

Appendix Table A1. Fit Statistics for Latent Class Analysis Results, by Wave

	# classes	G2	AIC	BIC		# classes	G2	AIC	BIC
1st Grade (N=15167)	2	5833	5895	6132	3rd Grade (N=13437)	2	15635	15713	16006
	3	4153	4247	4607		3	14481	15599	15042
	4	3865	3991	4474		4	14006	14164	14757
	5	3618	3776	4380		5	13798	13996	14739
	6	3482	3672	4400		6	13606	13844	14737
	7	3391	3613	4463		7	13457	13735	14778
	8	3321	3575	4548		8	13334	13652	14845
	9	3260	3546	4641		9	13212	13570	14913
	10	3206	3524	4741		10	13102	13500	14994
	5th Grade (N=10994)	2	12883	12957		13228	8th Grade (N=8786)	2	7316
3		12089	12201	12610	3	6967		7067	7421
4		11754	11904	12452	4	6638		6772	7247
5		11577	11765	12452	5	6468		6636	7231
6		11405	11630	12456	6	6268		6470	7185
7		11241	11505	12470	7	6169		6405	7240
8		11058	11360	12463	8	6051		6321	7277
9		10940	11280	12522	9	5958		6262	7339
10		10783	11161	12542	10	5855		6193	7390

Source: ECLS-K, 1998-2007. Shaded row indicates selected class solution.

Appendix Table A2. Class-Conditional Response Probabilities from Latent Class Analyses (LCA) for First Grade

	All	<i>Generally compromised</i> 7%	<i>Mixed</i> 20%	<i>Generally favorable</i> 31%	<i>Mid, compromised exercise</i> 22%	<i>Compromised diet/sleep/ TV</i> 20%
Population share						
Regular breakfasts/week						
0-4	.14	.31	.04	.06	.04	.42
5-6	.40	.41	.94	.22	.28	.26
7	.46	.28	.01	.71	.67	.32
Regular dinners/week						
0-4	.25	.34	.41	.17	.06	.40
5-6	.25	.17	.58	.21	.12	.13
7	.50	.49	.00	.62	.82	.47
Goes to bed at same time	.91	.77	.92	.98	.94	.78
Dentist						
Never	.04	.21	.03	.01	.05	.04
More than 1 year	.09	.74	.05	.02	.08	.00
Within year	.87	.05	.93	.97	.86	.96
Doctor checkup	.86	.66	.86	.88	.87	.92
Exercise count (dance/athletics)						
0	.41	.74	.30	.01	.77	.63
1	.47	.23	.55	.72	.23	.34
2	.12	.02	.15	.27	.00	.03
Average TV hours/day						
0 - <1	.11	.09	.09	.17	.13	.04
1 - <2	.35	.19	.35	.47	.36	.22
2 - <3	.30	.28	.35	.27	.32	.30
3+	.23	.44	.21	.09	.19	.43
PE classes/week						
1-2	.07	.13	.06	.05	.05	.11
3	.65	.55	.65	.72	.63	.58
4-5	.28	.33	.29	.23	.32	.31

Source: ECLS-K, 1998-2007.

Notes: N= 15617. Adjusts for weighting, clustering, and strata using Wave 4 weights. Indicator means for the full population do not account for item missingness and may reflect smaller sample sizes. “Heat map” legend: Dark gray = most compromised class for that indicator; stripes = significantly ($p < .05$) more compromised than sample mean; checks = significantly less compromised than sample mean; light gray = least compromised class for that indicator; white = not significantly different from sample mean, or row not coded. “Compromised” designation is based on the indicator’s relationship to child developmental outcomes in the literature.

