*Appendix 3. Results for outcomes split by intensity (intensive vs. weekly)*

|  |  |  |  |
| --- | --- | --- | --- |
| **Variable** | **Post-intervention mean (SD)** | **Adjusted mean difference (95% CI)** | **p-value** |
| **Intensive** | **Weekly** |
| Total areas where RDI/ AI met (/21) | 9.4 (±4.4) | 9.4 (±3.4) | -0.1 (-1.8, 1.6) | 0.90 |
| Total % energy intake1 | 102.4 (±25.3) | 101.3 (±23.9) | -1.0 (-13.1, 11.1) | 0.87 |
| Total % energy intake without drinks1 | 81.4 (±20.0) | 85.4 (±25.4) | 3.6 (-7.6, 14.8) | 0.52 |
| Total foods | 25.8 (±10.8) | 28.5 (±13.0) | 0.3 (-3.3, 3.9) | 0.88 |
| Total carbohydrates | 4.9 (±3.4) | 6.8 (±3.7) | 0.4 (-0.5, 1.3) | 0.35 |
| Total proteins | 7.7 (±4.4) | 9.4 (±5.1) | -0.7 (-2.3, 1.0) | 0.41 |
| Total F&V | 8.1 (±5.6) | 8.0 (±6.3) | 0.2 (-1.4, 1.8) | 0.77 |
| Total unprocessed F&V | 4.2 (±4.8) | 5.8 (±5.7) | 0.0 (-1.5, 1.4) | 0.95 |
| Total empty calorie foods2 | 5.0 (±3.9) | 4.4 (±2.5) | -0.2 (-1.0, 0.7) | 0.70 |
| BPFAS TFS-Child (/125) | 63.0 (±14.9) | 62.7 (±11.9) | 2.5 (-2.5, 7.5) | 0.32 |
| BPFAS TFS-Parent (/50) | 25.7 (±8.0) | 22.9 (±5.1) | -2.0 (-4.8, 0.7) | 0.14 |
| BPFAS TPS-Child (/25) | 9.9 (±6.2) | 8.4 (±4.8) | -0.4 (-2.9, 2.0) | 0.72 |
| BPFAS TPS-Parent (/10) | 4.0 (±3.3) | 3.1 (±2.6) | -0.1 (-1.3, 1.1) | 0.84 |
| Height z-score | 0.6 (±0.9) | 0.6 (±1.2) | 0.0 (-0.2, 0.2) | 0.86 |
| Weight z-score | 0.5 (±0.7) | 0.5 (±1.0) | 0.0 (-0.1, 0.2) | 0.70 |
| BMI z-score | 0.3 (±0.8) | 0.3 (±1.0) | 0.1 (-0.3, 0.4) | 0.75 |
| ECBI TFS (/180) | 107.9 (±30.8) | 119.4 (±30.5) | 4.4 (-5.6, 14.4) | 0.39 |
| ECBI TPS (/36) | 7.5 (±7.1) | 8.8 (±8.5) | -1.9 (-4.6, 0.7) | 0.15 |
| PSI-SF percentile | 59.2 (±35.0) | 71.8 (±29.5) | -4.4 (-15.3, 6.5) | 0.42 |

*RDI/ AI=Recommended Daily Intake/ Adequate Intake as per NHMRC guidelines; F&V=Fruit and Vegetables; BPFAS=Behavioral Pediatrics Feeding Assessment Scale; TFS=Total Frequency Score; TPS=Total Problem Score; BMI=Body Mass Index; ECBI=Eyberg Child Behavior Inventory; PSI-SF=Parenting Stress Index-Short Form*

*1Total energy intake as a percentage of total recommended daily intake for age described by the NHMRC guidelines [Australian Government, Department of Health and Ageing]*

*2Empty calorie foods are defined as foods that are energy-dense but nutrient-poor (e.g. chocolate, cakes, chips, and soft drinks)*