

Electronic supplementary material

ESM Table 3 Cohort characteristics of intervention cohorts

Variable	Basal (mean±SD)	Post (mean±SD)	Difference (mean±SD)	<i>p</i> value
Lifestyle Intervention 'Obeldicks' (<i>n</i> =36)				
Age (years)	10.0±2.3	11.1±2.3	1.2±0.05	<0.0001
BMI (kg/m ²)	25.9±2.8	24.8±3.3	-1.15±0.26	<0.0001
BMI SDS	2.29±0.40	1.88±0.52	-0.40±0.05	<0.0001
Weight (kg)	56.7±15.7	60.3±17.3	3.6±0.7	<0.0001
HOMA-IR	3.41±2.03	2.94±1.30	-0.38±0.29	0.091
hsCrP (ng/ml)	1.20±0.99	0.74±0.96	-0.41±1.15	0.036
Bariatric surgery (<i>n</i> =14)				
Age (years)	33.6±15.0			
BMI (kg/m ²)	49.1±6.9	38.3±4.94	-10.8±7.1	<0.0001
Weight (kg)	141.0±19.2	110.1±17.4	-30.8±18.7	<0.0001
HOMA-IR	6.78±3.2	3.73±1.23	-3.50±1.64	<0.0001
hsCrP	4.19±1.46	1.35±0.96	-2.84±1.91	0.0006
Acute exercise (<i>n</i> =15)				
Age (years)	28.4±1.9			
BMI (kg/m ²)	27.6±1.7	26.0±1.6	-1.6±0.4	<0.0001
Weight (kg)	93.0±6.7	87.5±5.7	-5.5±1.5	<0.0001
HOMA-IR	1.00±0.43	0.73±0.34	-0.27±0.30	0.003
hsCrP (ng/ml)	1.09±0.38	0.79±0.43	-0.29±0.31	0.002

Data are given as mean±SD. Statistical significance was determined by paired *t* test