|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **7-8 years (n = 197)** | | | **11-12 years (n = 202)** | | | **14-15 years (n = 189)** | | |
| **Boys**  **(n = 98)** | **Girls**  **(n = 99)** | **p-value** | **Boys**  **(n = 102)** | **Girls**  **(n = 100)** | **p-value** | **Boys**  **(n = 92)** | **Girls**  **(n = 97)** | **p-value** |
| Mean age (years)  (SD), n = 588 | 7.5 (0.5) | 7.6 (0.5) | 0.178 | 11.5 (0.5) | 11.5 (0.5) | 0.780 | 14.5 (0.5) | 14.5 (0.5) | 0.430 |
| Mean weight (kg)  (SD), n = 588 | 25 (4) | 26 (6) | 0.240 | 43 (11.3) | 48 (13.1) | 0.000\* | 51 (11.1) | 55.3 (10) | 0.003\* |
| Mean height (cm)  (SD), n = 588 | 126.3 (6.1) | 127.5 (6) | 0.16 | 145 (7) | 149 (8) | 0.000\* | 163.1 (8.6) | 160 (5.5) | 0.002\* |
| Mean BMI (kg/m2)  (SD), n = 588 | 15.6 (1.7) | 16 (2.5) | 0.613 | 17 (2) | 18 (3.4) | 0.004\* | 19 (2.4) | 22 (4.1) | 0.000\* |
| Mean WC (cm)  (SD), n = 588 | 55.4 (4.3) | 52.7 (5.2) | 0.000\* | 60.3 (5.2) | 60.6 (7.2) | 0.780 | 67 (6.3) | 68 (9.4) | 0.351 |
| Mean HC (cm)  (SD), n = 588 | 63.2 (0.5) | 65 (0.7) | 0.142 | 72 (0.7) | 80 (1) | 0.000\* | 80 (1.3) | 90 (1.2) | 0.000\* |
| Mean SBP (mmHG)  (SD), n = 523 | 99 (12) | 95.5 (12.4) | 0.074 | 98.3 (12.4) | 106 (14.5) | 0.000\* | 111 (12.3) | 112.3 (10.7) | 0.423 |
| Mean DBP (mmHG)  (SD), n = 523 | 58.5 (12.1) | 58.3 (11) | 0.907 | 59 (8) | 61.2 (12) | 0.076 | 64 (8) | 65 (7.4) | 0.433 |
| Sum of skin folds (mm)  (IQR, n = 509 | 5.3 (4.6-5.9) | 6 (5.1-7) | 0.000\* | 5.5 (4.8-6.2.) | 5.3 (4.4-6) | 0.130 | 5.8 (5.1-6.8) | 9 (7.4-9.8) | 0.000\* |
| Mean HDL cholesterol  (mmol/l), (SD), n = 371 | 1.1 (0.4) | 1.3 (0.3) | 0.032\* | 1.2 (0.3) | 1.2 (0.3) | 0.700 | 1.2 (0.3) | 1.2 (0.3) | 0.770 |
| Mean LDL cholesterol  (mmol/l), (SD), n = 367 | 2 (0.6) | 2 (0.6) | 0.560 | 2 (0.7) | 2 (0.6) | 0.174 | 2 (0.5) | 2 (0.6) | 0.335 |
| Mean TGs (mmol/l)  (SD), n = 388 | 0.8 (0.3) | 0.8 (0.3) | 0.830 | 0.8 (0.3) | 1 (0.5) | 0.185 | 0.8 (0.3) | 0.8 (0.3) | 0.220 |
| Mean TC (mmol/l)  (SD), n = 388 | 4 (0.7) | 4.1 (0.8) | 0.242 | 4.1 (0.8) | 4.2 (0.8) | 0.111 | 3.8 (0.6) | 4 (0.7) | 0.145 |
| Mean glucose (mmol/l)  (SD), n = 357 | 4.6 (0.8) | 4.7 (0.8) | 0.520 | 5 (0.7) | 4.6 (1.1) | 0.200 | 5 (0.6) | 4.8 (0.5) | 0.070 |

\*: statistically significant

BMI: body mass index, DBP: diastolic blood pressure, HC: hip circumference, HLD: high-density lipoprotein, IQR: interquartile range, LDL: low-density lipoprotein,

SBP: systolic blood pressure, SD: standard deviation, TGs: triglycerides, TC: total cholesterol, WC: waist circumference