

**Table 4 Adolescents' home environment with regard to healthy eating and family meals**

Home environment variable	Response categories (n = 620)			
	No. (%)	No. (%)	No. (%)	No. (%)
<b>Parental support for healthy eating<sup>a</sup></b>				
Rate the following statements	Not at all	A little bit	Somewhat	Very much
My mother cares about eating healthy food	19 (3.1)	95 (15.3)	173 (27.9)	324 (52.3)
My father cares about eating healthy food	59 (9.5)	80 (12.9)	172 (27.7)	284 (45.8)
My mother encourages me to eat healthy food	24 (3.9)	58 (9.4)	134 (21.6)	395 (63.7)
My father encourages me to eat healthy food	59 (9.5)	95 (15.3)	134 (21.6)	305 (49.2)
<b>Atmosphere at the family meal<sup>b</sup></b>				
How strongly do you agree with the following statement?	Strongly disagree	Disagree	Agree	Strongly agree
In my family, mealtime is a time for talking with other family members	27 (4.4)	51 (8.2)	142 (22.9)	393 (63.4)
In my family, meal time is about more than just getting food; we talk with each other	43 (6.9)	78 (12.6)	150 (24.2)	342 (55.2)
In my family, eating brings people together in an enjoyable way	22 (3.5)	64 (10.3)	208 (33.5)	319 (51.5)
I enjoy eating meals with my family	21 (3.4)	56 (9.0)	154 (24.8)	377 (60.8)
<b>Importance of the family meal<sup>c</sup></b>				
How strongly do you agree with the following statement?	Strongly disagree	Disagree	Agree	Strongly agree
In my family, it is important that the family eat at least one meal a day together	80 (12.9)	78 (12.6)	182 (29.4)	274 (44.2)
In my family we are expected to be home for the main meal	33 (5.3)	78 (12.6)	205 (33.1)	291 (46.9)
In my family, it is often difficult to find a time when family members can sit down to eat a meal together	84 (13.5)	160 (25.8)	139 (22.4)	227 (36.6)
In my family, different schedules make it hard for us to eat meals together	155(25.0)	217 (35.0)	116 (18.7)	125 (20.2)

<sup>a</sup>n = 590, range: 0–12, mean = 9.1 (SD 2.8).

<sup>b</sup>n = 608, range: 0–12, mean = 9.6 (SD 2.7).

<sup>c</sup>n = 600, range: 0–15, mean = 8.4 (SD 2.8).