

**Supplemental Table 1:** Demographic and anthropometric characteristics of children aged 8 – 17 years old

		1997-98 (n=6,300)				2002,2005-06 (n=7,694)			
		Trying to lose weight		Not trying to lose weight		Trying to lose weight		Not trying to lose weight	
		n	mean±SD/%	n	mean±SD/%	n	mean±SD/%	n	mean±SD/%
Age (y)		1,364	12.7±2.6	4,936	11.7±2.7	2,038	12.8±2.5	5,656	11.9±2.7
Age group	8-12	776	57.3	3,510	71.0	1,173	59.8	3,938	71.7
	13-17	588	42.7	1,426	29.0	865	40.2	1,718	28.3
Weight		1,364	54.9±20.2	4,936	41.7±15.8	2,038	54.9±22.3	5,656	42.3±17.2
BMI Z-score		975	2.99±1.45	4,650	1.19±1.71	1,333	3.12±1.34	5,203	1.38±1.68
BMI category	Thinness	2	0.2	94	2.1	0	0.0	82	1.9
	Normal	115	12.3	2,110	45.6	116	9.8	2,116	42.4
	Overweight	89	9.2	898	19.3	124	8.8	1,053	19.9
	Obesity	769	78.3	1,548	33.1	1,093	81.4	1,952	35.8
Gender	Boys	490	35.9	2,657	54.1	745	37.8	3,077	54.0
	Girls	874	64.1	2,279	45.9	1,293	62.2	2,579	46.0
Ethnicity	White	1,196	86.9	4,465	89.7	1,761	85.4	5,042	88.4
	Asian	90	7.4	260	5.8	150	7.8	286	5.9
	Black	38	2.8	102	2.1	70	3.6	156	2.5
	Other&Mixed	40	2.9	109	2.3	57	3.2	172	3.2
Household income level	Q1	321	27.4	1,084	25.7	414	26.1	1,139	25.6
	Q2	219	18.4	778	17.9	397	22.4	990	20.1
	Q3	270	21.7	1,001	22.3	375	23.2	1,090	21.6
	Q4	234	18.8	904	19.7	304	16.6	968	18.4
	Q5	174	13.8	665	14.5	220	11.7	731	14.3

Estimates are mean±SD or % in which % are added up vertically; BAZ BMI for Z score;

Q1(≤GBP11,676.65), Q2(>GBP11,676.65≤GBP19,117.65), Q3(>GBP19,117.65≤GBP27,704.92), Q4(>GBP27,704.92≤GBP47,794.12) and Q5(>GBP47,794.12)

Different total sample size for BMI, n=5,625 (1997-98), n=6,536 (2002-03); household income level, n=5,650 (1997-98), n=6,628 (2002-03)

Supplemental Table 1 continued

		2007-08 (n=7,745)				2009-10 (n=4,694)			
		Trying to lose weight (n=2,014)		Not trying to lose weight		Trying to lose weight		Not trying to lose weight	
		n	mean±SD/%	n	mean±SD/%	n	mean±SD/%	n	mean±SD/%
Age (y)		2,014	11.9±2.1	5,731	11.4±2.3	1,182	12.1±2.2	3,512	11.4±2.3
Age group	8-12	1,462	70.5	4,351	74.2	804	67.3	2,704	75.6
	13-17	552	29.5	1,380	25.8	378	32.7	808	24.4
Weight		2,014	50.6±21.6	5,731	40.4±16.4	1,182	50.6±22.6	3,512	39.5±16.5
BMI Z-score		1,409	2.90±1.45	5,252	1.22±1.67	836	2.88±1.46	3,197	1.10±1.69
BMI category	Thinness	2	0.1	104	2.1	2	0.2	100	3.2
	Normal	160	11.6	2,308	44.2	94	11.6	1,426	43.7
	Overweight	186	12.1	1,065	20.0	110	12.6	678	21.6
	Obesity	1,061	75.2	1,775	33.7	630	75.6	993	31.6
Gender	Boys	885	44.2	3,010	53.5	517	42.1	1,893	53.2
	Girls	1,129	55.8	2,721	46.5	665	57.9	1,619	46.8
Ethnicity	White	1,659	80.1	4,927	84.2	987	81.7	3,031	85.0
	Asian	182	10.0	360	7.3	84	8.5	237	7.4
	Black	88	5.6	199	4.2	54	4.9	97	3.2
	Other&Mixed	85	4.3	245	4.3	57	4.9	147	4.4
Household income level	Q1	432	27.6	1,032	22.6	243	26.9	643	23.8
	Q2	370	22.6	1,034	21.5	239	23.9	661	22.2
	Q3	351	20.9	1,055	21.6	213	20.2	589	19.0
	Q4	318	17.9	940	18.5	167	15.6	610	19.3
	Q5	199	11.1	786	15.8	136	13.3	485	15.7