Appendix Table A3. Class-Conditional Response Probabilities from Latent Class Analyses (LCA) for Third Grade

		<i>Compromised diet/exercise</i> 10%	<i>Compromised health care/exercise</i> 10%	<i>Compromised except exercise</i> 13%	<i>Generally favorable</i> 33%	<i>Favorable but irregular</i> 34%
Population share		10%	10%	13%	33%	34%
Regular breakfasts/week						
0-4	.17	.47	.17	.39	.09	.06
5-6	.47	.46	.55	.45	.27	.66
7	.36	.08	.28	.17	.64	.28
Regular dinners/week						
0-4	.30	.53	.27	.56	.03	.40
5-6	.24	.25	.24	.16	.00	.49
7	.46	.21	.49	.29	.97	.10
Child food insecurity	.10	.11	.19	.27	.05	.05
Goes to bed at same time	.91	.97	.91	.67	.96	.95
No dentist	.10	.02	.55	.18	.04	.03
Doctor checkup	.84	.94	.52	.81	.91	.84
Spanked	.16	.17	.10	.30	.14	.12
20+ min exercise sessions/week						
0	.06	.11	.15	.08	.05	.02
1-4	.51	.78	.46	.41	.46	.53
5+	.43	.11	.39	.51	.49	.45
Organized sports count						
0	.20	.45	.47	.22	.16	.07
1	.27	.26	.34	.30	.26	.24
2	.27	.21	.15	.26	.29	.31
3+	.26	.07	.03	.22	.29	.38
Average TV hours/day						
0 - <1	.11	.05	.08	.02	.15	.12
1 - <2	.35	.32	.24	.17	.39	.43
2 - <3	.31	.29	.33	.35	.30	.31
3+	.23	.34	.35	.46	.16	.15
PE classes/week						
1-2	.06	.14	.07	.12	.03	.04
3	.69	.70	.57	.53	.73	.73
4-5	.26	.17	.36	.35	.24	.23

Source: ECLS-K, 1998-2007.

Notes: N=13437. Adjusts for weighting, clustering, and strata using Wave 5 weights. Indicator means for the full population do not account for item missingness and may reflect smaller sample sizes. “Heat map” legend: Dark gray = most compromised class for that indicator; stripes = significantly ($p < .05$) more compromised than sample mean; checks = significantly less compromised than sample mean; light gray = least compromised class for that indicator; white = not significantly different from sample mean, or row not coded. “Compromised” designation is based on the indicator’s relationship to child developmental outcomes in the literature.

Appendix Table A4. Class-Conditional Response Probabilities from Latent Class Analyses (LCA) for Fifth Grade

		<i>Favorable but irregular</i> 41%	<i>Compromised except exercise</i> 24%	<i>Generally favorable</i> 19%	<i>Compromised exercise/health care</i> 3%	<i>Compromised exercise/TV</i> 13%
Population share						
Regular breakfasts/week						
0-4	.17	.09	.33	.07	.27	.28
5-6	.51	.61	.56	.19	.37	.59
7	.32	.30	.11	.75	.36	.13
Regular dinners/week						
0-4	.33	.40	.46	.02	.31	.34
5-6	.27	.36	.26	.04	.22	.36
7	.40	.24	.11	.75	.36	.13
Child food insecurity	.12	.04	.27	.12	.17	.11
Goes to bed at same time	.92	.98	.80	.96	.97	.86
No dentist	.10	.02	.17	.06	.99	.07
Doctor checkup	.83	.84	.78	.89	.02	.97
20+ min exercise sessions/week						
0	.06	.01	.09	.06	.13	.15
1-4	.56	.58	.49	.48	.44	.79
5+	.38	.41	.42	.46	.43	.06
Organized sports count						
0	.18	.06	.32	.19	.35	.29
1	.28	.25	.36	.24	.41	.28
2	.27	.32	.16	.33	.20	.28
3+	.26	.38	.16	.25	.04	.16
Average TV hours/day						
0 - <1	.09	.09	.06	.16	.03	.01
1 - <2	.32	.37	.21	.37	.31	.26
2 - <3	.34	.38	.33	.29	.28	.29
3+	.26	.15	.40	.17	.37	.43
PE classes/week						
1-2	.07	.04	.11	.08	.03	.08
3	.66	.67	.48	.70	.71	.92
4-5	.27	.29	.41	.21	.26	.00

Source: ECLS-K, 1998-2007.

Notes: N=10994. Adjusts for weighting, clustering, and strata using Wave 6 weights. Indicator means for the full population do not account for item missingness and may reflect smaller sample sizes. “Heat map” legend: Dark gray = most compromised class for that indicator; stripes = significantly ($p < .05$) more compromised than sample mean; checks = significantly less compromised than sample mean; light gray = least compromised class for that indicator; white = not significantly different from sample mean, or row not coded. “Compromised” designation is based on the indicator’s relationship to child developmental outcomes in the literature.

