Supplementary Material

Changes in water and sugar-containing beverage consumption and body weight outcomes in children

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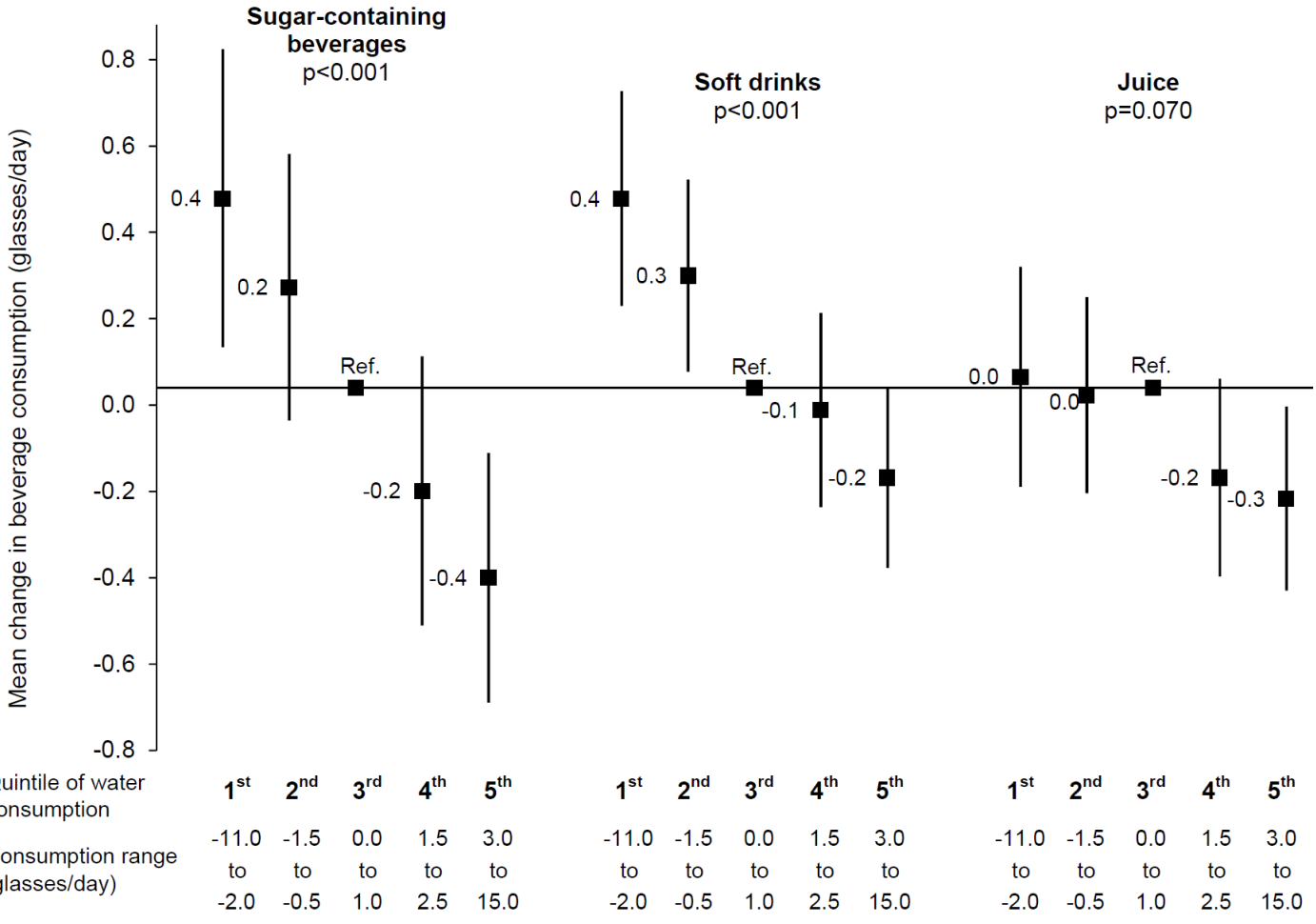
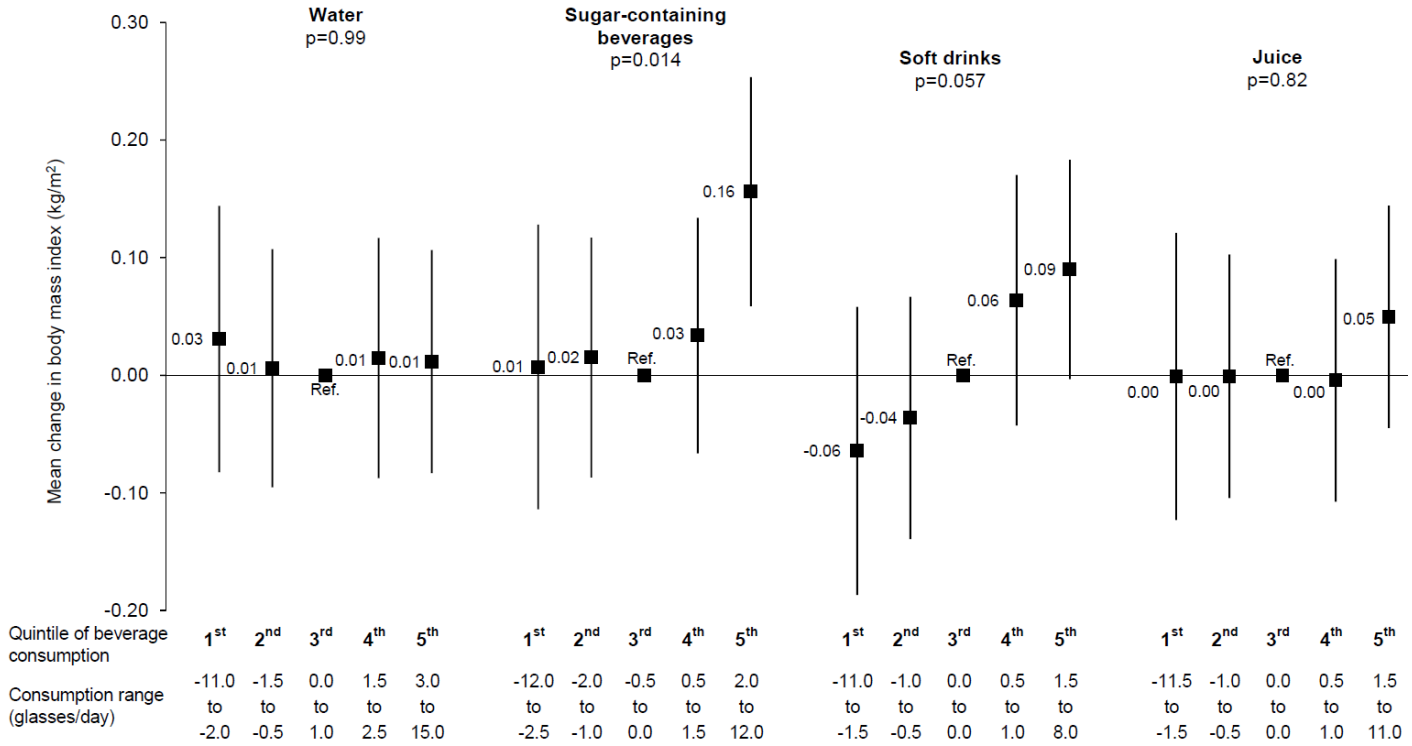


