|  | **Unadjusted** | | **Adjusted** | |
| --- | --- | --- | --- | --- |
| **Variable** | **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) | 0.12 |
| Screen Time Trajectory Slope | 0.18 (-0.16 to 0.52) | 0.29 | 0.14 (-0.20 to 0.47) | 0.43 |
| Moderate-to-Vigorous Physical Activity |  |  | -0.11 (-0.18 to -0.03) | **0.004** |
| Sedentary Time |  |  | 0.00 (-0.07 to 0.07) | 0.98 |
| **ApoB/ApoA1 Ratio** |  |  |  |  |
| Screen Time Trajectory Intercept | 0.00 (-0.01 to 0.01) | 0.90 | 0.00 (-0.01 to 0.01) | 0.59 |
| Screen Time Trajectory Slope | 0.01 (-0.03 to 0.05) | 0.58 | 0.01 (-0.03 to 0.04) | 0.77 |
| Moderate-to-Vigorous Physical Activity |  |  | -0.01 (-0.02 to 0.00) | **<0.001** |
| Sedentary Time |  |  | 0.00 (0.00 to 0.01) | 0.24 |
| **Glycoprotein Acetyls** |  |  |  |  |
| Screen Time Trajectory Intercept | 0.01 (-0.01 to 0.02) | 0.45 | 0.00 (-0.01 to 0.02) | 0.62 |
| Screen Time Trajectory Slope | 0.02 (-0.04 to 0.07) | 0.54 | 0.01 (-0.04 to 0.06) | 0.67 |
| Moderate-to-Vigorous Physical Activity |  |  | -0.02 (-0.03 to -0.01) | **0.001** |
| Sedentary Time |  |  | 0.00 (-0.01 to 0.01) | 0.69 |
| **Phospholipids** |  |  |  |  |
| Screen Time Trajectory Intercept | -0.01 (-0.03 to 0.00) | 0.12 | -0.01 (-0.03 to 0.01) | 0.22 |
| Screen Time Trajectory Slope | -0.06 (-0.12 to -0.01) | **0.032** | -0.05 (-0.11 to 0.00) | 0.054 |
| Moderate-to-Vigorous Physical Activity |  |  | 0.02 (0.01 to 0.03) | **0.004** |
| Sedentary Time |  |  | -0.01 (-0.02 to 0.01) | 0.36 |
| **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) | **0.027** |
| Moderate-to-Vigorous Physical Activity |  |  | 3.2 (2.4 to 4.0) | **<0.001** |
| Sedentary Time |  |  | 0.24 (-0.51 to 0.99) | 0.53 |
| **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) | **0.021** |
| Moderate-to-Vigorous Physical Activity |  |  | -1.6 (-2.2 to -1.0) | **<0.001** |
| Sedentary Time |  |  | -0.50 (-1.1 to 0.06) | 0.078 |
| **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) | **0.023** |
| Moderate-to-Vigorous Physical Activity |  |  | -0.01 (-0.01 to 0.00) | **<0.001** |
| Sedentary Time |  |  | 0.00 (-0.01 to 0.00) | 0.12 |
| **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) | 0.091 |
| Moderate-to-Vigorous Physical Activity |  |  | -0.17 (-0.24 to -0.10) | **<0.001** |
| Sedentary Time |  |  | -0.08 (-0.15 to -0.01) | **0.030** |
| **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 | 2.6 (-0.37 to 5.6) | 0.085 | 2.1 (-0.83 to 5.1) | 0.16 |
| Moderate-to-Vigorous Physical Activity |  |  | -2.4 (-3.0 to -1.8) | **<0.001** |
| Sedentary Time |  |  | -0.50 (-1.1 to 0.08) | 0.093 |
| **Systolic Blood Pressure Ampification** |  |  |  |  |
| Screen Time Trajectory Intercept | -0.31 (-0.62 to -0.01) | **0.042** | -0.29 (-0.60 to 0.01) | 0.061 |
| Screen Time Trajectory Slope | 0.29 (-0.80 to 1.4) | 0.61 | 0.36 (-0.73 to 1.4) | 0.52 |
| Moderate-to-Vigorous Physical Activity |  |  | 0.27 (0.04 to 0.50) | **0.022** |
| Sedentary Time |  |  | 0.01 (-0.21 to 0.23) | 0.95 |
