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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) | 32.9 (9.2) |  33.3 (9.7) | 0.76 | 44.6 (11.7) | 44.6 (11.3) | 0.96 | 56.4 (11.4) | 56.5 (12.3) | 0.90 |
| Height (cm) | 132.3 (9.1) | 131.3 (8.7) | 0.45 | 148.9 (8.3) | 148.3 (8.8) | 0.58 | 159.7 (7.0) | 161.0 (7.2) | 0.09 |
| BMI (kg/m²) | 17.5 [15.9 to 20.6] | 18.0 [16.8 to 20.5] | 0.22 | 19.3 [16.9 to 21.9] | 19.1 [17.0 to 22.8] | 0.60 | 21.5 [19.1 to 24.2] | 21.0 [19.2 to 23.8] | 0.37 |
| WC (cm) | 58.8 [54.0 to 65.4] | 58.7 [54.4 to 65.8] | 0.80 | 64.0 [59.0 to 70.3] | 63.3 [59.2 to 71.3] | 0.64 | 68.0 [63.0 to 74.0] | 68.0 [64.0 to 75.0] | 0.69 |
| S3SF (mm) | 22.0 [17.0 to 30.0] | 19.0 [15.0 to 29.3] | 0.10 | 24.0 [19.0 to 32.0] | 25.0 [17.0 to 33.0] | 0.79 | 28.0 [23.0 to 35.0] | 26.0 [22.0 to 33.0] | 0.31 |
| SBP (mmHg) | 98.9 (12.1) | 95.5 (14.8) | 0.11 | 103.5 (12.9) | 105.8 (12.7) | 0.16 | 110.9 (13.5) | 116.2 (13.7) | <0.01 |
| DBP (mmHg) | 60.9 (9.3) | 59.3 (9.4) | 0.25 | 62.9 (10.3) | 63.5 (10.4) | 0.64 | 69.1 (10.7) | 72.2 (9.3) | <0.01 |
| TC (mmol/l) | 4.22 (0.8) | 4.40 (0.7) | 0.11 | 4.25 (0.9) | 4.41 (0.5)  | 0.04 | 4.21 (0.8) | 4.30 (0.8) | 0.35 |
| LDL-C (mmol/L) | 2.34 (0.7) | 2.31 (0.6) | 0.75 | 2.35 (0.7) | 2.29 (0.5) | 0.30 | 2.22 (0.7) | 2.24 (0.7) | 0.83 |
| HDL-C (mmol/L) | 1.54 (0.3) | 1.73 (0.3) | <0.01 | 1.53 (0.3) | 1.73 (0.3) | <0.01 | 1.55 (0.3) | 1.67 (0.3) | <0.01 |
| TC:HDL-C ratio | 2.74 [2.4 to 3.2] | 2.56 [2.2 to 2.9] | 0.02 | 2.76 [2.4 to 3.2] | 2.51 [2.3 to 2.9] | <0.01 | 2.7 [2.3 to 3.1] | 2.51 [2.2 to 2.9] | 0.03 |
| TG (mmol/L) | 0.68 [0.5 to 0.9] | 0.75 [0.5 to 1.0] | 0.15 | 0.74 [0.5 to 1.0] | 0.80 [0.6 to 1.0] | 0.24 | 0.87 [0.7 to 1.2] | 0.73 [0.6 to 1.0] | 0.03 |
| Glucose (mmol/L) | 4.85 (0.6) | 4.65 (0.4) | <0.01 | 5.03 (0.6) | 4.94 (0.4) | 0.06 | 5.00 (0.5) | 4.76 (0.4) | <0.01 |
| CRF (m) | 765.4 (130.8) | 848.3 (107.5) | <0.01 | 807.0 (124.1) | 845.4 (115.5) | 0.01 | 826.5 (133.6) | 906.7 (149.6) | <0.01 |
| VO2peak (mL/kg/min) | 42.6 (4.9) | 44.0 (4.5) | 0.05 | 42.3 (5.4) | 42.9 (4.8) | 0.33 | 40.8 (5.3) | 42.9 (5.8) | <0.01 |

**Supplementary table 3.** Descriptive statistics of the study population by zone and age group for 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.