

Descriptive Statistics of Sociodemographic, Intrapersonal, Interpersonal and Home Environment Characteristics of Participants (N=496)

	# Items (possible score range)	Scale Type	Cronbach α	Mean \pm SD or N(%)
Sociodemographic Characteristics				
Age	1	years	^d	32.36 \pm 5.68
Black or African American, non-Hispanic	1	yes/no	^d	47(9.48)
White, non-Hispanic	1	yes/no	^d	360(72.58)
Low Education Attainment (some college or less) (% yes)	1	yes/no	^d	301(60.69)
Maternal Employment	1	categorical response	^d	
Do not work				271(54.64)
Part or Full time work				225(45.36)
Number of Children in Household	1	Total #	^d	2.21 \pm 1.01
Family Affluence Score	3 (0-9)	varies per item	^d	5.59 \pm 1.57
Food Insecurity Risk	2 (1-4)	4-point agreement rating	0.84	2.00 \pm 1.89
Health-Related Assessments				
Body Mass Index	1	Self-report height and weight	^d	27.60 \pm 7.81
Waist Circumference	1	Self-report measurement (inches)	^d	34.75 \pm 7.40
Child BMI percentile (n=446) ^a	1	Self-reported height and weight by mother	^d	63.58 \pm 34.80
General Health Status ^b	1	5-point excellence rating ^e	^d	2.94 \pm 4.58
Depression Severity	2 (1-4)	4-point frequency rating ^f	0.81	1.06 \pm 1.46
Body Dissatisfaction	1 (1-4)	4-point frequency rating ^f	^d	2.57 \pm 1.11
Primary Relative with History of Obesity (% yes)	1	yes/no	^d	181(36.49)
INTRAPERSONAL CHARACTERISTICS				
Maternal Weight-Related Behaviors				
Physical Activity Level ^c	3 (0-7)	8-point exercise frequency scale ^g	^d	15.42 \pm 9.88
Screen time ^c	1	minutes/day	^d	308.86 \pm 179.18
<4 hours/day	1	yes/no	^d	186 (37.50)
Sleep Duration	1	hours/day	^d	7.00 \pm 1.48

Sleep Quality	1 (1-5)	5-point excellence rating ^h	^d	3.25±0.90
Maternal Dietary Intake				
Fruit and Vegetable (servings/day) ^c	10 (0-more than 1)	6-point servings eaten ⁱ scale	^d	4.56±2.19
≥5 servings/day	1	yes/no	^d	184 (37.1)
Milk (servings/day)	1 (0-more than 1)	9-point servings drank ^j scale	^d	3.89±3.06
Sugar-Sweetened Beverage ^c (servings/day)	4 (0-more than 1)	9-point servings drank ^j scale	^d	0.86±0.85
<1 serving/day	1	yes/no	^d	286 (57.7)
Maternal Eating Styles				
Disinhibited Eating	3 (1-4)	4-point agreement rating ^k	0.81	1.95±0.75
Emotional Eating	3 (1-4)	4-point agreement rating ^k	0.75	2.06±0.88
Dietary Restraint Eating	4 (1-4)	4-point agreement rating ^k	0.74	2.43±0.74
Maternal Self-Perceptions				
Personal Organization (self-effectiveness)	4 (1-5)	5-point agreement rating ^l	0.69	3.67±0.83
Need for Cognition	1 (1-5)	5-point agreement rating ^l	^d	3.49±0.98
Parenting Self-Efficacy	1 (1-5)	5-point agreement rating ^l	^d	4.09±0.80
Stress Management	2 (1-5)	5-point agreement rating ^l	0.84	3.93±0.77
Stress Management Self-Efficacy	1 (1-5)	5-point agreement rating ^l	^d	2.63±1.00
Health Behavior Values				
Importance of Physical Activity for Self†	3 (1-5)	5-point agreement rating ^l	0.82	3.49±0.96
Importance of Physical Activity for Child	3 (1-5)	5-point agreement rating ^l	0.68	3.83±0.86
Encourages/Facilitates Child Physical Activity	5 (1-5)	5-point agreement rating ^l	0.88	4.23±0.66
Importance of Modeling Physical Activity to Child	2 (1-5)	5-point agreement rating ^l	0.79	4.14±0.81
Engages in Physical Activity with Child Frequently	2 (0-7)	8-point frequency scale ^m	^d	3.64±1.84
Models Physical Activity to Child Frequently	2 (0-7)	8-point frequency scale ^m	^d	3.09±1.21
Less Frequency of Modeling Sedentary Behaviors	2 (0-7)	8-point frequency scale ^m	^d	2.84±2.20

SOCIAL ENVIRONMENT

Family Meal Patterns

Family Meal Frequency/week	3 (0-21)	0-7 days for breakfast, lunch, dinner; score is sum of 3 meals	^d	13.75±4.96
Importance of Family Meals	3 (1-5)	5-point agreement rating ^l	0.70	4.53±0.62
Positive Family Meal Atmosphere	3 (1-5)	5-point agreement rating ^l	0.70	4.13±0.85

Family Functioning and Maternal Engagement

Family Support for Healthy Behaviors	4 (1-5)	5-point agreement rating ^l	0.81	4.40±0.74
Family Conflict	2 (1-5)	5-point agreement rating ^l	0.82	1.85±0.90
Family Cohesion	3 (1-5)	5-point agreement rating ^l	0.84	4.16±0.72

HOME PHYSICAL ENVIRONMENT

Home Environment: Physical Activity

Physical Activity Availability	12 (1-5)	5-point agreement rating ^l	0.72	3.77±0.68
Physical Activity Accessibility (n=524)	2 (1-5)	5-point agreement rating ^l	0.90	4.24±1.12
Media Devices in the Home	6	Total devices	^d	11.46±4.11
Daily Screen-time Child Allowed	1	minutes/day	^d	480.03±708.4

Home Environment: Food Availability

Household Fruit and Vegetable Availability (serving/person/day)	10 (0-more than 1)	9-point servings scale ^j	^d	6.41±2.44
Household Fatty/Salty Snack Availability (serving/person/day)	4 (0-32)	9-point servings scale ^j	^d	8.33±7.21
Household Sugar-Sweetened Beverage Availability (serving/person/day)	4 (0-more than 1)	9-point servings scale ^j	^d	1.83±1.78

^a Total children with biologically plausible data reported by mother (n=446)

^b Higher scores indicate poorer general health status.

^c Variable included in cluster analysis.

^d Cronbach alpha not appropriate given the scale type or <2 items.

^e 5-point excellence rating: poor, fair, good, very good, excellent.

^f 4-point frequency rating: not at all, several days, more than half the days, nearly every day.

^g 8-point exercise frequency: days/week for items scored 0, 1, 2, 3, 4, 5, 6, and 7; days/week weighted by exercise intensity (weights of 1, 2, 3 for walking, moderate, and vigorous activity, respectively) and summed to create scale score with higher scores indicating greater activity level.

^h 5-point excellence rating: very bad, bad, okay, good, very good.

ⁱ Scale scoring is protected by copyright.

^j 9-point serving: <1 time/week, 1 day/week, 2 days/week, 3 days/week, 4 days/week, 4 days/week, 6 days/week, 7 days/week, >1 time/day.

^k 4-point agreement scale: definitely false, mostly false, mostly true, definitely true.

^l 5-point agreement scale: strongly disagree, disagree, neither agree or disagree, agree, strongly agree.

^m 8-point frequency scale: 0 (almost never), 1, 2, 3, 4, 5, 6, and 7 days per week.