

Supplementary Table I. Characteristics of participants (n=137).

	Participants n (%)
The family's financial situation (n=90) †	
Very good	54 (60)
Fairly good	30 (33)
Some or major financial difficulties	5 (6)
Support from family and friends (n=90) †, ‡	
My family really tries to help me	75 (83)
I get the emotional help and support I need from my family	68 (76)
I can talk about my problems with my family	64 (71)
My family is willing to help me make decisions	66 (73)
My friends really try to help me	61 (68)
I can count on my friends when things go wrong†	60 (67)
I have friends with whom I can share my joys and sorrows	69 (77)
I can talk about my problems with my friends	62 (69)
Ever experienced bullying in connection with figure skating	
Yes	14 (10)
No	123 (90)
Skipping snacks on weekdays	
Not skipping snacks on weekdays	98 (72)
≥1 weekday(s)	39 (28)
Skipping snacks on weekends	
Not skipping snacks on weekends	50 (36)
≥1 day(s) on weekends	87 (64)
Eating fruits	
≥1 time(s) per day	48 (35)
2-6 days per week	68 (50)
≤1 per week	21 (15)
Eating vegetables	
≥1 time(s) per day	79 (58)
2-6 days per week	45 (33)
≤1 per week	13 (9)
Eating sweets	
≥1 time(s) per day	5 (4)
2-6 days per week	85 (62)
≤1 per week	47 (34)
Consuming sweet drinks (n=136)	
≥1 time(s) per day	26 (19)
2-6 days per week	48 (35)
≤1 per week	63 (46)
Use of dietary supplement (n=87) †	
No	62 (71)
Yes	25 (29)
Kind of supplement used (multiple options possible) (n=43) †	
Energy drinks	5 (12)
Energy bars	17 (40)
Vitamin or mineral tablets	15 (35)
Other (nutritional drinks, protein powder, lactic acid tablets)	6 (14)

SD=Standard Deviation.

† Question not asked to skaters <12 years

‡ Multidimensional Perceived Social Support Scale (MPSS). Showing those answering a score of 6 or 7 (i.e., those that agree with the sentence).