Appendix Table A5. Average Marginal Effects from Multinomial Logistic Regression Model Predicting First-Grade Classes

	<i>Generally compromised</i>		<i>Mixed</i>	<i>Generally favorable</i>		<i>Mid, compromised exercise</i>		<i>Compromised diet/sleep/TV</i>	
Controls (Kindergarten)									
Male	.01		.00	.01		-.02		.00	
Race/ethnicity (white)									
Black	.03	+	.01	-.15	***	.00		.11	***
Hispanic	.03		.00	-.06	*	.01		.02	
Asian/Pacific Islander	.01		-.05	-.08	*	.05		.06	
American Indian	-.03	+	-.07	.06		.06	+	-.02	
Multiracial	.03		-.01	-.05		-.01		.03	
Age	.00		.00	.00		.00		.00	
Maternal age	.00		.00	.00		.00		.00	
Maternal age at first birth	.00		.00	.00	*	.00		-.01	**
Non-English household	.01		-.12	**		-.03		.08	**
# siblings	.01		.00	-.01		.00		.00	
Resources (Kindergarten)									
Income-to-needs	-.01		.01	**		.02	***	-.02	**
Maternal education (advanced degree)									
Less than high school	.06	+	.01	-.23	***	.06		.09	*
High school	.04		.04	-.18	***	.03		.07	+
Some college	.02		.00	-.10	*	.04		.03	
College degree	.00		.02	-.03		.01		.01	
Married	-.01		-.02	.06	**	-.01		-.01	
No health insurance	.04	**	.01	-.07	+	.01		.00	
Parenting (Kindergarten)									
# activities	-.01	*	.00	.04	***	-.02	**	-.01	*
Parenting scale	-.03	*	-.06	*		.10	***	.03	

Source: ECLS-K, 1998-2007.

Notes: N=8786. Accounts for complex sampling design. + p<.10 * p<.05 ** p<.01 *** p<.001; two-tailed tests.

Appendix Table A6. Average Marginal Effects from Multinomial Logistic Regression Model Predicting Eighth-Grade Classes

	<i>Mid, compromised diet/TV</i>		<i>Generally favorable</i>		<i>Favorable but irregular</i>		<i>Mid, compromised exercise/TV</i>		<i>Compromised exercise/health care</i>	
	1	2	1	2	1	2	1	2	1	2
Controls (Kindergarten)										
Male	.04 **	.05 **	.02 +	.02	.01	.01	-.08 ***	-.07 ***	.00	.00
Race/ethnicity (white)										
Black	.05 +	.03	-.01	.02	-.10 ***	-.08 **	.04	.03	.02	.01
Hispanic	.06 *	.05 *	-.05 *	-.05 *	-.10 ***	-.08 ***	.07 *	.06 *	.02	.01
Asian/Pacific Islander	-.03	-.03	.00	.00	-.05	-.02	.06	.04	.01	.00
American Indian	-.04 +	-.05 *	-.06 +	-.06 *	-.03	.00	.14 ***	.12 **	-.01	-.01
Multiracial	.00	.00	.05	.05	-.12 **	-.11 **	.01	.00	.06	.07 +
Age	.00	.00	.00	.00 +	.00	.00	.00 *	.00 *	.00	.00
Maternal age	.00	.00	.00	.00	.00	.00	.00 *	.00 +	.00	.00
Maternal age first birth	.00	.00	.00	.00	.00 +	.00	.00	.00	.00	.00
Non-English household	.02	.02	.04 +	.03	-.04	-.01	-.03	-.04	.01	.00
# siblings	.00	.00	.00	-.01	.01	.01	-.01	-.01	.00	.00
Resources (Kindergarten)										
Income-to-needs	-.01	-.01	.00	.00	.01 ***	.01 ***	-.01	-.01	.00	.00
Maternal education (advanced degree)										
Less than high school	.05	.04	-.09 *	-.07 *	-.07	-.02	.09 +	.06	.01	.00
High school	.07 +	.06	-.04	-.02	-.06 +	-.04	.04	.01	.00	.00
Some college	.05	.04	-.02	-.01	-.05	-.04	.02	.01	.01	.00
College degree	.02	.02	.03	.03	-.03	-.03	-.02	-.03	.00	.00
Married	-.03 +	-.03 +	.04 *	.05 *	-.02	-.03	.01	.01	.01	.01
No health insurance	.01	.00	.01	.01	-.07 *	-.06 +	.04	.03	.02 +	.01
Parenting (Kindergarten)										
# activities	.00	.00	.01 +	.01	.02 **	.01 *	-.02 **	-.02 *	-.01 *	.00
Parenting scale	-.02	-.01	.03	.00	.01	.01	-.01	.00	-.01	.00
First-grade classes (Generally favorable)										
Generally compromised		.02		-.07		-.03		.04		.04 *
Mixed		.03		-.09 ***		.03		.02		.00
Mid, compromised exercise		.01		-.01		-.11 ***		.09 **		.03 **
Compromised diet/sleep/TV		.01		-.02		-.03		.02		.02 *
Third-grade classes (Generally favorable)										
Compromised diet/exercise		.00		-.05 +		.00		.04		.02 +
Compromised health care/exercise		.05		-.04		-.07 *		.03		.03 *

