**Supplemental Table 1: Dietary diversity, nutritional status and depression by background characteristics**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Maternal Minimum Dietary Diversity (N=3158) | P value | Child Minimum Dietary diversity (N=3158) | P value | Paternal Minimum Dietary Diversity (N=826) | P value | Maternal Depression (N=3158) | P value | Paternal Depression (N=826) | P value |
| **Household caste/ethnicity** |  |  |  |  |  |  |  |  |  |  |
| *Brahmin/Chettri* | 40.8% | 0.182 | 61.5% | 0.003 | 46.0% | 0.934 | 4.6% | 0.081 | 4.7% | 0.258 |
| Socially excludeda | 32.6% | 49.9% | 33.7% | 5.2% | 2.3% |
| Othersb | 29.5% | 50.1% | 26.3% | 2.9% | 3.4% |
| **Agro-ecological zone residency** |  |  |  |  |  |  |  |  |  |  |
| Mountain | 43.8% | 0.000 | 55.7% | 0.000 | 43.4% | 0.000 | 5.7% | 0.000 | 6.3% | 0.014 |
| Hill | 38.9% | 57.7% | 41.9% | 5.7% | 3.3% |
| *Terai* | 26.2% | 48.2% | 24.6% | 2.4% | 1.6% |
| **Household equity quintile** |  |  |  |  |  |  |  |  |  |  |
| Poorest | 28.2% | 0.000 | 52.7% | 0.000 | 24.9% | 0.000 | 7.4% | 0.000 | 8.3% | 0.011 |
| 2nd poorest | 34.3% | 50.0% | 36.9% | 5.9% | 1.5% |
| Middle | 38.8% | 56.7% | 40.9% | 3.1% | 2.3% |
| 2nd wealthiest | 39.1% | 57.4% | 38.3% | 3.0% | 1.2% |
| Wealthiest | 42.4% | 63.3% | 61.2% | 1.5% | 4.1% |
| **Number of children** |  |  |  |  |  |  |  |  |  |  |
| Only one | 36.4% | 0.019 | 56.1% | 0.000 | 37.4% | 0.484 | 4.3% | 0.044 | 3.1% | 0.497 |
| More than 1 child under 5 years | 31.2% | 46.7% | 34.5% | 6.3% | 4.1% |
| **Headship of the household head** |  |  |  |  |  |  |  |  |  |  |
| Other adult | 39.0% | 0.000 | 55.1% | 0.423 |  |  | 3.8% | 0.006 |  |  |
| Mother | 30.5% | 53.6% |  | 5.9% |  |
| **Maternal age** |  |  |  |  |  |  |  |  |  |  |
| Under 30 years | 36.9% | 0.006 | 55.5% | 0.077 | 39.1% | 0.120 | 4.2% | 0.026 | 2.6% | 0.254 |
| 30 years and above | 31.5% | 51.7% | 33.4% | 6.2% | 4.2% |
| Total | 35.5% |  | 54.5% |  | 36.8% |  | 4.7% |  | 3.3% |  |