

STROBE Statement—checklist of items that should be included in reports of observational studies

	Item No	Recommendation	
Title and abstract	1	(a) Indicate the study’s design with a commonly used term in the title or the abstract	The title has been modified according to this point
		(b) Provide in the abstract an informative and balanced summary of what was done and what was found	fulfilled
Introduction			
Background/rationale	2	Explain the scientific background and rationale for the investigation being reported	fulfilled
Objectives	3	State specific objectives, including any prespecified hypotheses	Fulfilled (page 7)
Methods			
Study design	4	Present key elements of study design early in the paper	fulfilled (Abstract; lines 130-132)
Setting	5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	fulfilled (page 7/8, lines 142-152)
Participants	6	(a) Cohort study—Give the eligibility criteria, and the sources and methods of selection of participants. Describe methods of follow-up	fulfilled (page 7/8, lines 142-152; page 9, lines 178-183)
		Case-control study—Give the eligibility criteria, and the sources and methods of case ascertainment and control selection. Give the rationale for the choice of cases and controls	
		Cross-sectional study—Give the eligibility criteria, and the sources and methods of selection of participants	
		(b) Cohort study—For matched studies, give matching criteria and number of exposed and unexposed	
		Case-control study—For matched studies, give matching criteria and the number of controls per case	
Variables	7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	fulfilled (page 7, lines 133-138; Measures section)
Data sources/measurement	8*	For each variable of interest, give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group	fulfilled (Measures section)
Bias	9	Describe any efforts to address potential sources of bias	N/A
Study size	10	Explain how the study size was arrived at	fulfilled (Procedure and Participants sections)
Quantitative variables	11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen and why	fulfilled (Measures section)

Statistical methods	12	(a) Describe all statistical methods, including those used to control for confounding	fulfilled (Data analysis section)
		(b) Describe any methods used to examine subgroups and interactions	N/A
		(c) Explain how missing data were addressed	fulfilled (Data analysis section)
		(d) <i>Cohort study</i> —If applicable, explain how loss to follow-up was addressed	N/A
		<i>Case-control study</i> —If applicable, explain how matching of cases and controls was addressed	
		<i>Cross-sectional study</i> —If applicable, describe analytical methods taking account of sampling strategy	
		(e) Describe any sensitivity analyses	N/A
Results			
Participants	13*	(a) Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed	Page 14, lines 294-296
		(b) Give reasons for non-participation at each stage	N/A
		(c) Consider use of a flow diagram	N/A
Descriptive data	14*	(a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders	fulfilled (descriptive statistics section).
		(b) Indicate number of participants with missing data for each variable of interest	In almost all cases missing data were imputed (see Analysis section), regarding PA and diet there were three / eight children with missing data, this information was included in Table 1
		(c) <i>Cohort study</i> —Summarise follow-up time (eg, average and total amount)	N/A
Outcome data	15*	<i>Cohort study</i> —Report numbers of outcome events or summary measures over time	N/A
		<i>Case-control study</i> —Report numbers in each exposure category, or summary measures of exposure	N/A
		<i>Cross-sectional study</i> —Report numbers of outcome events or summary measures	fulfilled (Table 1)
Main results	16	(a) Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders were adjusted for and why they were included	N/A
		(b) Report category boundaries when continuous variables were categorized	N/A
		(c) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	N/A
Other analyses	17	Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses	N/A
Discussion			
Key results	18	Summarise key results with reference to study objectives	fulfilled

Limitations	19	Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias	fulfilled (page 21/22)
Interpretation	20	Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence	fulfilled
Generalisability	21	Discuss the generalisability (external validity) of the study results	fulfilled
Other information			
Funding	22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	According to Plos One's style requirements, the funding should not be included in the manuscript