|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Total score** | **Computing literacy and reading food labels** | **Number of food units score** | **Food groups score** | **Reading and comprehension score** | **General nutrition information score** | **Frequency (%)** | **sub-groups** | **Characteristics** |
| 17.21± 4.60 | 2.80 ± 1.96 | 1.23 ± 0.82 | 1.23 ± 0.85 | 4.95 ± 1.11 | 6.97± 2.07 | 184 (41.82) | 15-30 | **Categorized age** (year) |
| 17.39± 4.41 | 2.77± 1.94 | 1.17 ± 0.77 | 1.24 ± 0.91 | 5.06 ± 1.13 | 7.13 ± 1.89 | 189 (42.95) | 31-45 |
| 18.46±4.25 | 3.37± 1.69 | 1.31 ± 0.77 | 1.14 ± 0.04 | 5.22± 1.09 | 7.42 ± 2.01 | 59 (13.41) | 46-60 |
| 17.88 ±2.23 | 3.12± 0.99 | 1.75 ± 0.46 | 0.87 ± 0.99 | 5.25 ± 0.88 | 6.87 ± 1.95 | 8 (1.82) | 61-75 |
| 0.29 | 0.17 | 0.61 | 0.77 | 0.83 | 0.46 | - |  | P-value |
| 17.48±5.03 | 2.94 ± 2.00 | 1.31 ± 0.86 | 1.20 ± 0.86 | 5.08 ± 1.04 | 6.94 ± 2.38 | 112 (25.45) | Single | **Marital status** |
| 17.50±4.22 | 2.88 ± 1.88 | 1.20 ± 0.76 | 1.22 ± 0.90 | 5.04 ± 1.15 | 7.17 ± 1.83 | 316 (71.82) | married |
| 16.25±4.71 | 2.08 ± 1.83 | 1.17 ± 0.94 | 1.33 ± 1.07 | 4.83 ± 1.03 | 6.83 ± 1.70 | 12 (2.73) | Divorced or widowed |
| 0.63 | 0.34 | 0.42 | 0.89 | 0.76 | 0.53 |  |  | P-value |
| 14.67± 4.72 | 2. 30± 1.96 | 1.06 ± 0.79 | 0.67 ± 0.85 | 4.36 ± 1.19 | 6.27 ± 2.17 | 33 (7.50) | Elementary education | **Education level** |
| 15.99±3.87 | 2.51 ± 1.86 | 1.09 ± 0.70 | 1.02± 0.91 | 4.63 ± 1.18 | 6.74 ± 2.03 | 104 (23.64) | Intermediate Education |
| 16.78±4.14 | 2.58 ± 1.89 | 1.10 ± 0.78 | 1.14 ± 0.90 | 4.97 ± 1.14 | 6.99 ± 1.94 | 143 (32.50) | High school and diploma |
| 18.53±4.07 | 2.96 ± 1.85 | 1.56 ± 0.84 | 1.62 ± 0.65 | 5.38 ± 0.86 | 7.02 ± 1.96 | 45 (10.23) | Postgraduate education |
| 20.01±4.31 | 3.76 ± 1.93 | 1.42 ± 0.78 | 1.51 ± 0.78 | 5.56 ± 0.86 | 7.17 ± 1.83 | 90 (20.45) | Bachelor's degree |
| 20.12±3.21 | 3.44 ± 1.92 | 1.44 ± 0.89 | 1.48 ± 0.87 | 5.64 ± 0.57 | 7.77 ± 1.79 | 25 (5.68) | Master's degree and more |
| **<0.001** | **<0.001** | **0.0003** | **<0.001** | **<0.001** | **0.001** |  |  | P-value |
| 16.75±4.02 | 2. 59± 1.81 | 1.13 ± 0.74 | 1.14 ± 0.90 | 4.91 ± 1.14 | 6.97 ± 1.84 | 241 (54.78) | Housekeeper | **Job** |
| 19.38±4.11 | 3.39 ± 1.79 | 1.36 ± 0.80 | 1.49± 0.85 | 5.47 ± 1.04 | 7.66± 1.77 | 74 (16.82) | Employee |
| 17.38±5.60 | 2.95 ± 2.12 | 1.40 ± 0.93 | 1.30 ± 0.94 | 4.85 ± 1.23 | 6.88 ± 2.49 | 40 (9.09) | Self-employment |
| 18.80± 5.09 | 3.65 ± 2.18 | 1.43 ± 0.90 | 1.23 ± 0.80 | 5.45 ± 0.68 | 7.05 ± 2.15 | 40 (9.09) | Student |
