 34.4 | 418 | 24.4 | 473 | 34.2 | 548 | 34.0 | 431 | 34.4 | 509 | 35.2 |
| Student | 16 | 1.0 | 13 | 0.8 | 3 | 0.2 | 12 | 0.7 | 4 | 0.3 | 6 | 0.4 |
| Other | 41 | 2.6 | 35 | 2.0 | 48 | 3.5 | 74 | 4.6 | 55 | 4.4 | 91 | 6.3 |
| Highest educational qualification obtained | | | | | | | | | | | | |
| Up to secondary | 586 | 37.9 | 1009 | 59.0 | | | | | 526 | 41.8 | 895 | 61.6 |
| Trade/apprenticeship | 402 | 26.0 | 52 | 3.0 | | | | | 100 | 8.0 | 107 | 7.4 |
| Certificate/diploma | 337 | 21.8 | 394 | 23.0 | <i>not asked</i> | | | | 411 | 32.7 | 215 | 14.8 |
| Bachelor degree or higher | 201 | 13.0 | 227 | 13.3 | | | | | 218 | 17.3 | 231 | 15.9 |
| Don't know | 12 | 0.8 | 18 | 1.1 | | | | | - | - | - | - |
| Gross annual household income | | | | | | | | | | | | |
| Up to \$12,000 | 150 | 9.7 | 224 | 13.1 | | | | | 20 | 1.6 | 39 | 2.7 |
| \$12,001 to \$20,000 | 199 | 12.9 | 263 | 15.4 | | | | | 148 | 11.8 | 207 | 14.2 |
| \$20,001 to \$40,000 | 385 | 24.9 | 424 | 24.8 | <i>not asked</i> | | | | 287 | 22.8 | 363 | 25.0 |
| \$40,001 to \$60,000 | 329 | 21.3 | 298 | 17.4 | | | | | 221 | 17.6 | 198 | 13.6 |
| \$60,001 to \$80,000 | 189 | 12.2 | 197 | 11.5 | | | | | 170 | 13.5 | 169 | 11.6 |
| More than \$80,000 | 234 | 15.1 | 210 | 12.3 | | | | | 352 | 28.0 | 331 | 22.8 |

Supplementary Table A1: Demographics of participants (Stage 2, Telephone Follow Up 2 & Stage 3 - North West Adelaide Health Study)

The following table provides a comparison of demographic variables for baseline (Stage 1) participants (n=4056) and for the Analysis Sample (n=2710) for adult offspring (unweighted), North West Adelaide Health Study.

| | MALES | | | | FEMALES | | | |
|--|----------|------|-----------------|------|----------|------|-----------------|------|
| | Baseline | | Analysis Sample | | Baseline | | Analysis Sample | |
| | n | % | n | % | n | % | n | % |
| DEMOGRAPHICS (self-reported) | | | | | | | | |
| Age | | | | | | | | |
| 18 to 29 years | 238 | 12.3 | 111 | 8.8 | 228 | 10.7 | 97 | 6.7 |
| 30 to 39 years | 306 | 15.8 | 203 | 16.1 | 370 | 17.4 | 241 | 16.7 |
| 40 to 49 years | 391 | 20.2 | 281 | 22.2 | 484 | 22.8 | 352 | 24.3 |
| 50 to 59 years | 380 | 19.7 | 286 | 22.6 | 415 | 19.5 | 331 | 22.9 |
| 60 to 69 years | 304 | 15.7 | 217 | 17.2 | 318 | 15.0 | 244 | 16.9 |
| 70 years and over | 313 | 16.2 | 166 | 13.1 | 309 | 14.5 | 181 | 12.5 |
| Marital status | | | | | | | | |
| Married or living with partner | 1208 | 62.5 | 863 | 68.3 | 1253 | 59.0 | 908 | 62.8 |
| Separated/ divorced | 262 | 13.6 | 169 | 13.4 | 317 | 14.9 | 208 | 14.4 |
| Widowed | 110 | 5.7 | 53 | 4.2 | 265 | 12.5 | 178 | 12.3 |
| Never married | 344 | 17.8 | 176 | 13.9 | 274 | 12.9 | 144 | 10.0 |
| Work status | | | | | | | | |
| Full time employed | 942 | 48.8 | 695 | 55.0 | 489 | 23.0 | 349 | 24.1 |
| Part time/casual employed | 173 | 9.0 | 97 | 7.7 | 517 | 24.3 | 371 | 25.7 |
| Unemployed | 91 | 4.7 | 47 | 3.7 | 55 | 2.6 | 29 | 2.0 |
| Home duties | 17 | 0.9 | 12 | 0.9 | 538 | 25.3 | 357 | 24.7 |
| Retired | 570 | 29.5 | 342 | 27.1 | 395 | 18.6 | 271 | 18.7 |
| Student | 51 | 2.6 | 25 | 2.0 | 51 | 2.4 | 23 | 1.6 |
| Other | 72 | 3.7 | 40 | 3.2 | 52 | 2.4 | 30 | 2.1 |
| Highest educational qualification obtained | | | | | | | | |
| Up to secondary | 642 | 33.2 | 382 | 30.2 | 1107 | 52.1 | 744 | 51.5 |
| Trade/apprenticeship | 601 | 31.1 | 401 | 31.7 | 83 | 3.9 | 50 | 3.5 |
| Certificate/diploma | 416 | 21.5 | 288 | 22.8 | 586 | 27.6 | 412 | 28.5 |
| Bachelor degree or higher | 210 | 10.9 | 162 | 12.8 | 263 | 12.4 | 184 | 12.7 |
| Other | 11 | 0.6 | 10 | 0.8 | 11 | 0.5 | 9 | 0.6 |
| Gross annual household income | | | | | | | | |
| Up to \$12,000 | 214 | 11.1 | 93 | 7.4 | 363 | 17.1 | 215 | 14.9 |
| \$12,001 to \$20,000 | 283 | 14.6 | 164 | 13.0 | 333 | 15.7 | 231 | 16.0 |
| \$20,001 to \$40,000 | 531 | 27.5 | 351 | 27.8 | 498 | 23.4 | 343 | 23.7 |
| \$40,001 to \$60,000 | 416 | 21.5 | 304 | 24.1 | 383 | 18.0 | 284 | 19.6 |
| \$60,001 to \$80,000 | 185 | 9.6 | 136 | 10.8 | 223 | 10.5 | 167 | 11.5 |
| More than \$80,000 | 205 | 10.6 | 164 | 13.0 | 193 | 9.1 | 130 | 9.0 |
| WEIGHT MEASURES (measured) | | | | | | | | |
| BMI | | | | | | | | |
| Underweight <18.50 | 12 | 0.6 | 4 | 0.3 | 32 | 1.5 | 21 | 1.5 |
| Normal 18.50-24.99 | 515 | 26.7 | 280 | 22.2 | 776 | 36.5 | 519 | 35.9 |
| Pre-obese 25.00-29.99 | 886 | 45.9 | 601 | 47.5 | 674 | 31.7 | 474 | 32.8 |
| Obese1 30.00-34.99 | 377 | 19.5 | 267 | 21.1 | 368 | 17.3 | 258 | 17.8 |
| Obese2 35.00-39.99 | 102 | 5.3 | 81 | 6.4 | 185 | 8.7 | 121 | 8.4 |
| Obese3 40.00+ | 40 | 2.1 | 31 | 2.5 | 87 | 4.1 | 51 | 3.5 |

