



Table S1. Associations between nutrition knowledge, sociodemographic and lifestyle factors and EF.

	ADP vs. TTP		ITP vs. TTP		TTLSP vs. TTP	
	OR (95% CI)	P	OR (95% CI)	P	OR (95% CI)	P
Smoking						
No	1 [Ref]		1 [Ref]		1 [Ref]	
Yes	1.14 (0.78, 1.65)	0.47	1.07 (0.83, 1.38)	0.61	1.36 (0.94, 1.98)	0.10
Highest level of education						
Graduate degree	1 [Ref]		1 [Ref]		1 [Ref]	
Primary school	0.20 (0.07, 0.56)	0.003 *	0.27 (0.10, 0.73)	0.009 *	0.13 (0.03, 0.64)	0.011 *
Secondary school	0.20 (0.08, 0.52)	<0.001 **	0.47 (0.19, 1.13)	0.09	0.51 (0.15, 1.74)	0.28
High school	0.17 (0.07, 0.43)	<0.001 **	0.39 (0.16, 0.95)	0.039 *	0.49 (0.14, 1.67)	0.25
College	0.11 (0.04, 0.32)	<0.001 **	0.28 (0.11, 0.69)	0.006 *	0.44 (0.12, 1.59)	0.22
Bachelor's degree	0.10 (0.03, 0.29)	<0.001 **	0.28 (0.11, 0.70)	0.007 *	0.26 (0.07, 0.99)	0.047 *
Vigorous PA (4+ days)						
Yes	1 [Ref]		1 [Ref]		1 [Ref]	
No	1.23 (0.87, 1.76)	0.23	1.11 (0.87, 1.40)	0.39	1.15 (0.81, 1.64)	0.43
Food budget monthly (RMB)						
>1500	1 [Ref]		1 [Ref]		1 [Ref]	
<500	0.46 (0.27, 0.80)	0.0053 *	0.38 (0.25, 0.58)	<0.001 **	0.79 (0.45, 1.36)	0.40
500–1000	0.36 (0.24, 0.54)	<0.001 **	0.61 (0.46, 0.80)	<0.001 **	0.65 (0.42, 1.00)	0.047 *
1000–1500	0.79 (0.54, 1.18)	0.26	0.74 (0.55, 0.99)	0.047 *	1.01 (0.66, 1.55)	0.98
Sex						
Female	1 [Ref]		1 [Ref]		1 [Ref]	
Male	0.98 (0.70, 1.37)	0.90	0.89 (0.70, 1.12)	0.29	0.95 (0.68, 1.33)	0.79
Nutrition knowledge						
High	1 [Ref]		1 [Ref]		1 [Ref]	
Low	8.41 (5.36, 13.21)	<0.001 **	1.93 (1.41, 2.65)	<0.001 **	1.62 (1.01, 2.59)	0.046 *
Moderate	1.92 (1.27, 2.89)	0.002 *	1.19 (0.96, 1.47)	0.13	1.17 (0.84, 1.64)	0.34

*: $p < 0.05$; **: $p < 0.01$.

Table S2. Associations between nutrition knowledge, sociodemographic and lifestyle factors, EF, and BMI group.

	Underweight vs. Obese		Normal vs. Obese		Overweight vs. Obese	
	OR (95% CI)	P	OR (95% CI)	P	OR (95% CI)	P
Smoking						
No	1 [Ref]		1 [Ref]		1 [Ref]	
Yes	1.42 (0.89, 2.27)	0.15	1.75 (1.21, 2.54)	0.003 *	1.30 (0.86, 1.96)	0.21
Highest level of education						
Graduate degree	1 [Ref]		1 [Ref]		1 [Ref]	
Primary school	0.12 (0.03, 0.43)	0.001 *	0.90 (0.28, 2.90)	0.85	0.86 (0.21, 3.53)	0.84
Secondary school	0.39 (0.13, 1.16)	0.09	1.72 (0.58, 5.04)	0.33	1.57 (0.43, 5.72)	0.49
High school	0.48 (0.16, 1.42)	0.18	1.95 (0.66, 5.74)	0.22	1.60 (0.44, 5.83)	0.48
College	0.54 (0.16, 1.81)	0.32	2.89 (0.89, 9.36)	0.08	2.34 (0.58, 9.41)	0.23
Bachelor's degree	0.37 (0.11, 1.22)	0.10	1.84 (0.58, 5.85)	0.30	1.55 (0.39, 6.12)	0.53
Vigorous PA (4+ days)						
Yes	1 [Ref]		1 [Ref]		1 [Ref]	
No	0.68 (0.44, 1.05)	0.08	0.70 (0.49, 0.99)	0.0498 *	0.90 (0.60, 1.37)	0.63
Food budget monthly (RMB)						
>1500	1 [Ref]		1 [Ref]		1 [Ref]	
<500	0.96 (0.47, 1.95)	0.92	1.39 (0.79, 2.46)	0.26	1.14 (0.58, 2.22)	0.69
500–1000	0.98 (0.60, 1.60)	0.95	1.34 (0.89, 2.02)	0.18	1.17 (0.72, 1.92)	0.52
1000–1500	0.62 (0.37, 1.03)	0.06	0.86 (0.57, 1.30)	0.48	0.88 (0.54, 1.43)	0.60
Sex						
Female	1 [Ref]		1 [Ref]		1 [Ref]	
Male	0.33 (0.22, 0.50)	<0.001 **	0.39 (0.29, 0.53)	<0.001 **	1.14 (0.78, 1.65)	0.50
Nutrition knowledge						
High	1 [Ref]		1 [Ref]		1 [Ref]	
Low	0.70 (0.41, 1.22)	0.21	0.54 (0.34, 0.86)	0.009 *	0.45 (0.27, 0.77)	0.004 *
Moderate	0.70 (0.45, 1.11)	0.12	0.65 (0.45, 0.94)	0.023 *	0.54 (0.36, 0.82)	0.004 *
EF pattern						
TTP	1 [Ref]		1 [Ref]		1 [Ref]	
ADP	1.51 (0.87, 2.61)	0.14	0.84 (0.53, 1.31)	0.44	0.70 (0.40, 1.21)	0.20
ITP	1.34 (0.89, 2.02)	0.17	0.99 (0.71, 1.38)	0.94	0.89 (0.60, 1.31)	0.55
TTLSP	1.08 (0.60, 1.95)	0.79	0.79 (0.49, 1.26)	0.33	0.80 (0.46, 1.39)	0.43

*: $p < 0.05$; **: $p < 0.01$.