Compromised except exercise	.00	-.04	.01	.01	.02	+
Favorable but irregular	.00	-.03 *	.05 *	-.02	.01	+
Fifth-grade classes (Generally favorable)						
Favorable but irregular	.05 *	-.09 ***	.06 *	-.02	.01	
Compromised except exercise	.10 ***	-.11 ***	-.02	.01	.01	
Compromised exercise/health care	.14 *	-.13 **	-.05	-.03	.07	**
Compromised exercise/TV	.05 +	-.14 ***	.02	.08 *	.00	

Source: ECLS-K, 1998-2007.

Notes: N=8786. Accounts for complex sampling design. + p<.10 * p<.05 ** p<.01 *** p<.001; two-tailed tests.

Appendix Table A7. Average Marginal Effects from Multinomial Logistic Regression Model
Predicting Eighth-Grade Classes

	<i>Mid, compromised diet/TV</i>		<i>Generally favorable</i>		<i>Favorable but irregular</i>		<i>Mid, compromised exercise/TV</i>		<i>Compromised exercise/ health care</i>	
Peer characteristics (First grade)										
Modal class (generally favorable)										
Generally compromised	.04		-.02		-.02		.00		-.01	
Mixed	-.04		.00	*	.04	+	.01		.00	
Mid, compromised exercise	.00		-.03		-.01		.02		.02	
Compromised diet/sleep/TV	.02	+	-.05		.03		-.01		.00	
Percent of modal class	-.01	*	-.16		.18	**	.04		-.05	
School characteristics (First grade)										
Public school	.02		-.03		-.03		.02		.02	
% nonwhite	.00		.00		.00		.00		.00	+
% free/reduced price lunch	.00		.00	*	.00	**	.00		.00	
Controls (Kindergarten)										
Male	.04	**	.03	*	.03	+	-.10	***	.00	
Race/ethnicity (white)										
Black	.03		-.02		-.07	*	.06		.00	
Hispanic	.05		-.06	**	-.04		.06	+	.00	
Asian/Pacific Islander	-.06	*	.02		-.01		.06		.00	
American Indian	-.09	***	-.03		.02		.12	**	-.02	*
Multiracial	-.01		.04		-.10	*	-.01		.08	
Resources (Kindergarten)										
Income-to-needs	-.01	*	.01	+	.01	**	.00		.00	
Maternal education (advanced degree)										
Less than high school	.05		-.07	*	-.06		.07		.01	
High school	.05		-.02		-.06		.03		.00	
Some college	.04		-.01		-.03		.00		.00	
College degree	.03		.01		.00		-.05		.01	
Married	-.03		.05	*	-.03		.00		.01	
No health insurance	.02		.03		-.08	*	.02		.01	
Parenting (Kindergarten)										
# activities	.00		.01	**	.01	*	-.02	**	-.01	
Parenting scale	-.01		.02		.01		-.01		-.01	

Source: ECLS-K, 1998-2007.

Notes: N=7829. Accounts for complex sampling design. Nonsignificant covariates (child age, maternal age at survey, maternal age at birth, household language, # siblings, school enrollment, school % passing reading) not shown. + p<.10 * p<.05 ** p<.01 *** p<.001; two-tailed tests.