

Appendix 1: Description of the nine stages of community readiness and corresponding scores

Stage (Readiness Score)	Description
1. No awareness (1-1.99)	The issue is not generally recognized as a problem; the issue is normative and accepted.
2. Denial (2-2.99)	Most community members believe that the problems do not exist locally or are impossible to change
3. Vague awareness (3-3.99)	Community members and leaders began recognition of the problem but there is no immediate motivation to do anything about it
4. Preplanning (4-4.99)	Community members and leaders clearly recognize the issue as a concern although efforts are not focused or detailed.
5. Preparation (5-5.99)	Most community members want to do something to address the issue and planning is occurring.
6. Initiation (6-6.99)	Leaders begin implementation of a program and enough information is available to justify the efforts.
7. Stabilization (7-7.99)	Some programs are operating and are stable and most community members have more than basic knowledge of local efforts and issues.
8. Confirmation/Expansion (8-8.99)	Community members and leaders strongly support efforts; efforts are in place and expand.
9. High level of community ownership (9-9.99)	Most community members have sophisticated and detailed knowledge of local efforts and issues; leaders are continually reviewing evaluation results and the model is applied to other issues.

Appendix 2: Characteristics of the expert panel of Delphi study

	Invited experts n=33	Round 1 n=26 n (%)	Round 2 n=21 n (%)	Round 3 n=19 n (%)
Response Rate		21(81)	19 (73)	16 (61/5)
Sex				
Male	18 (54/5)	12 (46)	10 (48)	9 (47)
Female	15 (45/5)	14 (54)	11(52)	10 (53)
Specialty				
Nutritionist	9(27)	7(27)	7(33)	6(31/5)
Health education and promotion specialist	5(15)	4(15)	2(9/5)	2(10/5)
Sociologist	3(9)	3(11/5)	2(9/5)	2(10/5)
Epidemiologist	2 (6)	2(7/5)	1(5)	0
Health policy specialist	5(15)	2(7/5)	1(5)	1(5)
Child psychologist	3(9)	3(11/5)	3(14)	3(16)
Pediatrician	2(6)	2(7/5)	2(9/5)	2(10/5)
Social medicine specialist	4(12)	3(11/5)	3(14)	3(16)

**Appendix 3: Socio-demographic characteristics of the interviewed key informants
(n=66)**

	High SES (District 2) n (%)	Low SES (District 16) n (%)
Sex		
Female	29 (90/6)	31 (91/2)
Male	3 (9/4)	3(8/8)
School personnel		
School principal	4(12/5)	5(14/7)
Physical education teacher	4(12/5)	4(11/8)
School health & education consultant	5 (15/6)	4(11/8)
Teacher	3(9/4)	3(8/8)
Parent	4(12/5)	6(17/6)
Municipal community center	6(18/8)	6(17/6)
Public health care center	6(18/8)	6(17/6)
Age (years)		
20-29	0(0)	3(8/8)
30-39	7(21/9)	14(41/2)
40-49	15(46/9)	16(47/0)
50-59	10(31/2)	1(2/9)
Level of education		
High school diploma	0(0)	6(17/7)
BSc	27(84/4)	25(73/5)
MSc	5(15/6)	3(8/8)
Marital status		
Single	4(12/5)	6(17/6)
Married	28(87/5)	28(82/4)
Length of association with the local community (years)		
1-3	15(46/9)	24(70/6)
3-6	10(31/2)	7(20/6)
6-9	4(12/5)	0(0)
> 9	3(9/4)	3(8/8)

Appendix 4: Local communities' readiness scores across SES and sex

Dimensions	High SES (District 2)		Low SES (District 16)		Total	Stage of readiness for each dimension
	Girls' schools (n=3)	Boys' schools(n=3)	Girls' schools (n=3))	Boys' schools (n=3)	Boys' & Girls' schools (n=12)	Boys' & Girls' schools(n=12)
Community efforts	5.43 (0.34)	4.51 (0.44)	4.52 (0.73)	4.38(0.66)	4.71 (0.48)	<i>Preplanning</i>
Knowledge of efforts	5.50 (0.30)	4.37 (0.37)	4.53 (0.62)	4.38(0.43)	4.69 (0.54)	<i>Preplanning</i>
Leadership	4.64 (0.06)	3.94 (0.63)	4.41 (0.38)	3.73 (0.56)	4.18 (0.41)	<i>Preplanning</i>
Community climate	4.48 (0.23)	4.04(0.26)	4.28 (0.40)	3.76 (0.60)	4.14 (0.31)	<i>Preplanning</i>
Knowledge of issue	5.41 (0.36)	4.59 (0.58)	4.42 (0.62)	4.22 (0.11)	4.65 (0.51)	<i>Preplanning</i>
Resources	4.56 (0.42)	3.97 (0.28)	4.33 (0.67)	3.72 (0.41)	4.14 (0.37)	<i>Preplanning</i>
Overall readiness scores (SD)	5.00 (0.48)	4.23 (0. 28)	4.41 (0.09)	4.03 (0.32)	4.41(0.29)	
Stage of readiness	<i>Preparation</i>	<i>Preplanning</i>	<i>Preplanning</i>	<i>Preplanning</i>	<i>Preplanning</i>	

