

Table 1. Mediation analyses between low frequency of home cooking and adolescents' indicators of cardiometabolic factors among Japanese junior high school children.

Mediator	DBP		HDL	
	Proportion Mediated, %	<i>p</i> Value for Estimated Indirect Effect	Proportion Mediated, %	<i>p</i> Value for Estimated Indirect Effect
Adolescent's BMI	2.2	0.58	6.3	0.56
Adolescent's frequency of vegetable intake	-3.4	0.55	9.7	0.09
Adolescent's frequency of breakfast consumption	12.3	0.19	14.9	0.10

BMI: body mass index. Frequency of home cooking was treated as a binary, with 0 = middle-high frequency of home cooking and 1 = low frequency of home cooking. Models: Adjusted for child's sex, household income and mother's diabetes.