

Table S1. General differences in 10–18-year-old children and adolescents according to gender and age.

| | Gender | | | Age | | |
|---------------------|----------------|-----------------|-------------|-------------|-------------|----------------|
| | All | Boys | Girls | 10~12yr | 13~15yr | 16~18yr |
| N | 2327 | 1223 | 1104 | 865 | 807 | 655 |
| Age | 14.2 ± 0.1 | 14.2 ± 0.1 | 14.2 ± 0.1 | 11.0 ± 0.0 | 14.1 ± 0.0 | 16.9 ± 0.0*** |
| BMI | 20.9 ± 0.1 | 21.1 ± 0.1** | 20.6 ± 0.1 | 19.2 ± 0.1 | 21.1 ± 0.1 | 22.1 ± 0.2*** |
| 95th %tile ≤ BMI | 329 (14.1%) | 200 (16.3%)* | 129 (12.6%) | 77 (9.1%) | 119 (13.7%) | 133 (19.6%)* |
| HGS | 26.6 ± 0.3 | 30.9 ± 0.4*** | 21.9 ± 0.2 | 18.2 ± 0.2 | 28.3 ± 0.3 | 32.0 ± 0.4*** |
| SBP (mmHg) | 108.4 ± 0.3 | 109.5 ± 0.34*** | 106.5 ± 0.4 | 106.3 ± 0.4 | 108.5 ± 0.4 | 109.9 ± 0.4*** |
| DBP (mmHg) | 66.4 ± 0.2 | 66.8 ± 0.3*** | 65.9 ± 0.3 | 62.8 ± 0.3 | 66.0 ± 0.3 | 69.6 ± 0.4*** |

Values are presented as mean ± SE; BMI: body mass index; HGS: handgrip strength; BP: blood pressure; SBP: systolic blood pressure; DBP: diastolic blood pressure. * *p*-values for differences using the analysis of variance for means; * *p* < 0.05, ** *p* < 0.01, *** *p* < 0.001.