|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Boys** | | | **Girls** | | |
| **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** |
| Weight (kg) | 47.2 (17.3) | 46.9 (16.3) | 0.80 | 46.1 (14.4) | 46.8 (14.6) | 0.55 |
| Height (cm) | 151.1 (16.6) | 150.9 (16.4) | 0.90 | 148.7 (13.6) | 149.4 (14.2) | 0.50 |
| BMI (kg/m²) | 19.3 [17.0 to 22.2] | 19.2 [17.3 to 21.4] | 0.98 | 19.8 [17.2 to 22.8] | 19.8 [17.4 to 22.7] | 0.69 |
| WC (cm) | 65.0 [59.0 to 73.0] | 65.2 [60.0 to 72.0] | 0.91 | 64.1 [59.0 to 71.0] | 65.0 [59.8 to 71.2] | 0.42 |
| S3SF (mm) | 19.0 [15.0 to 25.0] | 16.0 [13.0 to 23.0] | <0.01 | 25.0 [20.0 to 33.0] | 25.0 [19.0 to 33.0] | 0.18 |
| SBP (mmHg) | 107.2 (14.3) | 106.8 (16.4) | 0.75 | 105.2 (13.8) | 107.5 (15.8) | 0.04 |
| DBP (mmHg) | 65.1 (11.2) | 64.7 (10.7) | 0.68 | 64.8 (10.8) | 66.0 (11.1) | 0.13 |
| TC (mmol/l) | 4.03 (0.8) | 4.21 (0.7) | <0.01 | 4.23 (0.8) | 4.36 (0.7) | 0.01 |
| LDL-C (mmol/L) | 2.13 (0.7) | 2.09 (0.6) | 0.48 | 2.30 (0.7) | 2.27 (0.6) | 0.56 |
| HDL-C (mmol/L) | 1.56 (0.3) | 1.79 (0.3) | <0.01 | 1.54 (0.3) | 1.70 (0.3) | <0.01 |
| TC:HDL-C ratio | 2.56 [2.2 to 2.9] | 2.34 [2.1 to 2.6] | <0.01 | 2.72 [2.3 to 3.1] | 2.52 [2.3 to 2.9] | <0.01 |
| TG (mmol/L) | 0.67 [0.5 to 0.9] | 0.62 [0.5 to 0.9] | 0.63 | 0.77 [0.6 to 1.0] | 0.76 [0.6 to 1.0] | 0.91 |
| Glucose (mmol/L) | 5.07 (0.6) | 4.97 (0.4) | 0.01 | 4.97 (0.6) | 4.80 (0.4) | <0.01 |
| CRF (m) | 952.6 (198.1) | 1039.6 (208.0) | <0.01 | 803.7 (131.9) | 871.0 (131.6) | <0.01 |
| VO2peak (mL/kg/min) | 47.5 (6.1) | 49.4 (6.0) | <0.01 | 41.8 (5.3) | 43.1 (5.2) | <0.01 |

**Supplementary table 1.** Descriptive statistics of the study population by zone and all ages for boys and girls.

**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.