

**Table 1** Population characteristics at baseline

	<i>Adults</i>			<i>Children</i>		
	<i>Men</i>	<i>Women</i>	<i>P</i>	<i>Boys</i>	<i>Girls</i>	<i>P</i>
N	208	270		209	195	
Age (years)	39.9±10.0	38.8±9.3	0.22	13.6±2.4	13.3±2.6	0.33
Weight (kg)	76.6±9.7	61.7±8.3	<0.0001	49.0±13.9	45.7±11.7	0.009
BMI (kg.m <sup>-2</sup> )	24.5±2.9	23.0±3.0	<0.0001	18.5±2.9	18.6±2.8	0.73
BIA % fat (%)	20.3±6.1	30.6±6.3	<0.0001	13.4±6.1	22.3±7.6	<0.0001
SSK (mm)	52.4±22.4	66.5±25.2	<0.0001	37.3±21.7	48.2±20.8	<0.0001
WC (cm)	87.7±9.4	75.4±8.2	<0.0001	67.5±8.1	63.4±7.1	<0.0001
HC (cm)	95.7±7.4	94.3±9.3	0.06	79.3±10.8	79.5±10.8	0.82
WHR	0.92±0.07	0.80±0.06	<0.0001	0.86±0.06	0.81±0.07	<0.0001
Plasma fasting leptin (nmol.l <sup>-1</sup> )	0.34±0.25	1.05±0.61	<0.0001	1.16±0.35	0.77±0.52	<0.0001
Plasma fasting insulin (pmol.l <sup>-1</sup> )	26±23	25±16	0.67	34±20	38±22	0.04
Plasma fasting glucose (mmol.l <sup>-1</sup> )	5.0±0.56	4.80±0.50	<0.0001	4.80±0.39	4.7±0.39	0.003
HOMA <sub>IR</sub>	0.96±0.70	0.90±0.63	0.73	1.22±0.82	1.36±0.82	0.09
Energy intake (MJ.day <sup>-1</sup> )	13.3±4.3	10.5±3.3	<0.0001	13.2±5.7	10.3±4.0	<0.0001
Alcohol intake (g.day <sup>-1</sup> )	20.7±20.7	6.6±9.6	<0.0001	-	-	
Ambulatory activity (ksteps.wk <sup>-1</sup> )	56.9±23.4	50.2±19.2	0.001	63.9±28.3	53.2±20.2	<0.0001
LTPA (h.wk <sup>-1</sup> )	5.1±6.0	3.4±4.4	0.0007	7.0±5.8	4.0±3.5	<0.0001

Data shown as means ± SD or %