

Table S1. Sample characteristics in intervention and control groups at TIME 0.

	Intervention (n=386)			Control (n=98)			p-Value
	mean	median	SD	mean	median	SD	
Age (years)	9.6	9.6	0.3	9.6	9.6	0.4	0.331 ^a
Weight (kg)	36.0	34.4	9.0	35.7	33.7	8.3	0.751 ^a
Height (cm)	138.8	138.6	6.5	138.1	137.8	6.8	0.367 ^a
BMI (kg/m²)	18.5	18.0	3.6	18.6	17.8	3.2	0.883 ^a
BMI category§	n	%		n	%	chi-square	p-Value
Thinness/Normalweight	264	68.4		66	67.3	0.944	0.624 ^b
Overweight	85	22.0		25	25.5		
Obese	37	9.6		7	7.1		

BMI: body mass index; SD standard deviation

^a Student's t-test

^b Pearson chi-square test

§ by Cole & Lobstein 2012

Table S2. Adherence before and after the intervention at Time 2, in the control group, by sex, geographical area, ponderal status

	Before intervention						After intervention						p-Value*
	Low		Average		High		Low		Average		High		
	n	%	n	%	n	%	n	%	n	%	n	%	
Geographical area													
North	6	23.1	17	65.4	3	11.5	4	15.4	18	69.2	4	15.4	n.d.
Centre	3	12.0	15	60.0	7	28.0	4	16.0	11	44.0	10	40.0	n.d.
South	10	21.3	28	59.6	9	19.1	8	17.0	25	53.2	14	29.8	n.d.
Sex													
Male	11	23.9	25	54.3	10	21.7	7	15.2	27	58.7	12	26.1	0.409
Female	8	15.4	35	67.3	9	17.3	9	17.3	27	51.9	16	30.8	0.144
Ponderal status													
Thinnes/Normalweight	11	17.5	39	61.9	13	20.6	11	17.5	34	54.0	18	28.6	0.515
Overweight	5	20.0	15	60.0	5	20.0	1	4.0	16	64.0	8	32.0	0.082
Obesity	3	30.0	6	60.0	1	10.0	4	40.0	4	40.0	2	20.0	0.513
Total	19	19.4	60	61.2	19	19.4	16	16.3	54	55.1	28	28.6	0.267

* p-Value from McNemar-Bowker test for differences in correlated proportions, before and after the intervention