**S6 Table. Mean and standard deviation for demography, anthropometry and metabolic health for the children**.

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| --- | --- | --- | --- |
|  | **Overall (n = 841)** | **Boys (n = 424)** | **Girls (n = 417)** |
| **Demography** |  |  |  |
| Age (years) | 10.2 (0.3) | 10.2 (0.3) | 10.2 (0.3) |
| **Anthropometry** |  |  |  |
| Body mass (kg) | 37.0 (8.1) | 36.8 (7.8) | 37.2 (8.3) |
| Height (cm) | 142.9 (6.7) | 143.1 (6.7) | 142.6 (6.8) |
| BMI (kg/m2) | 18.0 (3.0) | 17.9 (2.9) | 18.1 (3.1) |
| Overweight and obese (%) | 20.8 | 20.0 | 21.5 |
| Waist circumference (cm) | 61.9 (7.5) | 62.2 (7.3) | 61.6 (7.7) |
| Waist:height (ratio) | 0.43 (0.05) | 0.43 (0.05) | 0.43 (0.05) |
| **Indices of metabolic health** |  |  |  |
| Andersen test (m) | 898 (103) | 925 (112) | 871 (85) |
| Systolic blood pressure (mmHg) | 105.2 (8.4) | 105.3 (8.2) | 105.2 (8.6) |
| Diastolic blood pressure (mmHg) | 57.7 (6.2) | 57.4 (6.0) | 58.1 (6.3) |
| Total cholesterol (mmol/l) | 4.46 (0.69) | 4.46 (0.70) | 4.46 (0.68) |
| LDL-cholesterol (mmol/l) | 2.51 (0.64) | 2.50 (0.65) | 2.53 (0.62) |
| HDL-cholesterol (mmol/l) | 1.59 (0.35) | 1.63 (0.34) | 1.55 (0.35) |
| Total:HDL-cholesterol (ratio) | 2.91 (0.71) | 2.82 (0.66) | 2.99 (0.74) |
| Triglyceride (mmol/l) | 0.78 (0.38) | 0.72 (0.31) | 0.84 (0.42) |
| Glucose (mmol/l) | 4.98 (0.32) | 5.02 (0.31) | 4.94 (0.33) |
| Insulin (pmol/l) | 55.0 (29.8) | 48.9 (24.1) | 61.1 (33.6) |
| HOMA (index) | 1.71 (0.98) | 1.54 (0.83) | 1.89 (1.09) |

BMI = body mass index; LDL = low density lipoprotein; HDL = high density lipoprotein; HOMA = homeostasis model assessment.

PA measurement

PA was measured using the ActiGraph GT3X+ accelerometer (Pensacola, FL, USA) 23. Participants were instructed to wear the accelerometer at the waist at all times over seven consecutive days, except during water activities (swimming, showering) or while sleeping. Units were initialized at a sampling rate of 30 Hz. Data for the vertical axis were analyzed at 1-second epochs using the KineSoft analytical software version 3.3.80 (KineSoft, Loughborough, UK). Data were restricted to hours 06:00 to 23:59. In all analyses, consecutive periods of ≥ 60 minutes of zero counts were defined as non-wear time 24. We applied wear time requirements of ≥ 8 hours/day and ≥ 4 days/week to constitute a valid measurement.

We created 23 PA variables of total time (min/day) to capture movement in narrow intensity intervals throughout the spectrum, from 0–99 to ≥ 10000 cpm.

Usikker på om dette er med?

For the purpose of reporting descriptive statistics, we used the Evenson cut points of 0–99, 100–2295, 2296–4011, ≥ 4012, and ≥ 2296 cpm for SED, LPA, MPA, VPA, and MVPA 25 26, respectively. We also reported achievement of the guideline PA level (mean of ≥ 60 min MVPA/day).

refs

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