**Supplemental Table 1**. Sociodemographic characteristics, food intake frequency, and time spent on outdoor activities of study participants by country

| Characteristics | Guatemala | El Salvador | Dominican  Republic | Honduras | Nicaragua | Panama | Costa Rica | Belize | Mexico |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |
| **Sociodemographic characteristic** |  |  |  |  |  |  |  |  |  |
| Number of families | 31 | 30 | 30 | 30 | 31 | 19 | 27 | 31 | 31 |
|  |  |  |  |  |  |  |  |  |  |
| Sex, % male (children) | 50.0 | 58.6 | 34.5 | 48.2 | 41.9 | - | 38.5 | 53.9 | 48.2 |
|  |  |  |  |  |  |  |  |  |  |
| Age, y (mean ± SD) |  |  |  |  |  |  |  |  |  |
| Adults | 38.3 ± 8.4 | 39.9 ± 7.8 | 38.0 ± 6.0 | 40.2 ± 7.3 | 35.4 ± 7.8 | 38.1 ± 5.6 | 40.1 ± 6.3 | 39.5 ± 8.0 | 39.3 ± 8.8 |
| Children | 10.1 ± 1.4 | 10.2 ± 1.7 | 9.9 ± 1.9 | 9.8 ± 1.5 | 9.4 ± 1.8 | - | 10.4 ± 1.5 | 9.8 ± 1.7 | 10.5 ± 1.7 |
|  |  |  |  |  |  |  |  |  |  |
| Adults, education, y (mean ± SD) | 7.2 ± 3.7 | 10.2 ± 4.8 | 11.0 ± 4.7 | 13.3 ± 5.2 | 7.9 ± 3.7 | 13.2 ± 4.2 | 10.8 ± 4.1 | 8.4 ± 5.5 | 10.2 ± 3.4 |
|  |  |  |  |  |  |  |  |  |  |
| Height, cm (mean ± SD) |  |  |  |  |  |  |  |  |  |
| Adults | 156.6 ± 9.1 | 159.7 ± 8.5 | 164.6 ± 8.6 | 161.4 ± 7.9 | 163.1 ± 9.7 | 165.6 ± 8.3 | 163.0 ± 8.1 | 159.1 ± 8.7 | 159.4 ± 8.9 |
| Children height-for-age z-score1 | -1.04 ± 0.76 | -0.29 ± 1.29 | 0.18 ± 1.29 | 0.02 ± 0.88 | -0.08 ± 0.75 | - | -0.20 ± 1.00 | -0.40 ± 1.14 | -0.05 ± 1.16 |
|  |  |  |  |  |  |  |  |  |  |
| BMI, kg/m2 (mean ± SD) |  |  |  |  |  |  |  |  |  |
| Adults | 26.2 ± 4.2 | 28.3 ± 4.6 | 27.4 ± 4.8 | 28.3 ± 4.4 | 29.9 ± 4.9 | 29.6 ± 6.1 | 28.0 ± 4.1 | 29.2 ± 5.7 | 30.4 ± 6.6 |
| Children BMI-for-age z-score1 | 0.04 ± 1.31 | 0.62 ± 1.31 | 0.96 ± 1.75 | 0.26 ± 1.36 | 0.24 ± 1.52 | - | 0.55 ± 1.27 | 0.71 ± 1.25 | 0.99 ± 1.44 |
|  |  |  |  |  |  |  |  |  |  |
| Home assets2, (mean ± SD) | 4.9 ± 2.2 | 6.4 ± 2.5 | 7.1 ± 2.5 | 8.4 ± 2.6 | 4.7 ± 2.2 | 8.5 ± 2.0 | 9.9 ± 1.4 | 7.4 ± 2.8 | 7.2 ± 2.4 |
|  |  |  |  |  |  |  |  |  |  |
| Household’s food security, % | 10.0 | 10.0 | 23.3 | 43.3 | 6.5 | 42.1 | 74.1 | 32.3 | 61.3 |
|  |  |  |  |  |  |  |  |  |  |
| Month of measurement |  |  |  |  |  |  |  |  |  |
| Jan – Feb | 0.0 | 0.0 | 37.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 6.7 |
| Mar – Apr | 0.0 | 0.0 | 52.8 | 0.0 | 0.0 | 0.0 | 0.0 | 67.5 | 52.8 |
| May – Jun | 0.0 | 0.0 | 1.1 | 0.0 | 0.0 | 0.0 | 0.0 | 32.5 | 40.5 |
| Jul – Sep | 70.9 | 19.5 | 0.0 | 63.1 | 58.1 | 12.0 | 0.0 | 0.0 | 0.0 |