| **Pulse Pressure Amplification** |  |  |  |  |
| Screen Time Trajectory Intercept | -0.01 (-0.04 to 0.02) | 0.44 | -0.01 (-0.04 to 0.02) | 0.42 |
| Screen Time Trajectory Slope | -0.09 (-0.20 to 0.03) | 0.13 | -0.08 (-0.20 to 0.03) | 0.14 |
| Moderate-to-Vigorous Physical Activity |  |  | 0.02 (0.00 to 0.05) | **0.048** |
| Sedentary Time |  |  | 0.01 (-0.01 to 0.03) | 0.32 |
| **Sysolic Blood Pressure (z-score)** |  |  |  |  |
| Screen Time Trajectory Intercept | 0.08 (0.00 to 0.15) | **0.047** | 0.07 (0.00 to 0.15) | 0.062 |
| Screen Time Trajectory Slope | 0.26 (-0.01 to 0.54) | 0.056 | 0.26 (-0.02 to 0.53) | 0.066 |
| Moderate-to-Vigorous Physical Activity |  |  | -0.01 (-0.06 to 0.05) | 0.85 |
| Sedentary Time |  |  | 0.01 (-0.04 to 0.07) | 0.59 |
| **Diastolic Blood Pressure (z-score)** |  |  |  |  |
| Screen Time Trajectory Intercept | 0.06 (0.01 to 0.12) | **0.018** | 0.06 (0.00 to 0.11) | **0.033** |
| Screen Time Trajectory Slope | 0.17 (-0.02 to 0.36) | 0.086 | 0.15 (-0.04 to 0.34) | 0.12 |
| Moderate-to-Vigorous Physical Activity |  |  | -0.06 (-0.10 to -0.01) | **0.007** |
| Sedentary Time |  |  | 0.01 (-0.03 to 0.04) | 0.77 |
| **Triacylglycerides** |  |  |  |  |
| Screen Time Trajectory Intercept | 0.00 (-0.07 to 0.07) | 0.96 | 0.00 (-0.06 to 0.07) | 0.94 |
| Screen Time Trajectory Slope | 0.21 (-0.02 to 0.44) | 0.078 | 0.20 (-0.03 to 0.43) | 0.094 |
| Moderate-to-Vigorous Physical Activity |  |  | -0.06 (-0.10 to -0.01) | **0.015** |
| Sedentary Time |  |  | -0.02 (-0.07 to 0.02) | 0.33 |
| **Total Cholesterol** |  |  |  |  |
| Screen Time Trajectory Intercept | -0.04 (-0.12 to 0.04) | 0.35 | -0.05 (-0.13 to 0.04) | 0.28 |
| Screen Time Trajectory Slope | -0.16 (-0.46 to 0.13) | 0.28 | -0.18 (-0.47 to 0.12) | 0.24 |
| Moderate-to-Vigorous Physical Activity |  |  | -0.04 (-0.10 to 0.01) | 0.14 |
| Sedentary Time |  |  | 0.01 (-0.05 to 0.07) | 0.74 |
| **HDL Cholesterol** |  |  |  |  |
| Screen Time Trajectory Intercept | -0.02 (-0.05 to 0.02) | 0.31 | -0.01 (-0.05 to 0.02) | 0.48 |
| Screen Time Trajectory Slope | -0.10 (-0.22 to 0.02) | 0.12 | -0.08 (-0.21 to 0.04) | 0.18 |
| Moderate-to-Vigorous Physical Activity |  |  | 0.04 (0.01 to 0.06) | **0.002** |
| Sedentary Time |  |  | -0.01 (-0.03 to 0.02) | 0.50 |
| **Non-HDL Cholesterol** |  |  |  |  |
| Screen Time Trajectory Intercept | -0.01 (-0.05 to 0.02) | 0.44 | -0.02 (-0.05 to 0.02) | 0.28 |
| Screen Time Trajectory Slope | -0.02 (-0.14 to 0.10) | 0.72 | -0.03 (-0.15 to 0.08) | 0.57 |
| Moderate-to-Vigorous Physical Activity |  |  | -0.04 (-0.06 to -0.01) | **0.003** |
| Sedentary Time |  |  | 0.01 (-0.01 to 0.03) | 0.43 |
| **Glucose** |  |  |  |  |
| Screen Time Trajectory Intercept | -0.05 (-0.11 to 0.01) | 0.12 | -0.05 (-0.11 to 0.01) | 0.11 |
| Screen Time Trajectory Slope | 0.05 (-0.17 to 0.26) | 0.66 | 0.05 (-0.16 to 0.27) | 0.64 |
| Moderate-to-Vigorous Physical Activity |  |  | 0.02 (-0.02 to 0.07) | 0.29 |
| Sedentary Time |  |  | 0.01 (-0.03 to 0.05) | 0.56 |
| *1*CI = Confidence Interval | | | | |