**Table S1.** Unadjusted association of socioeconomic and household environmental factors with the risk of having overweight–obesity (BMI ≥ 25) and obesity (BMI ≥ 30).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variable** | **Overweight–obesity (BMI ≥ 25)** | | **Obesity (BMI ≥ 30)** | |
| **COR (95% CI)** | ***p*-value** | **COR (95% CI)** | ***p*-value** |
| *SOCIOECONOMIC FACTORS* |  |  |  |  |
| *Individual-level factors* |  |  |  |  |
| Age (years) |  |  |  |  |
| 15–24 | ref |  | ref |  |
| 25–34 | 4.81 (3.95–5.86) | <0.001 | 4.21 (2.65–6.69) | <0.001 |
| 35–49 | 6.37 (5.26–7.07) | <0.001 | 7.73 (5.01–11.96) | <0.001 |
| Educational status |  |  |  |  |
| No formal education | ref |  | ref |  |
| Primary | 1.58 (1.32–1.90) | <0.001 | 1.99 (1.38–2.87) | <0.001 |
| Secondary | 1.04 (0.89–1.21) | 0.646 | 1.30 (0.94–1.81) | 0.108 |
| Higher | 1.36 (1.12–1.65) | 0.002 | 1.56 (1.05–2.34) | 0.029 |
| Employment status |  |  |  |  |
| Not currently employed | ref |  | ref |  |
| Currently employed | 1.05 (0.93–1.20) | 0.422 | 0.86 (0.67–1.11) | 0.253 |
| *Household-level factors* |  |  |  |  |
| Marital status |  |  |  |  |
| Never married | ref |  | ref |  |
| Married/living with a partner | 6.14 (4.73–7.96) | <0.001 | 6.17 (3.36–11.35) | <0.001 |
| Widowed/divorced/separated | 6.01 (3.89–9.27) | <0.001 | 6.62 (2.71–16.23) | <0.001 |
| Number of household members |  |  |  |  |
| ≤5 | ref |  | ref |  |
| >5 | 1.67 (1.46–1.91) | <0.001 | 0.48 (0.36–0.64) | <0.001 |
| Wealth index |  |  |  |  |
| Poorest | ref |  | ref |  |
| Poorer | 1.94 (1.51–2.49) | <0.001 | 2.83 (1.31–6.11) | 0.008 |
| Middle | 1.92 (1.50–2.47) | <0.001 | 3.07 (1.43–6.57) | 0.004 |
| Richer | 3.14 (2.48–3.98) | <0.001 | 6.51 (3.20–13.23) | <0.001 |
| Richest | 7.90 (6.27–9.94) | <0.001 | 20.87 (10.58–41.19) | <0.001 |
| Religion |  |  |  |  |
| Hindu | ref |  | ref |  |
| Buddhist | 1.86 (1.44–2.40) | <0.001 | 1.90 (1.19–3.02) | 0.007 |
| Muslim | 0.77 (0.55–1.08) | 0.135 | 0.87 (0.44–1.71) | 0.687 |
| Other | 1.54 (1.14–2.08) | 0.004 | 1.47 (0.82–2.62) | 0.187 |
| *HOUSEHOLD ENVIRONMENTAL FACTORS* |  |  |  |  |
| *Environmental factors* |  |  |  |  |
| Place of residence |  |  |  |  |
| Urban | ref |  | ref |  |
| Rural | 0.60 (0.52–0.69) | <0.001 | 0.38 (0.27–0.53) | <0.001 |
| Province of residence |  |  |  |  |
| Province 1 | ref |  | ref |  |
| Province 2 | 0.34 (0.27–0.44) | <0.001 | 0.34 (0.20–0.58) | <0.001 |
| Province 3 | 1.21 (0.98–1.49) | 0.075 | 1.58 (1.08–2.32) | 0.018 |
| Province 4 | 1.13 (0.91–1.39) | 0.271 | 1.28 (0.86–1.91) | 0.227 |
| Province 5 | 0.61 (0.49–0.76) | <0.001 | 0.61 (0.39–0.97) | 0.035 |
| Province 6 | 0.38 (0.30–0.49) | <0.001 | 0.35 (0.20–0.61) | <0.001 |
| Province 7 | 0.24 (0.18–0.32) | <0.001 | 0.20 (0.10–0.40) | <0.001 |
| Ecological zone |  |  |  |  |
| Mountain | ref |  | ref |  |
| Hill | 1.59 (1.21–2.09) | <0.001 | 1.81 (0.99–3.29) | 0.052 |
| Terai | 1.23 (0.93–1.62) | 0.146 | 1.30 (0.71–2.39) | 0.393 |
| *Household facilities* |  |  |  |  |
| Source of drinking water |  |  |  |  |
| Unimproved | ref |  | ref |  |
| Improved | 1.89 (1.36–2.64) | <0.001 | 2.12 (0.99–4.55) | 0.051 |
| Type of toilet facility |  |  |  |  |
| Unimproved | ref |  | ref |  |
| Improved | 2.79 (2.14–3.60) | <0.001 | 5.06 (2.38–10.77) | <0.001 |
| Cooking fuel |  |  |  |  |
| Solid fuel | ref |  | ref |  |
| Clean fuel | 3.57 (3.28–4.29) | <0.001 | 6.16 (4.65–8.14) | <0.001 |
| Access to electricity |  |  |  |  |
| No | ref |  | ref |  |
| Yes | 3.86 (2.77–5.37) | <0.001 | 5.49 (2.26–13.38) | <0.001 |
| *Housing characteristics* |  |  |  |  |
| Main floor material |  |  |  |  |
| Unimproved | ref |  | ref |  |
| Improved | 3.21 (2.81–3.66) | <0.001 | 5.61 (4.19–7.52) | <0.001 |
| Main wall material |  |  |  |  |
| Unimproved | ref |  | ref |  |
| Improved | 2.61 (2.29–2.98) | <0.001 | 4.23 (3.13–5.72) | <0.001 |
| Main roof material |  |  |  |  |
| Unimproved | ref |  | ref |  |
| Improved | 2.43 (1.86–3.18) | <0.001 | 4.19 (1.97–8.94) | <0.001 |
| *Household possessions* |  |  |  |  |
| Refrigerator |  |  |  |  |
| No | ref |  | ref |  |
| Yes | 3.49 (2.99–4.07) | <0.001 | 5.09 (3.91–6.64) | <0.001 |
| Television |  |  |  |  |
| No | ref |  | ref |  |
| Yes | 3.04 (2.64–3.50) | <0.001 | 4.03 (2.91–5.58) | <0.001 |
| Mobile phone |  |  |  |  |
| No | ref |  | ref |  |
| Yes | 2.51 (2.12–2.96) | <0.001 | 2.89 (1.97–4.22) | <0.001 |
| Bicycle |  |  |  |  |
| No | ref |  | ref |  |
| Yes | 0.88 (0.77–1.00) | 0.046 | 0.83 (0.63–1.08) | 0.166 |
| Motorised vehicle |  |  |  |  |
| No | ref |  | ref |  |
| Yes | 2.08 (1.79–2.41) | <0.001 | 3.17 (2.43–4.14) | <0.001 |

BMI: body mass index. COR: crude odds ratio. 95% CI: 95% confidence interval. ref: reference category.