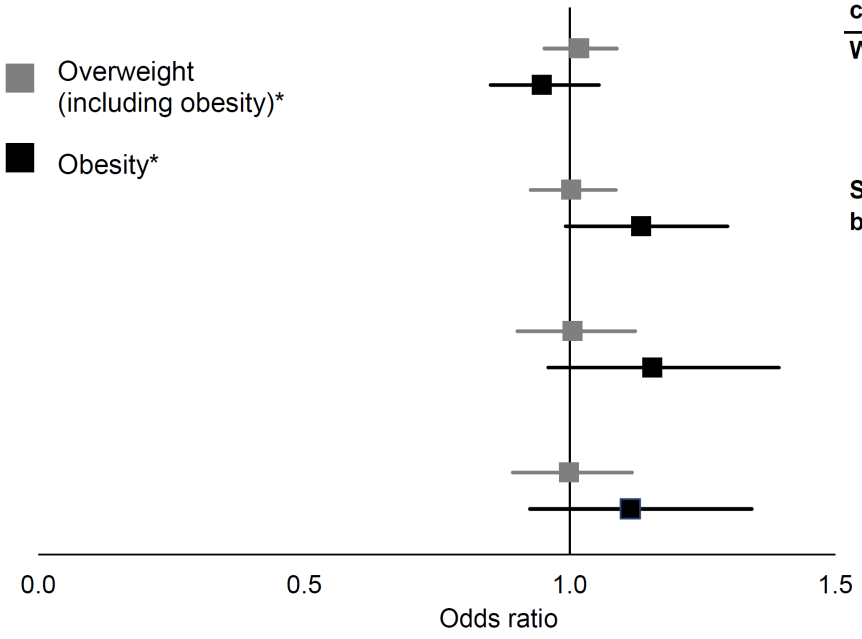
Supplemental Material Figure 1 Mean changes in the consumption of sugar-containing beverages and the subcategories soft drinks and juices (glasses/day) from baseline to follow-up with 95% confidence intervals (indicated by error bars) by quintiles of change in water consumption (n=1987)

