

Supplement 1: Kindergarten Health Check methods

The Kindergarten Health Check (KHC) is conducted annually in the Australian Capital Territory (ACT).

See: <https://health.act.gov.au/services-and-programs/women-youth-and-children/children-and-youth/school-health>

All children in their first year of full-time primary education (Kindergarten) in the ACT are invited to participate. Participation is voluntary. Paper survey forms are distributed to parents/guardians of eligible children via their schools in early February of the school year. Parent-completed questionnaires are collected by schools on behalf of the School Health Nurses a few weeks later.

Physical health checks are conducted by School Health Nurses between April and October of that year for all children whose parents/guardians' consent to their participation. The physical health check includes body measurements (height, weight), vision check and hearing check. Results are recorded on a paper survey form. The KHC is conducted using best practice protocols as informed by recent literature, including protocols for measuring height and weight.

Denominator data is derived from The ACT Education Directorate census data.

The same survey instrument was used for 2014-2016. A copy of the 2016 survey instrument is included as Supplementary File 2.