Supplementary table 3. Differences of anthropometric measurements in pre- and post-intervention by gender

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Boy | | | | | | |  | Girl | | | | | | |
|  | Pretest | |  | Posttest | | Change  (%) | *P*\* |  | Pretest | |  | Posttest | | Change  (%) | *P*\* |
| Mean | SD |  | Mean | SD |  | Mean | SD |  | Mean | SD |
| Height (cm) | 154·0 | 11·2 |  | 155·1 | 11·1 | 0·70 | **<0·0001** |  | 152·5 | 6·68 |  | 153·3 | 6·43 | 0·57 | **0·0001** |
| Weight (kg) | 49·9 | 14·5 |  | 50·4 | 14·5 | 1·46 | **<0·0001** |  | 47·5 | 10·5 |  | 47·7 | 10·3 | 1·17 | **0·0003** |
| Body fat (%) | 20·6 | 11·3 |  | 19·7 | 11·4 | -4·09 | 0·02 |  | 26·8 | 9·09 |  | 25·9 | 8·78 | -2·50 | **0·003** |
| Waist (cm) | 69·9 | 11·6 |  | 70·0 | 12·2 | 0·29 | 0·68 |  | 67·6 | 7·63 |  | 68·1 | 8·82 | 0·67 | 0·45 |
| Handgrip (lb) | 26·0 | 8·34 |  | 28·4 | 8·75 | 10·1 | **<0·0001** |  | 21·8 | 4·91 |  | 24·4 | 5·14 | 12·8 | **<0·0001** |
| \**β* coefficientand *P* valuewas adjusted by age, BMI and region by Generalized Estimating Equations. | | | | | | | | | | | | | | | |