

Supplementary Table 2. Changes in body composition parameters between the earliest and latest available measurements (n=40)

Parameter	Earliest	Latest	<i>P</i> value
BMI z score	3.65±0.82	3.36±1.05	0.012
Body fat percentage (%)	42.66±4.80	42.42±7.17	0.809
Muscle-to-fat ratio	0.75±0.19	0.80±0.34	0.653

Values are presented as mean±standard deviation.

BMI, body mass index.

Percentages for participants indicate the proportion within the overall study cohort, whereas percentages for male sex indicate the proportion within the body composition subset.

All comparisons were made using Wilcoxon signed-rank test.

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