|  | **Wave Point** | | | | |
| --- | --- | --- | --- | --- | --- |
| **Characteristic** | **Wave 3** N = 1,790 | **Wave 4** N = 1,793 | **Wave 5** N = 1,800 | **Wave 6** N = 1,825 | **Checkpoint** N = 1,825 |
| Age (Years), Mean (SD) | 4.82 (0.22) | 6.85 (0.29) | 8.91 (0.30) | 10.91 (0.33) | 12.00 (0.40) |
| Sex, n / N (%) |  |  |  |  |  |
| Male | 917 / 1,790 (51%) | 919 / 1,793 (51%) | 925 / 1,800 (51%) | 935 / 1,825 (51%) | 935 / 1,825 (51%) |
| Female | 873 / 1,790 (49%) | 874 / 1,793 (49%) | 875 / 1,800 (49%) | 890 / 1,825 (49%) | 890 / 1,825 (49%) |
| Indigenous Status, n / N (%) | 32 / 1,790 (1.8%) | 32 / 1,793 (1.8%) | 32 / 1,800 (1.8%) | 33 / 1,825 (1.8%) | - |
| Socioeconomic Status, Mean (SD) | 0.27 (0.95) | 0.24 (0.96) | 0.22 (0.97) | 0.19 (0.96) | - |
| Aggregated Screen Time (min/w), Mean (SD) | 932 (541) | 1,036 (550) | 1,248 (601) | 1,371 (644) | - |
| MVPA (min/day), Mean (SD) | - | - | - | - | 63 (34) |
| Sedentary Time (min/day), Mean (SD) | - | - | - | - | 552 (81) |
| Diet, n / N (%) |  |  |  |  |  |
| Does Not Meet Guidelines | - | - | - | - | 1,591 / 1,787 (89%) |
| Meets Guidelines | - | - | - | - | 196 / 1,787 (11%) |
| Sexual Maturity, n / N (%) |  |  |  |  |  |
| Tanner1 | - | - | - | - | 322 / 1,704 (19%) |
| Tanner2 | - | - | - | - | 639 / 1,704 (38%) |
| Tanner3 | - | - | - | - | 492 / 1,704 (29%) |
| Tanner4 | - | - | - | - | 212 / 1,704 (12%) |
| Tanner5 | - | - | - | - | 39 / 1,704 (2.3%) |
| VO2 Max, Mean (SD) | - | - | - | - | 48 (10) |
| Waist Circumference (cm), Mean (SD) | - | - | - | - | 66 (8) |
| Waist-to-Height Ratio, Mean (SD) | - | - | - | - | 0.43 (0.05) |
| BMI Z-Score, Mean (SD) | - | - | - | - | 0.30 (0.99) |
| Body Fat (%), Mean (SD) | - | - | - | - | 22 (8) |
| Systolic Blood Pressure (mmHg), Mean (SD) | - | - | - | - | 108 (8) |
| Diastolic Blood Pressure (mmHg), Mean (SD) | - | - | - | - | 62.4 (5.7) |
| Fasting Time (hours), Mean (SD) | - | - | - | - | 4.16 (1.10) |
| Glucose (mmol/L), Mean (SD) | - | - | - | - | 4.88 (0.47) |
| Triglycerides (mmol/L), Mean (SD) | - | - | - | - | 1.17 (0.50) |
| Total Cholesterol (mmol/L), Mean (SD) | - | - | - | - | 4.07 (0.65) |
| Cholesterol:HDL Ratio, Mean (SD) | - | - | - | - | 1.41 (0.27) |
| Non-HDL Cholesterol (mmol/L), Mean (SD) | - | - | - | - | 0.97 (0.26) |
| Phospholipids (mmol/L), Mean (SD) | - | - | - | - | 0.41 (0.12) |
| Apolipoprotein A1 (g/L), Mean (SD) | - | - | - | - | 1.39 (0.12) |
| Apolipoprotein B (g/L), Mean (SD) | - | - | - | - | 0.65 (0.10) |
| ApoB:ApoA1 Ratio, Mean (SD) | - | - | - | - | 0.48 (0.08) |
| Glycoprotein (mmol/L), Mean (SD) | - | - | - | - | 0.98 (0.11) |