

Supplementary table 1 Agreement between self-awareness of weight and measured body constitution (n=1019)

Sex	Measured body constitution ^a	Self-awareness of weight n(%)			Kappa ^b
		Light	Adequate	Heavy	
Boys (n=486)	Underweight	37 (61.7)	23 (38.3)	0 (0)	0.467 (P<0.001)
	Normal weight	40 (11.2)	267 (74.8)	50 (14.0)	
	Overweight	0 (0)	14 (20.3)	55 (79.7)	
Girls (n=533)	Underweight	34 (47.9)	36 (50.7)	1 (1.4)	0.364 (P<0.001)
	Normal weight	35 (8.6)	302 (74.6)	68 (16.8)	
	Overweight	0 (0)	15 (26.3)	42 (73.7)	

^a The cutoff values for underweight and overweight were <BMI18.5 and ≥BMI25 at age 18, respectively.

^b Kappa coefficient was calculated according to Szklo M, Nieto FJ. Epidemiology Beyond the Basics