

Supplementary Table S4. A) Factors associated with helpfulness for accessing information for each digital platforms B) Factors associated with helpfulness for behaviour change for each digital platforms

Characteristics, behaviours or health outcomes by helpfulness		Online platforms utilised for health-related purposes							
		Websites		Social media		Smartphone apps		Streaming services	
		OR (95% CI)	P-value	OR (95% CI)	P-value	OR (95% CI)	P-value	OR (95% CI)	P-value
A. Helpfulness for accessing information									
Gender	Female vs Male	1.01 (0.62, 1.67)	0.9579	1.27 (0.76, 2.11)	0.3619	2.03 (0.6, 6.9)	0.2524	0.85 (0.36, 2.02)	0.7192
Age (years)	15 – 16 vs 13 – 14	0.64 (0.32, 1.3)	0.4179	1.03 (0.53, 2.03)	0.7545	3.08 (0.69, 13.78)	0.2862	1.31 (0.42, 4.16)	0.1762
	17 – 18 vs 13 – 14	0.67 (0.34, 1.3)		1.23 (0.64, 2.36)		1.49 (0.31, 7.09)		0.57 (0.18, 1.78)	
Fruit (serves/day) ¹	< 2 vs ≥ 2	-	-	-	-	9.86 (2.86, 33.93)	<.0001	-	-
B. Helpfulness for behaviour change									
Gender	Female vs Male	0.84 (0.5, 1.41)	0.5106	0.88 (0.52, 1.49)	0.6231	2.29 (0.92, 5.71)	0.0749	0.86 (0.37, 2.02)	0.7311
Age	15 – 16 vs 13 – 14	1.06 (0.53, 2.11)	0.6968	0.83 (0.41, 1.66)	0.3961	1.74 (0.57, 5.34)	0.0976	0.75 (0.25, 2.28)	0.5558
	17 – 18 vs 13 – 14	1.28 (0.66, 2.51)		1.24 (0.63, 2.44)		3.67 (1.08, 12.46)		0.55 (0.18, 1.67)	
Chronic medical condition	Yes vs No	-	-	-	-	0.7 (0.27, 1.85)	0.4719	-	-

¹ Australian national dietary guideline recommends two serves of fruit per day for adolescents, 13-18 years