

Table 3. Cross-sectional and longitudinal results of change in relative weight after one-year

Longitudinal Results				
Categorical	Baseline %	Follow-up %	OR (95% CI)	P value
Overweight	17.07	17.26	1.09 (0.91 – 1.29)	0.35
Obesity	14.42	14.57	1.03 (0.85 – 1.24)	0.76
Overweight & obese	31.49	31.83	1.10 (0.94 – 1.28)	0.23
Severe obesity	8.68	8.58	0.87 (0.65 – 1.16)	0.34
Continuous	Baseline mean (SD)	Follow-up mean (SD)	Delta (95% CI)	P value
BMI percentile	69.70 (26.8)	69.20 (27.3)	-0.48 (-0.64 – -0.32)	<.001
BMI-z	0.76 (1.02)	0.74 (1.02)	-0.02 (-0.02 – -0.01)	<.001
Unadjusted BMI	19.90 (4.85)	20.43 (5.02)	0.53 (0.51 – 0.55)	<.001
Cross-sectional Results				
Categorical	Baseline %	Follow-up %	Delta	Significance Test
Overweight	17.13	17.07	-0.05%	$\chi^2(1) = 0.03, p = .87$
Obese	14.04	14.07	0.03%	$\chi^2(1) = 0.01, p = .92$
Overweight & obese	31.17	31.14	-0.03%	$\chi^2(1) = 0.01, p = .95$
Severe Obesity	8.69	8.11	-0.59%	$\chi^2(1) = 3.95, p = .05$
Continuous	Mean (SD)	Mean (SD)	Delta (95% CI)	Significance Test
BMI percentile	74.20 (34.40)	73.30 (34.10)	-0.9 (-0.20 – -1.61)	$t(36,202) = 2.06, p = .04$
BMI-z	0.74 (1.03)	0.71 (1.03)	-0.03 (-0.003 – -0.05)	$t(36,202) = 2.26, p = .02$
Unadjusted BMI	19.90 (4.92)	20.00 (4.69)	0.1 (-0.20 – 0.005)	$t(36,202) = 1.85, p = .06$

Note: p value set at .01 for all analyses.

eTable 1. Longitudinal differences by sex in BMI percentile and BMI-z over 1-year (n=13,305).

Est.	Std.	Test	Random Effect
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		Error	statistic	Variance (Std. Dev)
BMI Percentile				680.20 (26.08)
Intercept	75.08	0.43	176.40**	
Time	-0.29	0.15	-2.00	
Boy	-0.81	0.59	-1.40	
Time*Boy	-0.56	0.21	-2.70**	
BMI-z				0.98 (0.99)
Intercept	0.78	0.01	60.80**	
Time	-0.01	0.00	-2.20	
Boy	-0.03	0.02	-1.80	
Time*Boy	-0.02	0.01	-2.80**	

** p<.01; females were the reference group

eTable 2. Longitudinal differences by race in BMI percentile and BMI-z over 1-year (n=13,305).

	Est.	Std. Error	Test statistic	Random Effect Variance (Std. Dev)
BMI Percentile				1085.00 (32.94)
Intercept	74.53	0.37	201.70	
Time	-0.74	0.13	-5.70**	
Hispanic	4.30	0.79	5.40**	
White	0.17	1.16	0.10	
Asian	-7.89	1.13	-7.00**	
Other	-0.99	1.55	-0.60	
Time*Hispanic	0.09	0.28	0.30	
Time*White	0.63	0.40	1.60	
Time*Asian	1.46	0.39	3.70**	
Time*Other	-0.38	0.54	-0.70	
BMI-z				0.98 (0.99)
Intercept	0.75	0.01	67.80	
Time	-0.02	0.00	-6.10**	
Hispanic	0.14	0.02	5.90**	
White	0.01	0.03	0.30	
Asian	-0.22	0.03	-6.60**	
Other	-0.02	0.05	-0.40	
Time*Hispanic	0.00	0.01	0.30	
Time*White	0.02	0.01	1.70	
Time*Asian	0.05	0.01	4.10**	
Time*Other	-0.02	0.02	-1.00	

** p<.01 ; African Americans were the reference group (change shown by “time” parameters).

eTable 3. Longitudinal differences by grade in BMI percentile and BMI-z over 1-year (n=13,305).

	Est.	Std. Error	Test statistic	Random Effect Variance (Std. Dev)
BMI Percentile				1089.20 (33.00)
Intercept	72.30	0.69	104.20	
Time	-0.82	0.24	-3.40**	
Second Grade	1.33	0.99	1.40	
Third Grade	1.50	1.01	1.50	
Fourth Grade	3.38	1.00	3.40**	
Fifth Grade	4.04	1.03	3.90**	
Sixth Grade	4.17	1.02	4.10**	
Time*Second	0.20	0.34	0.60	
Time*Third	0.07	0.35	0.20	
Time*Fourth	0.11	0.35	0.30	
Time*Fifth	0.91	0.36	2.50	
Time*Sixth	0.17	0.35	0.50	
BMI-z				0.99 (0.24)
Intercept	0.70	0.02	33.40	
Time	-0.03	0.01	-4.00**	
Second Grade	0.04	0.03	1.20	
Third Grade	0.04	0.03	1.40	
Fourth Grade	0.09	0.03	3.10**	
Fifth Grade	0.11	0.03	3.50**	
Sixth Grade	0.11	0.03	3.50**	
Time*Second	0.01	0.01	1.00	
Time*Third	0.00	0.01	0.50	
Time*Fourth	0.01	0.01	1.00	
Time*Fifth	0.03	0.01	3.00**	
Time*Sixth	0.01	0.01	0.90	

