

Supplementary table 1. Categorization of BMI z-scores at ages 7, 10 and 13 y.

Age (y)	Range of BMI z-scores	Boys		Girls	
		Frequency	Percent	Frequency	Percent
7	-4.5 to -1.28	13384	8.81	13211	8.93
	-1.28 to -0.68	21822	14.37	22575	15.25
	-0.68 to 0.68	82345	54.23	79588	53.78
	0.68 to 1.28	21705	14.29	19589	13.24
	1.28 to 4.5	12597	8.30	13026	8.80
10	-4.5 to -1.28	11751	8.17	11009	7.79
	-1.28 to -0.68	21354	14.85	21148	14.97
	-0.68 to 0.68	81003	56.33	77153	54.62
	0.68 to 1.28	18052	12.55	19027	13.47
	1.28 to 4.5	11634	8.09	12918	9.15
13	-4.5 to -1.28	10535	7.60	10278	7.48
	-1.28 to -0.68	19914	14.37	18718	13.62
	-0.68 to 0.68	76349	55.10	73901	53.78
	0.68 to 1.28	19502	14.07	20996	15.28
	1.28 to 4.5	12277	8.86	13519	9.84