Estimates indicate the mean change in the respective beverage consumption (glasses/day) in the quintile of change in water consumption from baseline to follow-up compared to the 3rd quintile (reference category) with no or low change in water consumption, adjusted for baseline body mass index, baseline and change in consumption of all beverage categories, age, sex, migrational background, study arm, and follow-up duration.



Supplemental Material Figure 2 Mean changes in body mass index (kg/m^2) from baseline to follow-up with 95% confidence intervals (indicated by error bars) by quintiles of change in the consumption of sugar-containing beverages and the subcategories soft drinks and juices (n=1987)

Estimates indicate the mean change in body mass index in the quintiles of change in beverage consumption from baseline to follow-up compared to the 3rd quintile (reference category) with no or low change in water consumption, adjusted for body mass index and consumption of all beverage categories at baseline, change in milk, tea and other beverages consumption, age, sex, migrational background, study arm, and follow-up duration.



Beverage category	Odds ratio† (95% confidence interval)		p
Water	1.02	(0.95; 1.09)	0.59
	0.95	(0.85; 1.06)	0.33
Sugar-containing beverages	1.00	(0.93; 1.09)	0.93
	1.13	(0.99; 1.30)	0.064
Soft drinks	1.01	(0.90; 1.12)	0.91
	1.16	(0.96; 1.39)	0.13
Juice	1.00	(0.89; 1.12)	0.98
	1.11	(0.93; 1.34)	0.25

Supplemental Material Figure 3 Odds ratios with 95% confidence intervals (indicated by error bars) for the prevalence of overweight (including obesity) and obesity at follow-up for each increase in beverage consumption by 1 glass/day from baseline to follow-up (n=1987), adjusted for baseline prevalence instead of body mass index

* Defined according to the recommendations of the International Obesity Task Force[1].

† Odds ratios are adjusted for baseline prevalence of overweight (including obesity) and obesity, respectively, baseline consumption of all beverage categories, change in milk, tea and other beverages consumption, age, sex, migrational background, study arm, and follow-up duration.

[1] Cole TJ, Bellizzi MC, Flegal KM et al. (2000) Establishing a standard definition for child overweight and obesity worldwide: international survey. BMJ 320, 1240-1243.