

**TABLE 1. Selected characteristics of participants in Waves 1–3 of the National Longitudinal Study of Adolescent Health (Add Health), by weight status**

Characteristic	All (N=8,197)	Underweight (N=198)	Normal-weight (N=5,613)	At risk of overweight (N=1,327)	Overweight (N=1,059)
<b>Weight status and sexual experience</b>					
Self-reported BMI, Wave 1 (range, 11.49–49.85)	22.2 (0.12)	15.5 (0.12)	20.1 (0.07)	24.9 (0.10)	31.1 (0.24)
Had first sex between Waves 1 and 3 (%)	86.1	75.7**	87.2	85.4	83.4*
Age at first intercourse (range, 12–25)	17.0 (0.07)	17.6 (0.21)**	17.0 (0.07)	17.0 (0.09)	17.1 (0.21)
<b>Socioeconomic</b>					
Age (range, 11–21)	14.7 (0.11)	14.8 (0.22)	14.8 (0.11)	14.6 (0.12)*	14.6 (0.14)
Gender (%)					
Male	49.6	61.3**	47.3	51.0	57.7***
Female	50.4	38.7	52.7	49.0	42.3
Race (%)					
White	69.6	68.6	71.8	65.6***	63.3***
Black	13.3	4.7*	11.9	16.3***	18.6***
Hispanic	11.7	15.8†	10.7	13.1*	14.6**
Other	5.3	10.9*	5.6	5.0	3.6
Family structure (%)					
Two biological parents	61.3	62.6	62.3	57.8*	60.5
Stepfamily	14.9	16.1	15.8	14.2	11.0**
Single-parent family	20.6	18.7	19.6	21.7	24.9**
Other	3.1	2.6	2.3	6.3***	3.7*
Maternal education (%)					
<high school	15.6	21.8†	13.9	18.0**	20.9***
High school	42.2	38.6	41.3	44.8†	44.6
Some college	17.6	20.3†	17.6	17.7	16.9
≥college	24.6	19.3	27.3	19.5***	17.7***
Family income (in 000s; range, 0–999)	49.8 (1.69)	48.1 (4.27)	52.6 (2.08)	44.6 (1.82)**	42.0 (1.67)***
<b>Factors related to first sex</b>					
Positive family climate (range, 3–15)	11.5 (0.06)	11.7 (0.24)	11.5 (0.06)	11.4 (0.10)	11.6 (0.12)
Self-reported grades (range, 1–4)	2.9 (0.02)	2.9 (0.08)	2.9 (0.02)	2.8 (0.03)***	2.7 (0.03)***
School adjustment (range, 6–30)	21.8 (0.12)	21.3 (0.46)	21.9 (0.12)	21.5 (0.17)**	21.6 (0.22)†
Self-esteem (range, 8–40)	32.9 (0.09)	33.1 (0.44)	33.3 (0.10)	32.3 (0.19)***	31.9 (0.17)***
Religiosity (range, 3–12)	8.7 (0.06)	8.6 (0.28)	8.7 (0.07)	8.8 (0.10)	8.6 (0.11)
Attractiveness (range, 1–5)	3.6 (0.02)	3.5 (0.08)*	3.7 (0.02)	3.5 (0.04)***	3.2 (0.04)***
Motivation to have sex (range, 5–25)	13.2 (0.08)	13.3 (0.44)	13.1 (0.08)	13.3 (0.15)	13.7 (0.18)**
Perceived social consequences of sex (range, 1–15)	8.5 (0.07)	8.6 (0.03)	8.5 (0.07)	8.6 (0.11)	8.5 (0.17)
<b>Social relationship</b>					
Feeling of social marginali- zation (range, 1–10)	2.2 (0.02)	2.5 (0.17)*	2.1 (0.02)	2.3 (0.06)**	2.4 (0.06)***
No. of received friendship nominations (range, 0–27)	4.9 (0.10)	4.6 (0.48)	5.3 (0.11)	4.4 (0.17)***	3.7 (0.14)***
Closeness with same-sex friends (range, 0–25)	8.1 (0.12)	7.2 (0.58)*	8.4 (0.14)	7.5 (0.22)***	7.4 (0.26)***
Closeness with opposite- sex friends (range, 0–25)	4.8 (0.11)	4.2 (0.50)	4.9 (0.13)	4.7 (0.20)	4.3 (0.19)*
Had romantic relationship by Wave 1 (%)	49.7	40.0	53.4	44.6***	37.9***

\*p<.05. \*\*p<.01. \*\*\*p<.001. †p<.10. Notes: BMI=body mass index. Differences by weight status were assessed in chi-square or t tests; the reference group was normal-weight participants. Unless otherwise noted, data are means and were collected at Wave 1; figures in parentheses are standard deviations. Ns are unweighted; percentages and means are weighted. Wave 1 of Add Health was conducted in 1994–1995, Wave 2 in 1996 and Wave 3 in 2001–2002.