| 17.07±4.41 | 2.73 ± 1.92 | 1.78 ± 0.75 | 1.16 ± 0.85 | 4.87 ± 1.12 | 7.13 ± 2.31 | 45 (10.22) | Unemployed |
| **<0.001** | **0.001** | **0.04** | **0.05** | **0.0002** | **0.11** |  |  | P-value |
| 17.90±3.94 | 3.25 ± 1.57 | 1.13 ± 0.72 | 1.11 ± 0.94 | 5.05 ± 1.11 | 7.36 ± 1.77 | 186 (42.37) | Yes | History of attending training courses |
| 17.15±4.79 | 2.60 ± 2.07 | 1.30 ± 0.83 | 1.29± 0.85 | 5.04 ± 1.12 | 6.93 ± 2.10 | 245 (55.68) | No |
| 16.89 ±4.40 | 2.44 ± 2.55 | 1.22 ± 0.97 | 1.67 ± 0.71 | 5.11 ± 1.36 | 6.44 ± 2.35 | 9 (2.05) | not remember |
| **0.21** | **0.001** | 0.08 | **0.04** | 0.98 | **0.05** |  |  | P-value |
| 16.18±4.47 | 2.58 ± 2.04 | 1.12 ± 0.86 | 0.94 ± 0.97 | 4.85 ± 1.49 | 6.70 ± 2.27 | 33 (7.50) | Asking friends and acquaintances | **Source of information** |
| 15.94±4.89 | 2.76 ± 1.92 | 1.26 ± 0.83 | 1.26± 0.79 | 4.65 ± 1.30 | 6.00 ± 2.30 | 34 (7.73) | Asking family members |
| 17.10±3.87 | 2.53 ± 1.66 | 1.07 ± 0.65 | 1.14 ± 0.94 | 4.94 ± 1.20 | 7.43 ± 1.72 | 96 (21.82) | Asking the doctor and health workers |
| 16.95±4.83 | 2.75 ± 2.01 | 1.23 ± 0.84 | 1.17 ± 0.87 | 4.96 ± 1.14 | 6.84 ± 2.07 | 108 (24.55) | Virtual social networks |
| 15.97±4.16 | 2.60 ± 1.91 | 1.09 ± 0.74 | 1.11 ± 0.83 | 4.86 ± 1.09 | 6.31 ± 2.18 | 35 (7.95) | radio and TV |
| 18.5 (2.12) | 3.00 ± 1.41 | 2.00 ± 1.41 | 2.00 ± 0.00 | 6.00 ± 0.00 | 5.50 ± 2.12 | 2 (0.45) | Newspapers, periodicals and magazines |
| 20.62±3.54 | 4.00 ± 1.63 | 1.50 ± 0.89 | 1.56 ± 0.81 | 5.69 ± 0.60 | 7.89 ± 1.63 | 16 (3.64) | Booklets, pamphlets, educational and promotional brochures |
| 18.87±4.15 | 3.16 ± 2.07 | 1.24 ± 0.78 | 1.45± 0.89 | 5.26 ± 1.03 | 7.75 ± 1.54 | 82 (18.64) | Using two sources of information |
| 19.5±3.67 | 3.65 ± 1.50 | 1.65 ± 0.77 | 1.21 ± 0.84 | 5.53 ± 0.66 | 7.47 ± 1.85 | 34 (7.73) | Using three or more sources of information |
| **<0.001** | **0.02** | **0.01** | 0.07 | **0.002** | **<0.0010** |  |  | P-value |
| 17.83±5.34 | 2.97 ± 2.13 | 1.20 ± 0.96 | 1.54± 0.82 | 4.86 ± 1.29 | 7.26 ± 2.17 | 35 (7.95) | Less than 20 | **Categorized BMI** |
| 17.89±4.50 | 2.97 ± 1.93 | 1.28 ± 0.83 | 1.28 ± 0.88 | 5.15 ± 1.00 | 7.21 ± 2.10 | 185(42.05) | Between 20 and 25 |
| 16.99±4.35 | 2.76 ± 1.92 | 1.19 ± 0.73 | 1.13 ± 0.89 | 5.01 ± 1.19 | 6.89 ± 1.84 | 180 (40.91) | Between 25 and 30 |
| 17.30±3.68 | 2.80 ± 1.56 | 1.15 ± 0.77 | 1.08 ± 0.92 | 4.86 ± 1.16 | 7.40 ± 1.81 | 40 (9.09) | More than 30 |
| 0.26 | 0.74 | 0.66 | **0.04** | 0.29 | 0.30 |  |  | P-value |