Multimedia Appendix 5. Differences between intervention (GHSH) and control group in count outcomes for dietary behaviors and physical activity at 6-month follow-up, adjusted for baseline values and confounders

<table>
<thead>
<tr>
<th>n</th>
<th>Marginal mean (95% CI)</th>
<th>Comparison</th>
<th>Difference (GHSH vs Control)</th>
</tr>
</thead>
<tbody>
<tr>
<td>GHS H/control</td>
<td>GHS</td>
<td>Control</td>
<td>RR or OR (95% CI)</td>
</tr>
</tbody>
</table>

### Physical activity (PA)

#### Vigorous PA (sessions/week)

- **Marginal mean**: 1.78 (1.38, 2.17) vs 1.59 (1.19, 1.99)
- **Yes/No**: 1.78 (1.38, 2.17) vs 1.59 (1.19, 1.99)
- **Amount**: 1.02 (0.80, 1.29)

#### Moderate PA (sessions/week)

- **Marginal mean**: 1.41 (1.09, 1.73) vs 0.84 (0.60, 1.08)
- **Yes/No**: 2.90 (7.06, 1.19)
- **Amount**: 1.10 (0.76, 1.58)

#### Walking (sessions/week)

- **Marginal mean**: 2.90 (2.50, 3.30) vs 3.60 (3.10, 4.09)
- **Yes/No**: 2.17 (0.45, 16.36)
- **Amount**: 0.77 (0.64, 0.92)

### Dietary behaviors

#### Vegetables (servings/day)

- **Marginal mean**: 2.99 (2.65, 3.32) vs 2.80 (2.49, 3.11)
- **Overall**: 1.07 (0.91, 1.24)

#### Fruit (servings/day)

- **Marginal mean**: 1.85 (1.59, 2.11) vs 1.70 (1.46, 1.94)
- **Overall**: 1.09 (0.90, 1.32)

#### Sweetened drink (cups/day)

- **Marginal mean**: 0.27 (0.12, 0.42) vs 0.31 (0.14, 0.48)
- **Amount**: 0.85 (0.49, 1.51)

#### Takeaway (meals/week)

- **Marginal mean**: 0.43 (0.21, 0.65) vs 0.43 (0.21, 0.64)
- **Yes/No**: 0.67 (0.14, 3.22)
- **Amount**: 1.16 (0.14, 3.22)
aModels adjust for baseline values of the outcome and potential confounders significant at \( P<0.2 \) (Listed in Multimedia Appendix 1). From the negative binomai regression models, we report relative rates (GHSH mean/ control mean), while from the zero-inflated negative binomial models we report separately on relative rate (GHSH mean/ control mean) when the outcome is present (e.g., number of sessions of vigorous activity, when the participant does vigorous activity) as well as the odds (GHSH/control that the outcome is present (e.g., that the participant does vigorous activity)).

bComparisons shown as overall relative rates (RR) from negative binomial models; otherwise separately as odds ratio (OR) for the presence (yes/no) of the outcome and relative rate (RR) for the amount (if the outcome is present), from zero-inflated negative binomial models.

cOverall test of significance that groups differ in either the odds of the outcome or the amount (if the outcome is present).