

Supplementary Table 1. Baseline characteristics of participants according to BMI z score change

Characteristic	Improved (I) (n=85)	Not improved (NI) (n=39)	P value
Boys	54 (63.5)	22 (56.4)	0.577
Age at diagnosis (yr)	8.90±3.21	11.40±3.17	<0.001
Pubertal stage at diagnosis			
Prepuberty	49 (57.6)	15 (38.5)	0.039
Early puberty (Tanner II–III)	25 (29.4)	12 (30.8)	
Late puberty (Tanner IV–V)	11 (12.9)	12 (30.8)	
Anthropometric measures			
BMI (kg/m ²)	28.14±4.38	31.31±5.75	0.001
BMI z score	3.68±0.70	3.68±0.88	0.979
WC (cm) (all=69; I=48; NI=21)	86.02±13.12	93.25±14.68	0.046
WC z score (all=69; I=48; NI=21)	3.02±0.45	3.06±0.54	0.784
WtHR (all=69; I=48; NI=21)	0.63±0.05	0.63±0.05	0.828
WtHR z score (all=69; I=48; NI=21)	3.11±0.50	3.13±0.58	0.881
Obesity class			0.053
Class 2	73 (85.9)	27 (69.2)	
Class 3	12 (14.1)	12 (30.8)	
Follow-up characteristics			
Follow-up duration (yr)	2.71±1.46	2.48±1.64	0.439
Follow-up frequency (visits/yr)	2.84±0.96	2.82±1.29	0.926
Blood pressure (all=62; I=42; NI=20)			
Systolic (mmHg)	119.69±14.92	128.17±13.28	0.034
Diastolic (mmHg)	71.22±9.98	75.70±9.81	0.102
Laboratory tests			
Fasting glucose (mg/dL) (all=101; I=68; NI=33)	92.53±7.07	95.88±10.64	0.063
HbA1c (%) (all=82; I=55; NI=27)	5.46±0.31	5.50±0.39	0.620
Total cholesterol (mg/dL) (all=102; I=68; NI=34)	176.22±30.49	173.42±38.35	0.690
Triglycerides (mg/dL) (all=95; I=68; NI=34)	110.14±45.43	141.39±70.58	0.011
HDL (mg/dL) (all=94; I=64; NI=30)	49.47±9.18	48.07±11.71	0.530
AST (U/L) (all=104; I=70; NI=34)	48.77±78.70	40.47±24.01	0.550
ALT (U/L) (All=104; I=70; F=34)	64.40±77.98	62.76±56.36	0.913
Uric acid (mg/dL) (all=103; N=70; NI=33)	5.99±1.64	6.57±1.64	0.098

Values are presented as number (%) or mean±standard deviation.

BMI, body mass index; WC, waist circumference; WtHR, waist-to-height ratio; HbA1c, glycated hemoglobin; HDL, high-density lipoprotein; AST, aspartate aminotransferase; ALT, alanine aminotransferase.

Comparisons between boys and girls were made using independent *t* test or Mann-Whitney *U* test, as appropriate; categorical variables were analyzed using Fisher test. For total cholesterol, triglycerides, HDL-cholesterol, AST, and ALT, *P* values were calculated using log-transformed values to account for skewed distributions.

Waist-related variables, blood pressure, and laboratory parameters were available for a subset of participants; the respective sample sizes (*n*) for these variables are indicated in the table.

Boldface indicates a statistically significant difference with *P*<0.05.