Data are Means (Standard Deviation) (SD).

Appendix 5: Local communities' readiness scores across intervention and comparison sites

	Girls' schools, District 2[‡]	Boys' schools, District 2	Girls' schools, District 16[‡]	Boys' schools, District 16
Dimensions	Intervention/ Comparison (n=710) / (n=715)	Intervention/ Comparison (n=695) / (n=735)	Intervention/ Comparison (n=650) / (n=564)	Intervention/ Comparison (n=620) / (n=546)
Community efforts	[¶] 5.05 (0.21) / 5.53(0.30)	5.01(0.17) / 4.15(0.33)	5.21(0.36) / 4.62 (0.47)	5.10 (0.29) /4.25(0.75)
Knowledge of efforts	5.20 (0.30) / 5.50 (0.28)	4.20 (0.31) / 4.80(0.57)	5.02 (0.22) /4.75 (0.28)	4.75(0.41) / 4.50(0.54)
Leadership	4.66 (0.68) / 4.58(0.86)	4.08 (0.26) / 4.50(0.35)	4.50 (0.70) / 4.75 (0.64)	4.18 (0.53) / 3.91(0.80)
Community climate	4.75 (0.52) / 4.33(0.87)	4.13(0.43) / 4.26(0.33)	4.40 (0.55) / 4.62 (0.47)	4.30 (0.34) / 3.88(0.49)
Knowledge of issue	5.06 (0.35) / 5.38(0.31)	4.13(0.43) / 4.40(0.96)	5.14(0.37) / 4.12 (0.62)	4.33 (0.60) / 4.25(0.61)
Resources	4.08 (0.20) / 4.86(0.74)	4.06(0.27) / 4.20(0.27)	4.75(0.38) / 4.70 (0.47)	4.06 (0.35) / 3.86(0.49)
Overall readiness stage	4.80 (0.54) / 5.02(0.74)	4.25(0.45) / 4.35 (0.55)	4.79 (0.57) / 4.59(0.50)	4.45 (0.54) / 4.11(0.63)

[¶]Mean (SD); [‡] District 2, High SES; District 16, Low SES

Appendix 6: Socio-demographic characteristics of the *FGDs participants

Participants	n (%)
Overall	22 (100)
Gender	
Female	21 (95.5)
Male	1(4.5)
School personnel	
School manager	2 (9)
Physical education teacher	3 (13.5)
School consultant in Health & education	3 (13.5)
Teacher	3 (13.5)
Parent	3 (13.5)
Municipal neighborhood house	4 (18)
Public health care center	4 (18)
Age	
20-29 years old	1 (4.5)
30-39 years old	9 (40.5)
40-49 years old	12 (54)
50-59 years old	0 (0)
Level of education	
High school completed	3 (13.5)
BA	17 (77)
MSc	2 (9)

*Focus Group Discussions

**Appendix 7: Socio-demographic characteristics of the interviewed key informants
across intervention and comparison sites (n=46)**

	Comparison n (%)	Intervention n (%)
Overall	24 (100)	22 (100)
Gender		
Female	23 (96)	21 (95.5)
Male	1 (4)	1(4.5)
School personnel		
School manager	4 (16)	2 (9)
Physical education teacher	2 (8.4)	3 (13.5)
School consultant in Health & education	3 (12.5)	3 (13.5)
Teacher	2 (8.4)	3 (13.5)
Parent	5 (21)	3 (13.5)
Municipal neighborhood house	4 (16.8)	4 (18)
Public health care center	4 (16.8)	4 (18)
Age		
20-29 years old	0 (0)	1 (4.5)
30-39 years old	4 (16.8)	9 (40.5)
40-49 years old	15 (62.5)	12 (54)
50-59 years old	5 (21)	0 (0)
Level of education		
High school completed	0 (0)	3 (13.5)
BA	21 (87.5)	17 (77)
MSc	3 (12.5)	2 (9)