## Supplemental Digital Content 1: Correlation between children’s body composition (Fat Mass Index (FMI) and Fat Free Mass Index (FFMI) Z scores) and body size (Waist circumference to Height Ratio (WHR) and Body Mass Index (BMI) Z scores) measurements, calculated using Pearson’s test. (\* p < 0.05)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **ALL** | **BOYS** | **GIRLS** |
|  |  | **FMI Z Score** | **FFMI Z Score** | **WHR Z Score** | **FMI Z Score** | **FFMI Z Score** | **WHR Z Score** | **FMI Z Score** | **FFMI Z Score** | **WHR Z Score** |
| **FFMI Z Score** | r | -0.33 |  |  | -0.21 |  |  | -0.34 |  |  |
|  | p | 0.067 |  |  | 0.400 |  |  | 0.231 |  |  |
|  | n | 32 |  |  | 18 |  |  | 14 |  |  |
| **WHR Z Score** | r | 0.20 | 0.23 |  | 0.54\* | 0.020 |  | 0.145 | 0.52 |  |
|  | p | 0.299 | 0.117 |  | 0.037 | 0.944 |  | 0.622 | 0.059 |  |
|  | n | 29 | 29 |  | 15 | 15 |  | 14 | 14 |  |
| **BMI Z Score** | r | 0.525\* | 0.60\* | 0.475\* | 0.46 | 0.76\* | 0.42 | 0.67\* | 0.45 | 0.57\* |
|  | p | 0.002 | <0.001 | 0.005 | 0.057 | <0.001 | 0.095 | 0.009 | 0.106 | 0.022 |
|  | n | 32 | 32 | 33 | 18 | 18 | 17 | 14 | 14 | 16 |