Estimates are mean±SD or % in which % are added up vertically; BAZ BMI for Z score;

Q1(≤GBP11,676.65), Q2(>GBP11,676.65≤GBP19,117.65), Q3(>GBP19,117.65≤GBP27,704.92), Q4(>GBP27,704.92≤GBP47,794.12) and Q5(>GBP47,794.12)

Different total sample size for BMI, n=6661 (2007-08), n=4033 (2009-10); household income level, n=6517 (2007-08), n=3986 (2009-10)

Supplemental Table 1 continued

		2011-12 (n=1,520)				2013-14 (n=850)			
		Trying to lose weight		Not trying to lose weight		Trying to lose weight		Not trying to lose weight	
		n	mean±SD/%	n	mean±SD/%	n	mean±SD/%	n	mean±SD/%
Age (y)		414	12.0±2.1	1,106	11.2±2.3	213	12.2±2.2	637	11.3±2.3
Age group	8-12	303	70.9	251	73.9	142	66.8	493	76.0
	13-17	111	29.1	855	26.1	71	33.2	144	24.0
Weight		414	51.8±22.9	1,106	37.5±18.2	213	53.4±21.9	637	38.4±17.8
BMI Z-score		378	1.60±1.00	997	0.16±1.00	199	1.55±0.93	577	0.29±1.07
BMI category	Thinness	0	0.0	21	2.1	0	0.0	7	1.2
	Normal	95	25.3	780	78.4	55	26.9	428	74.2
	Overweight	148	39.2	161	16.3	84	41.2	109	18.7
	Obesity	135	35.4	35	3.3	60	32.0	33	5.8
Gender	Boys	172	41.5	587	54.9	83	42.6	334	54.6
	Girls	242	58.5	519	45.1	130	57.4	303	45.4
Ethnicity	White	316	73.4	923	81.0	168	76.8	538	82.1
	Asian	47	13.5	94	10.0	19	10.8	47	9.2
	Black	25	6.3	42	4.2	11	5.4	26	4.2
	Other&Mixed	26	6.8	47	4.8	15	7.0	26	4.5
Household income level	Q1	89	27.5	174	20.5	58	33.2	138	25.5
	Q2	86	22.2	242	25.8	39	20.9	111	19.5
	Q3	61	15.6	164	16.7	39	19.8	118	21.7
	Q4	66	17.2	207	20.8	36	18.9	96	16.7
	Q5	56	17.5	164	16.1	15	7.2	99	16.6

Estimates are mean±SD or % in which % are added up vertically; BAZ BMI for Z score;

Q1(≤GBP11,676.65), Q2(>GBP11,676.65≤GBP19,117.65), Q3(>GBP19,117.65≤GBP27,704.92), Q4(>GBP27,704.92≤GBP47,794.12) and Q5(>GBP47,794.12)

Different total sample size for BMI, n=1,375 (2011-12), n=776 (2013-14); household income level, n=1,309 (2011-12), n=749 (2013-14)

Supplemental Table 1 continued

		2015-16 (n=5,432)			
		Trying to lose weight		Not trying to lose weight	
		n	mean±SD/%	n	mean±SD/%
Age (y)		1,436	12.7±3.0	3,996	11.6±2.9
Age group	8-12	670	42.0	2,520	59.1
	13-17	766	58.0	1,476	40.9
Weight		1,436	54.7±24.2	3,996	40.9±18.7
BMI Z-score		1,336	1.55±1.05	3,728	0.31±1.12
BMI category	Thinness	0	0.0	74	1.9
	Normal	388	31.1	2,636	71.3
	Overweight	490	35.4	750	19.7
	Obesity	458	33.4	268	7.2
Gender	Boys	548	39.9	2,070	54.5
	Girls	888	60.1	1,926	45.5
Ethnicity	White	966	65.0	3,148	77.5
	Asian	238	19.0	374	10.4
	Black	108	8.0	184	5.0
	Other&Mixed	124	8.0	290	7.1
Household income level	Q1	318	28.4	744	23.5
	Q2	236	20.0	626	18.4
	Q3	248	20.1	660	20.5
	Q4	188	15.8	650	19.8
	Q5	188	15.7	610	17.9

Estimates are mean±SD or % in which % are added up vertically; BAZ BMI for Z score; Q1(≤GBP11,676.65), Q2(>GBP11,676.65≤GBP19,117.65), Q3(>GBP19,117.65≤GBP27,704.92), Q4(>GBP27,704.92≤GBP47,794.12) and Q5(>GBP47,794.12); \*P<0.05 (Student t-test or chi<sup>2</sup>); Different total sample size for BMI, n=5,064 (2015-16), n=30,070 (1997-2016); household income level, n=4,468 (2015-16)