Table D. Generalised estimating equations examining longitudinal univariate associations between dietary intake and semester GPA

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| --- | --- | --- | --- |
| **Variables** | **GEE modelling** | | |
|  | ***p* -value** | **OR** | **95%CI** |
| **DEMOGRAPHIC CHARACTERISTICS** | | | |
| **Age (years)** | **0.125** | **0.876** | **0.740 ‒ 1.037** |
| **Living arrangements** | | | |
| On campus | Ref | | |
| Off campus | **0.105** | **0.733** | **0.503 ‒ 1.068** |
| **Total hours of paid work (week)** | **0.190** | **0.983** | **0.957 ‒ 1.009** |
| **Current work status** | | | |
| Not in paid/Unpaid employment/Other | Ref | | |
| Full/Part time/Casual employment | **0.004** | **0.776** | **0.653 ‒ 0.921** |
| **Dietary intake** | | | |
| **Serves of vegetables per day** | **0.054** | **1.109** | **0.998 ‒ 1.232** |
| **Serves of fruit per day** | 0.999 | 1.000 | 0.890 ‒ 1.124 |
| **Alcohol intake (>4 standard drinks on one occasion in the last 12 months)** | | | |
| Less than monthly or less frequently | Ref | | |
| Monthly or more frequently | **0.108** | **0.729** | **0.496 ‒ 1.072** |
| **Meeting Australian carbohydrate intake recommendations (45 – 65% of daily energy intake)** | | | |
| Not meeting recommendations | Ref | | |
| Meeting recommendations | 0.748 | 0.975 | 0.836 ‒ 1.138 |
| **Meeting Australian protein intake recommendations (15 – 25% of daily energy intake)** | | | |
| Not meeting recommendations | Ref | | |
| Meeting recommendations | 0.944 | 0.992 | 0.787 ‒ 1.250 |
| **Meeting Australian fat intake recommendations (20 – 35% of daily energy intake)** | | | |
| Not meeting recommendations | Ref |  |  |
| Meeting recommendations | 0.805 | 1.023 | 0.855 ‒ 1.223 |
| **Meeting Australian saturated fat intake recommendations (<10% of daily energy intake)** | | | |
| Not meeting recommendations | Ref | | |
| Meeting recommendations | 0.664 | 0.965 | 0.821 ‒ 1.134 |
| **Polyunsaturated fat intake (% of daily energy intake)** | 0.801 | 1.007 | 0.951 ‒ 1.067 |
| **Sodium intake (mg)** | 0.307 | 1.000 | 1.000 ‒ 1.000 |
| **Iron intake (mg)** | 0.544 | 0.979 | 0.912 ‒ 1.049 |
| **Caffeine intake (mg)** | 0.942 | 1.000 | 0.998 ‒ 1.001 |
| **OTHER VARIABLES AND POTENTIAL CONFOUNDING FACTORS** | | | |
| **Physical activity** | | | |
| Self-report: PA score (MET minutes/ week) | 0.313 | 0.810 | 0.538 ‒ 1.220 |
| Accelerometer-derived MVPA (minutes/day) | 0.885 | 1.000 | 0.993 ‒ 1.006 |
| Self-report: frequency of strength or toning activities/last week | 0.598 | 0.965 | 0.845 ‒ 1.102 |
| **Sedentary behaviour** | | | |
| Self-report: Average SB (hours/day) | 0.943 | 0.998 | 0.947 ‒ 1.052 |
| Accelerometer derived SB (hours/day) | 0.429 | 1.050 | 0.931 ‒ 1.184 |
| **Weight (kg)** | **0.012** | **0.916** | **0.856 ‒ .981** |
| **BMI (kg/m2)** | **0.127** | **0.988** | **0.972 ‒ 1.004** |
| **General health rating** | 0.538 | 0.951 | 0.812 ‒ 1.115 |
| **Overall life satisfaction** | 0.880 | 0.989 | 0.857 ‒ 1.142 |
| **Work/study life satisfaction** | 0.769 | 0.983 | 0.878 ‒ 1.101 |
| **Mental wellbeing scale** | 0.341 | 0.983 | 0.949 ‒ 1.018 |
| **Psychological distress** | 0.760 | 1.005 | 0.974 ‒ 1.037 |

MVPA = moderate-to-vigorous physical activity; MET = metabolic equivalent; BMI = Body mass index; GPA = grade point average; OR = odds ratio; CI= Confidence interval; GEE = Generalized Estimating Equations; SEM = semester. Values in bold indicate a *p* value ˂ 0.20.