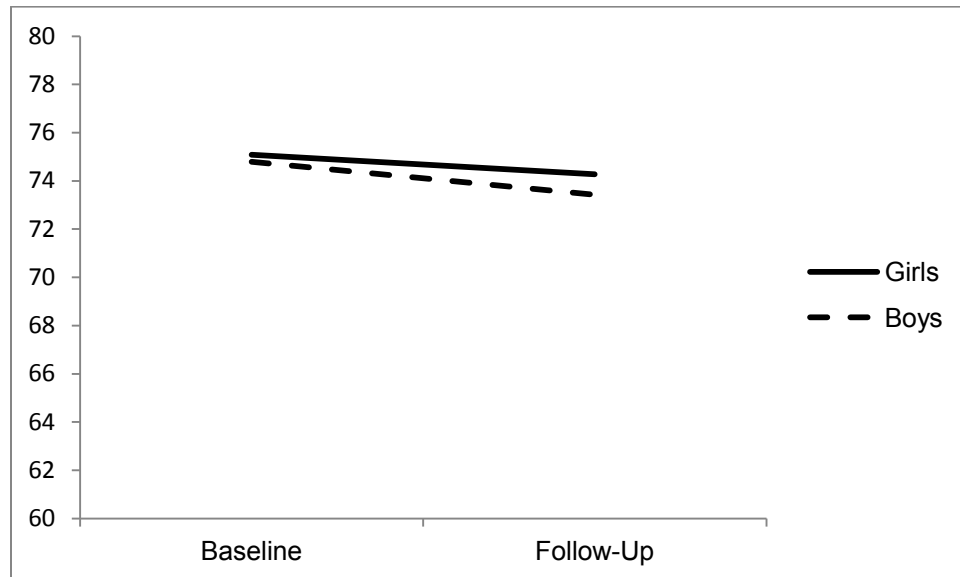
** p<.01 ; first graders were the reference group (change shown by “time” parameters).

eTable 4. Participant characteristics in the cross-sectional samples.

Characteristic	Cross-Sectional Baseline (n=17,727)	Cross-Sectional Follow-Up (n=16,046)
Sex	No. (%)	No. (%)
Males	9234 (52.1)	8252 (51.4)
Females	8493 (47.9)	7794 (48.6)
Race		
African American	11603 (65.5)	10125 (63.1)
Hispanic/Latino	3070 (17.3)	2893 (18.0)
White	1195 (6.7)	1158 (7.2)
Asian	1184 (6.7)	1151 (7.2)
Other	675 (3.8)	719 (4.5)
Grade		
First	3195 (18.0)	2631 (16.4)
Second	3035 (17.1)	2873 (17.9)
Third	2938 (16.6)	2834 (17.7)
Fourth	2928 (16.5)	2609 (16.3)
Fifth	2773 (15.6)	2661 (16.6)
Sixth	2803 (15.8)	2438 (15.2)
Seventh	--	--
	Mean (SD)	Mean (SD)
Age (yrs)	9.76 (1.81)	9.53 (1.82)
BMI Percentile	69.20 (27.10)	68.30 (27.40)
BMI-z	0.74 (1.03)	0.71 (1.03)
BMI	19.90 (4.92)	19.60 (4.69)

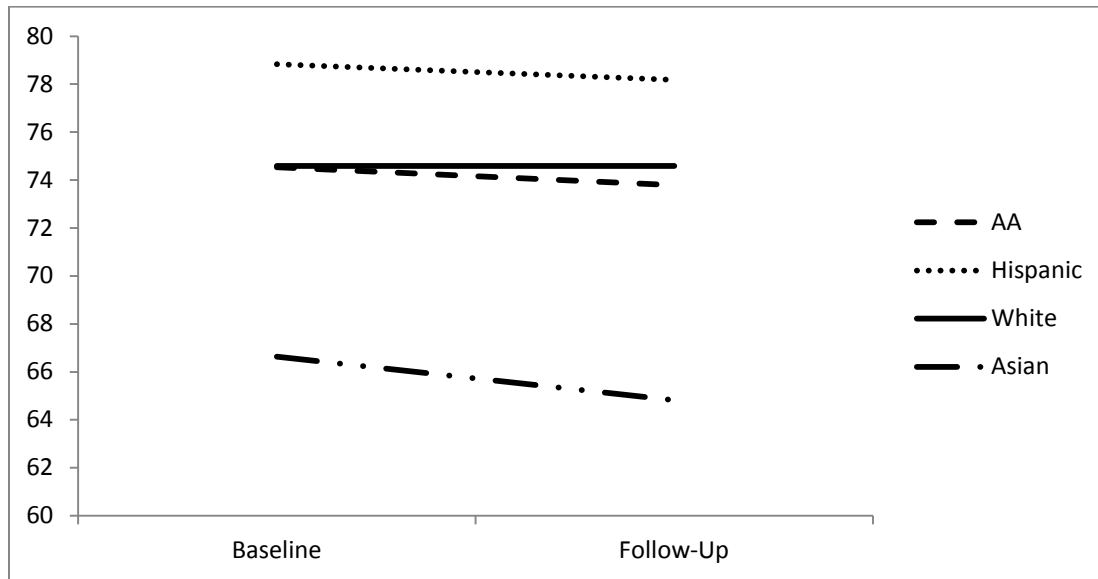
Note: Grade demographic sums may not equal total sample size due to some missing information. Underweight participants (<5th percentile) were excluded from analyses.

eFigure 1. Longitudinal differences by sex in BMI percentile over one-year



Note: Boys showed significantly greater decreases ($p < .001$) in BMI percentile

eFigure 2. Longitudinal differences by race in BMI percentile over one year.



Note: Asians and African Americans showed significant decreases ($p < .001$ for both) in BMI percentile