| | MALES | | | | FEMALES | | | |
|---------------------------------------|----------|-------|-----------------|-------|----------|-------|-----------------|-------|
| | Baseline | | Analysis Sample | | Baseline | | Analysis Sample | |
| | n | % | n | % | n | % | n | % |
| WC | | | | | | | | |
| Normal WC M<94cm, F<80 cm | 707 | 36.6 | 429 | 33.9 | 720 | 33.9 | 486 | 33.6 |
| Overweight WC M94- 101cm, F80-87cm | 523 | 27.1 | 356 | 28.2 | 482 | 22.7 | 329 | 22.8 |
| Obese WC M>=102cm, F>=88cm | 701 | 36.3 | 479 | 37.9 | 920 | 43.3 | 630 | 43.6 |
| Total | 1932 | 100.0 | 1264 | 100.0 | 2124 | 100.0 | 1446 | 100.0 |

Supplementary Table A2: Demographics of participants at baseline (Stage 1) and the Analysis Sample (North West Adelaide Health Study)

The following table provides the self-reported perception of weight (asked in Telephone Follow Up 2, 2007) versus the measured body mass index (BMI) and waist circumference (WC) of male and female participants from Stage 2 (2004-2006) in the North West Adelaide Health Study.

| WEIGHT MEASURE | SELF-PERCEPTION | | | | | | | | |
|------------------------|----------------------------|-------|---------------|------|------------------------|------|--------------------|------|----------------------------|
| | Too thin/ a little thin | | Normal weight | | A little overweight | | Very overweight | | Total (n=1264, 100%) |
| | n | % | n | % | n | % | n | % | n |
| BMI - MALES | | | | | | | | | |
| Males | | | | | | | | | |
| Underweight <18.50 | 4 | 100.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4 |
| Normal 18.50-24.99 | 55 | 19.6 | 178 | 63.6 | 46 | 16.4 | 1 | 0.4 | 280 |
| Overweight 25.00-29.99 | 8 | 1.3 | 215 | 35.8 | 361 | 60.1 | 17 | 2.8 | 601 |
| Obese 30.00+ | 4 | 1.1 | 27 | 7.1 | 244 | 64.4 | 104 | 27.4 | 379 |
| Females | | | | | | | | | |
| Underweight <18.50 | 15 | 65.2 | 8 | 34.8 | 0 | 0.0 | 0 | 0.0 | 23 |
| Normal 18.50-24.99 | 45 | 9.5 | 323 | 68.0 | 103 | 21.7 | 4 | 0.8 | 475 |
| Overweight 25.00-29.99 | 9 | 1.8 | 131 | 26.5 | 327 | 66.2 | 27 | 5.5 | 494 |
| Obese 30.00+ | 0 | 0.0 | 25 | 5.5 | 252 | 55.5 | 177 | 39.0 | 454 |
| WC - MALES | | | | | | | | | |
| Males | | | | | | | | | |
| Normal WC <94cm | 55 | 14.4 | 228 | 59.5 | 99 | 25.8 | 1 | 0.3 | 383 |
| Overweight WC 94-101cm | 8 | 2.4 | 129 | 38.1 | 191 | 56.3 | 11 | 3.2 | 339 |
| Obese WC >=102cm | 8 | 1.5 | 60 | 11.3 | 355 | 66.6 | 110 | 20.6 | 533 |
| Females | | | | | | | | | |
| Normal WC <80 cm | 53 | 12.9 | 271 | 66.1 | 83 | 20.2 | 3 | 0.7 | 410 |
| Overweight WC 80-87cm | 13 | 4.1 | 109 | 34.6 | 182 | 57.8 | 11 | 3.5 | 315 |
| Obese WC >=88cm | 3 | 0.4 | 103 | 14.5 | 414 | 58.2 | 191 | 26.9 | 711 |

Supplementary Table A3: Self-perception of weight and measured BMI & WC of participants (Stage 2, Telephone Follow Up 2 - North West Adelaide Health Study)