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| --- | --- | --- | --- |
|   | **6-9 years of age** | **10-12 years of age** | **13-17 years of age** |
| **Urban** | **Rural** |  | **Urban** | **Rural** |  | **Urban** | **Rural** |  |
| **Mean (SD)/Median [Q1 to Q3]** | **Mean (SD)/Median [Q1 to Q3]** | **p** | **Mean (SD)/Median [Q1 to Q3]** | **Mean (SD)/Median [Q1 to Q3]** | **p** | **Mean (SD)/Median [Q1 to Q3]** | **Mean (SD)/Median [Q1 to Q3]** | **p** |
| Weight (kg) | 33.1 (8.2) |  32.4 (7.9) | 0.59 | 44.4 (11.7) | 42.2 (11.0) | 0.14 | 61.3 (16.4) | 59.1 (15.1) | 0.27 |
| Height (cm) | 133.7 (7.9) | 131.8 (6.8) | 0.11 | 148.8 (9.5) | 146.3 (10.1) | 0.05 | 167.5 (10.3) | 165.8 (10.5) | 0.17 |
| BMI (kg/m²) | 17.7 [16.0 to 20.2] | 17.7 [16.2 to 19.2] | 0.86 | 18.9 [16.9 to 22.5] | 18.4 [17.0 to 21.0] | 0.56 | 20.7 [18.7 to 23.4] | 20.3 [18.8 to 22.3] | 0.47 |
| WC (cm) | 60.0 [55.0 to 64.9] | 59.0 [55.6 to 64.0] | 0.86 | 64.0 [59.0 to 72.2] | 63.0 [59.3 to 68.2] | 0.27 | 70.0 [66.0 to 77.0] | 70.0 [66.1 to 75.0] | 0.95 |
| S3SF (mm) | 18.0 [14.0 to 24.0] | 15.5 [12.0 to 21.3] | 0.06 | 19.0 [15.0 to 30.0] | 17.0 [13.8 to 26.0] | 0.02 | 19.0 [14.3 to 25.0] | 16.0 [13.0 to 23.0] | 0.08 |
| SBP (mmHg) | 100.5 (11.5) | 98.5 (14.2) | 0.36 | 104.8 (13.5) | 102.0 (14.8) | 0.11 | 114.9 (13.4) | 115.9 (14.7) | 0.56 |
| DBP (mmHg) | 60.6 (9.6) | 60.0 (9.4) | 0.68 | 63.2 (10.4) | 61.4 (9.0) | 0.14 | 70.5 (11.0) | 70.5 (10.4) | 0.99 |
| TC (mmol/l) | 4.08 (0.8) | 4.23 (0.6) | 0.12 | 4.08 (0.8) | 4.44 (0.6)  | <0.01 | 3.94 (0.8) | 3.97 (0.7) | 0.79 |
| LDL-C (mmol/L) | 2.15 (0.7) | 2.10 (0.5) | 0.62 | 2.19 (0.7) | 2.26 (0.6) | 0.38 | 2.05 (0.7) | 1.93 (0.6) | 0.20 |
| HDL-C (mmol/L) | 1.61 (0.3) | 1.80 (0.2) | <0.01 | 1.58 (0.3) | 1.85 (0.3) | <0.01 | 1.50 (0.3) | 1.72 (0.3) | <0.01 |
| TC:HDL-C ratio | 2.50 [2.2 to 2.9] | 2.40 [2.1 to 2.7] | 0.03 | 2.62 [2.2 to 2.9] | 2.38 [2.1 to 2.8] | 0.01 | 2.6 [2.2 to 3.0] | 2.26 [2.0 to 2.5] | <0.01 |
| TG (mmol/L) | 0.61 [0.4 to 0.9] | 0.58 [0.5 to 0.9] | 0.59 | 0.59 [0.4 to 0.8] | 0.67 [0.5 to 0.9] | 0.08 | 0.76 [0.6 to 1.0] | 0.60 [0.5 to 0.9] | <0.01 |
| Glucose (mmol/L) | 4.93 (0.6) | 4.79 (0.5) | 0.10 | 5.03 (0.5) | 5.05 (0.4) | 0.74 | 5.21 (0.6) | 5.00 (0.3) | <0.01 |
| CRF (m) | 857.3 (141.1) | 920.1 (168.0) | <0.01 | 931.4 (171.0) | 995.1 (190.6) | <0.01 | 1050.2 (217.6) | 1147.3 (193.5) | <0.01 |
| VO2peak (mL/kg/min) | 46.9 (5.1) | 48.1 (5.5) | 0.12 | 47.2 (5.7) | 48.9 (5.7) | 0.02 | 48.2 (7.0) | 50.6 (6.4) | <0.01 |

**Supplementary table 2.** Descriptive statistics of the study population by zone and age group for boys.

**Legend:** BMI = body mass index; WC = waist circumference; S3SF = sum of triceps, subscapular and calf skinfolds; SBP = systolic blood pressure; DBP = diastolic blood pressure; TC = total cholesterol; LDL-C = low-density lipoprotein cholesterol; HDL-C = high-density lipoprotein cholesterol; TC:HDL-C ratio = total cholesterol and the high-density lipoprotein cholesterol ratio; TG = triglycerides; CRF = cardiorespiratory fitness; VO2peak = peak oxygen uptake; SD = standard deviations.