**TABLE 2. Odds ratios from discrete-time event history analysis assessing characteristics associated with adolescents' likelihood of having first intercourse between Waves 1 and 3 of Add Health**

Characteristic	Model 1	Model 2	Model 3	Model 4	Model 5
<b>Weight status</b>					
Underweight	0.62***	0.62***	0.63**	0.70**	0.69**
Normal-weight (ref)	1.00	1.00	1.00	1.00	1.00
At risk of overweight	0.93	0.90†	0.93	0.97	0.98
Overweight	0.86*	0.83**	0.86*	0.95	0.96
<b>Socioeconomic</b>					
Age‡	1.15***	1.17***	1.19***	1.19***	1.21***
Male	0.99	1.00	0.77***	1.09*	0.85***
Race					
White (ref)	na	1.00	1.00	1.00	1.00
Black	na	1.18†	1.11	1.36***	1.30***
Hispanic	na	0.88†	0.81**	0.90	0.84*
Other	na	0.65***	0.67***	0.73**	0.74**
Maternal education					
<high school (ref)	na	1.00	1.00	1.00	1.00
High school	na	1.02	1.03	0.97	0.99
Some college	na	0.94	0.98	0.85†	0.89
≥college	na	0.77***	0.86*	0.68***	0.77***
Family structure					
Two biological parents (ref)	na	1.00	1.00	1.00	1.00
Stepfamily	na	1.51***	1.28***	1.43***	1.26***
Single-parent family	na	1.35***	1.12†	1.31***	1.11†
Other	na	1.32*	1.09	1.21	1.04
Family income	na	1.00	1.00	1.00	1.00
<b>Factors related to first sex</b>					
Positive family climate	na	na	0.94***	na	0.94***
Self-reported grades	na	na	0.80***	na	0.79***
School adjustment	na	na	0.99†	na	0.99**
Self-esteem	na	na	1.02**	na	0.99
Religiosity	na	na	0.99	na	0.98†
Attractiveness	na	na	1.18***	na	1.11***
Motivation to have sex	na	na	1.04***	na	1.03***
Perceived social consequences of sex	na	na	0.90***	na	0.91***
<b>Social relationship</b>					
Feeling of social marginalization	na	na	na	0.98	0.95**
No. of received friendship nominations	na	na	na	0.97***	1.03***
Closeness with same-sex friends	na	na	na	1.02**	1.02**
Closeness with opposite-sex friends	na	na	na	1.02**	1.01*
Ever had a romantic relationship	na	na	na	1.99***	1.81***
<i>Intercept</i>	<i>0.03***</i>	<i>0.02***</i>	<i>0.05***</i>	<i>0.01***</i>	<i>0.03***</i>
<i>Person-years</i>	<i>30,850</i>	<i>30,850</i>	<i>30,850</i>	<i>30,850</i>	<i>30,850</i>

\*p<.05. \*\*p<.01. \*\*\*p<.001. †p<.10. ‡Time-varying. Notes: ref=reference group. na=not applicable. Male and ever had a romantic relationship are dichotomous; all other characteristics for which no reference group is shown are continuous.

**TABLE 3. Odds ratios from discrete-time event history analysis assessing characteristics associated with adolescents' likelihood of having first intercourse between Waves 1 and 3 of Add Health, by gender**

Characteristic	Male (N=3,788)				Female (N=4,409)			
	Model 1	Model 2	Model 3	Model 4	Model 1	Model 2	Model 3	Model 4
Weight status								
Underweight	0.51***	0.50***	0.48***	0.53**	0.87	0.91	1.00	1.14
Normal-weight (ref)	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
At risk of overweight	1.00	0.96	0.99	1.06	0.87	0.83*	0.85†	0.91
Overweight	0.91	0.88	0.93	1.00	0.81*	0.77**	0.78***	0.89
Age‡	1.14***	1.16***	1.17***	1.20***	1.16***	1.18***	0.83***	1.24***
Intercept	0.03***	0.03***	0.03***	0.03***	0.03***	0.02***	0.05***	0.03***
Person-years	14,276	14,276	14,276	14,276	16,574	16,574	16,574	16,574

\* $p < .05$ . \*\* $p < .01$ . \*\*\* $p < .001$ . † $p < .10$ . ‡Time-varying. Notes: Model 1 is unadjusted. Model 2 includes controls for socioeconomic characteristics. Model 3 adds controls for factors related to first intercourse. Model 4 adds controls for social relationship characteristics. ref=reference group.

**TABLE 4. Odds ratios from discrete-time event history analysis assessing characteristics associated with adolescents' likelihood of having first intercourse between Waves 1 and 3 of Add Health, by race and ethnicity**

Characteristic	White (N=4,689)				Black (N=1,536)	Hispanic (N=1,266)	Other (N=706)
	Model 1	Model 2	Model 3	Model 4	Model 1	Model 1	Model 1
<b>Weight status</b>							
Underweight	0.69*	0.65**	0.63*	0.68*	0.67	0.39**	0.84
Normal-weight (ref)	1.00	1.00	1.00	1.00	1.00	1.00	1.00
At risk of overweight	0.93	0.89†	0.94	1.01	1.13	0.86	1.05
Overweight	0.74***	0.71***	0.76**	0.87	1.00	0.92	1.14
Age‡	1.18***	0.84***	1.21***	0.80***	1.10***	1.14***	1.15***
Male	0.99	0.98	0.71***	0.78***	0.98	1.26**	0.84
<i>Intercept</i>	0.02***	0.02***	0.03***	0.02***	0.08***	0.03***	0.02***
<i>Person-years</i>	17,861	17,861	17,861	17,861	5,217	4,699	3,073

\*p<.05. \*\*p<.01. \*\*\*p<.001. †p<.10. ‡Time-varying. Notes: Model 1 is unadjusted. Model 2 includes controls for socioeconomic characteristics. Model 3 adds controls for factors related to first intercourse. Model 4 adds controls for social relationship characteristics. Models 2–4 were not fitted for blacks, Hispanics and other racial and ethnic groups because overweight status was not associated with sexual debut in the unadjusted model for these groups. ref=reference group.