**Supplementary table 1.** Characteristics of the participants.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | **Boys (n=261)** | | | **Girls (n=315)** | | | **Total (n=576)** | | |
|  | |  | **Athletes (n=198)** | **Non-athletes (n=63)** | **P-value\*** | **Athletes (n=201)** | **Non-athletes (n=114)** | **P-value\*** | **Athletes**  **(n=399)** | **Non-athletes (n=177)** | **P-value\*** |
| Age, years | |  | 15.7 | 15.7 | 0.451 | 15.6 | 15.6 | 0.619 | 15.6 | 15.7 | 0.491 |
| Height, cm | |  | 175.6 | 173.7 | 0.073 | 166.8 | 165.9 | 0.231 | **171.1** | **168.7** | **0.001\*** |
| Weight, kg | |  | 64.4 | 62.4 | 0.246 | 58.3 | 59.8 | 0.151 | 61.3 | 60.7 | 0.484 |
| BMI ¹ 18,5-24,9, % | |  | **88.4** | **71.4** | **0.002\*** | **84.6** | **73.7** | **0.026\*** | **86.5** | **72.9** | **<0.001\*** |
| Pubertal Development | |  |  |  |  |  |  |  |  |  |  |
|  | Age at menarche, mean | |  |  |  | **12.6** | **12.3** | **0.013\*** |  |  |  |
|  | Reached menarche (%) | |  |  |  | 98.0 | 95.6 | 0.467 |  |  |  |
|  | Reached Tanner stage G2 (%) | | 93.1 | 96.2 | 0.533 |  |  |  |  |  |  |

Statistically significant results are indicated in bold.

\* P-value for difference between athletes and non-athlete of sports clubs

¹2 International revised child BMI cut-offs according to the IOTF (now known as World Obesity Clinical Care) criteria were used and the results are presented to corresponding to the BMI cutoffs used from age 18 onwards, http://www.worldobesity.org/resources/child-obesity/newchildcutoffs/