| Oct – Dec | 29.1 | 80.5 | 9.0 | 36.9 | 41.9 | 88.0 | 100.0 | 0.0 | 0.0 |
|  |  |  |  |  |  |  |  |  |  |
| **Food intake frequency** |  |  |  |  |  |  |  |  |  |
| Dairy3, times/day |  |  |  |  |  |  |  |  |  |
| Adults | 0.99 ± 0.90 | 1.54 ± 1.05 | 0.59 ± 0.82 | 1.40 ± 0.68 | 1.36 ± 0.85 | 0.69 ± 0.63 | 0.92 ± 0.94 | 1.06 ± 0.87 | 0.65 ± 0.69 |
| Children | 1.38 ± 1.08 | 2.21 ± 1.44 | 1.06 ± 0.77 | 2.02 ± 0.81 | 2.15 ± 1.03 | - | 1.57 ± 1.06 | 1.03 ± 0.83 | 1.36 ± 1.38 |
|  |  |  |  |  |  |  |  |  |  |
| Eggs4, times/day |  |  |  |  |  |  |  |  |  |
| Adults | 0.83 ± 0.58 | 1.09 ± 1.35 | 0.80 ± 0.47 | 0.66 ± 0.42 | 0.68 ± 0.84 | 0.65 ± 0.69 | 0.62 ± 0.67 | 0.75 ± 0.63 | 0.62 ± 0.39 |
| Children | 0.78 ± 0.61 | 0.83 ± 0.65 | 0.87 ± 0.48 | 0.72 ± 0.45 | 0.54 ± 0.36 | - | 0.58 ± 0.51 | 0.82 ± 0.58 | 0.62 ± 0.46 |
|  |  |  |  |  |  |  |  |  |  |
| Canned tuna / sardines5, times/day |  |  |  |  |  |  |  |  |  |
| Adults | 0.05 ± 0.10 | 0.04 ± 0.08 | 0.18 ± 0.18 | 0.05 ± 0.10 | 0.09 ± 0.13 | 0.17 ± 0.15 | 0.19 ± 0.16 | 0.06 ± 0.11 | 0.11 ± 0.15 |
| Children | 0.03 ± 0.09 | 0.03 ± 0.04 | 0.15 ± 0.19 | 0.07 ± 0.14 | 0.14 ± 0.18 | - | 0.15 ± 0.13 | 0.06 ± 0.12 | 0.10 ± 0.11 |
|  |  |  |  |  |  |  |  |  |  |
| **Outdoor activities** |  |  |  |  |  |  |  |  |  |
| Adults, gardening, h/day | 0.28 ± 0.95 | 0.08 ± 0.23 | 0.07 ± 0.17 | 0.20 ± 0.64 | 0.26 ± 0.66 | 0.14 ± 0.26 | 0.50 ± 1.27 | 0.67 ± 1.35 | 0.52 ± 1.10 |
|  |  |  |  |  |  |  |  |  |  |
| Adults, agricultural work, % any | 20.7 | 10.5 | 6.9 | 11.5 | 6.5 | 24.0 | 9.6 | 33.3 | 8.1 |
|  |  |  |  |  |  |  |  |  |  |
| Adults, walking outdoors, h/day | 1.44 ± 1.09 | 0.87 ± 1.23 | 0.99 ± 1.45 | 0.97 ± 1.02 | 0.58 ± 1.03 | 0.60 ± 1.26 | 1.11 ± 1.38 | 1.66 ± 2.08 | 1.82 ± 2.01 |
|  |  |  |  |  |  |  |  |  |  |
| Children, time spent playing outdoors, h/wk | 4.9 ± 6.9 | 13.0 ± 10.4 | 16.3 ± 13.3 | 9.0 ± 7.9 | 15.6 ± 15.8 | - | 11.8 ± 11.8 | 18.7 ± 11.0 | 8.3 ± 15.3 |
|  |  |  |  |  |  |  |  |  |  |

**Footnotes to Supplemental Table 1**

1  According to the World Health Organization reference ([15](#_ENREF_15)).

2 From a list that included car, bicycle, refrigerator, gas stove, electric stove, blender, microwave, washing machine, color TV, stereo, computer, and having in home access to the internet.

3 Sum of weighted intake frequencies of milk (200 g), cheese (30 g, adults; 20 g, children), cream (12 g, adults; 6 g, children), and ice cream (60 g).

4 Sum of weighted intake frequencies of one hard boiled or fried egg (60 g).

5 Intake of 60 g, adults; 25 g, children.