

Untitled Draft

Report Author

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Tables

Table 1: **Table 1. Descriptive statistics of the LSAC Checkpoint cohort.**

Characteristic	Wave		
	Wave 3 N = 1,838	Wave 4 N = 1,841	Wave 5 N = 1,848
Age (Years), Mean (SD)	4.82 (0.23)	6.85 (0.29)	8.91 (0.30)
Sex, n / N (%)			
Male	937 / 1,838 (51%)	939 / 1,841 (51%)	945 / 1,848 (51%)
Female	901 / 1,838 (49%)	902 / 1,841 (49%)	903 / 1,848 (49%)
Indigenous Status, n / N (%)	35 / 1,838 (1.9%)	35 / 1,841 (1.9%)	35 / 1,848 (1.9%)
Socioeconomic Status, Mean (SD)	0.26 (0.95)	0.23 (0.96)	0.21 (0.97)
Aggregated Screen Time (min/w), Mean (SD)	932 (538)	1,038 (553)	1,250 (600)
MVPA (min/day), Mean (SD)	-	-	-
Sedentary Time (min/day), Mean (SD)	-	-	-
Diet, n / N (%)			
Does Not Meet Guidelines	-	-	-
Meets Guidelines	-	-	-
Sexual Maturity, n / N (%)			
Tanner1	-	-	-
Tanner2	-	-	-
Tanner3	-	-	-
Tanner4	-	-	-
Tanner5	-	-	-
VO2 Max, Mean (SD)	-	-	-
Waist Circumference (cm), Mean (SD)	-	-	-
Waist-to-Height Ratio, Mean (SD)	-	-	-
BMI Z-Score, Mean (SD)	-	-	-
Body Fat (%), Mean (SD)	-	-	-
Systolic Blood Pressure (mmHg), Mean (SD)	-	-	-
Diastolic Blood Pressure (mmHg), Mean (SD)	-	-	-
Fasting Time (hours), Mean (SD)	-	-	-
Glucose (mmol/L), Mean (SD)	-	-	-
Triglycerides (mmol/L), Mean (SD)	-	-	-
Total Cholesterol (mmol/L), Mean (SD)	-	-	-
Cholesterol:HDL Ratio, Mean (SD)	-	-	-
Non-HDL Cholesterol (mmol/L), Mean (SD)	-	-	-
Phospholipids (mmol/L), Mean (SD)	-	-	-
Apolipoprotein A1 (g/L), Mean (SD)	-	-	-
Apolipoprotein B (g/L), Mean (SD)	-	-	-
ApoB:ApoA1 Ratio, Mean (SD)	-	-	-
Glycoprotein (mmol/L), Mean (SD)	-	-	-

Table 2: Table 2. Unadjusted and adjusted associations between screen time and health outcomes.

Variable	Unadjusted		Adjusted	
	Beta (95% CI) ¹	p-value	Beta (95% CI) ¹	p-value
Cardio-metabolic Risk Score				
Screen Time Trajectory Intercept	0.09 (-0.01 to 0.18)	0.074	0.08 (-0.02 to 0.17)	0.074
Screen Time Trajectory Slope	0.18 (-0.16 to 0.52)	0.29	0.14 (-0.20 to 0.47)	0.29
Moderate-to-Vigorous Physical Activity			-0.11 (-0.18 to -0.03)	0.003
Sedentary Time			0.00 (-0.07 to 0.07)	0.97
ApoB/ApoA1 Ratio				
Screen Time Trajectory Intercept	0.00 (-0.01 to 0.01)	0.90	0.00 (-0.01 to 0.01)	0.90
Screen Time Trajectory Slope	0.01 (-0.03 to 0.05)	0.58	0.01 (-0.03 to 0.04)	0.58
Moderate-to-Vigorous Physical Activity			-0.01 (-0.02 to 0.00)	<0.001
Sedentary Time			0.00 (0.00 to 0.01)	0.97
Glycoprotein Acetyls				
Screen Time Trajectory Intercept	0.01 (-0.01 to 0.02)	0.45	0.00 (-0.01 to 0.02)	0.45
Screen Time Trajectory Slope	0.02 (-0.04 to 0.07)	0.54	0.01 (-0.04 to 0.06)	0.54
Moderate-to-Vigorous Physical Activity			-0.02 (-0.03 to -0.01)	0.003
Sedentary Time			0.00 (-0.01 to 0.01)	0.97
Phospholipids				
Screen Time Trajectory Intercept	-0.01 (-0.03 to 0.00)	0.12	-0.01 (-0.03 to 0.01)	0.12
Screen Time Trajectory Slope	-0.06 (-0.12 to -0.01)	0.032	-0.05 (-0.11 to 0.00)	0.032
Moderate-to-Vigorous Physical Activity			0.02 (0.01 to 0.03)	0.003
Sedentary Time			-0.01 (-0.02 to 0.01)	0.97
Cardiorespiratory Fitness (VO2 Max)				
Screen Time Trajectory Intercept	-3.7 (-4.9 to -2.6)	< 0.001	-3.4 (-4.5 to -2.3)	<0.001
Screen Time Trajectory Slope	-5.1 (-9.1 to -0.96)	0.016	-4.5 (-8.5 to -0.52)	0.016
Moderate-to-Vigorous Physical Activity			3.2 (2.4 to 4.0)	<0.001
Sedentary Time			0.24 (-0.51 to 0.99)	0.50
Waist Circumference				
Screen Time Trajectory Intercept	1.2 (0.45 to 2.0)	0.002	1.2 (0.44 to 2.0)	0.002
Screen Time Trajectory Slope	3.5 (0.75 to 6.3)	0.013	3.3 (0.50 to 6.1)	0.013
Moderate-to-Vigorous Physical Activity			-1.6 (-2.2 to -1.0)	<0.001
Sedentary Time			-0.50 (-1.1 to 0.06)	0.09
Waist-to-Height Ratio				
Screen Time Trajectory Intercept	0.01 (0.01 to 0.02)	< 0.001	0.01 (0.01 to 0.02)	<0.001
Screen Time Trajectory Slope	0.02 (0.00 to 0.04)	0.018	0.02 (0.00 to 0.04)	0.018
Moderate-to-Vigorous Physical Activity			-0.01 (-0.01 to 0.00)	<0.001
Sedentary Time			0.00 (-0.01 to 0.00)	0.97
Body Mass Index (z-score)				
Screen Time Trajectory Intercept	0.18 (0.08 to 0.28)	< 0.001	0.18 (0.08 to 0.28)	<0.001
Screen Time Trajectory Slope	0.31 (-0.03 to 0.66)	0.077	0.30 (-0.05 to 0.65)	0.077
Moderate-to-Vigorous Physical Activity			-0.17 (-0.24 to -0.10)	<0.001
Sedentary Time			-0.08 (-0.15 to -0.01)	0.003
Body Fat Percentage				
Screen Time Trajectory Intercept	2.2 (1.4 to 3.1)	< 0.001	2.1 (1.3 to 3.0)	<0.001
Screen Time Trajectory Slope	3 2.6 (-0.37 to 5.6)	0.085	2.1 (-0.83 to 5.1)	0.085
Moderate-to-Vigorous Physical Activity			-2.4 (-3.0 to -1.8)	<0.001
Sedentary Time			-0.50 (-1.1 to 0.08)	0.09
Systolic Blood Pressure Ampification				