

Supplementary Table 1 Variables included in the study

Clinical variables	Analytical variables
Age (months)	TSH (μ U/mL)
Sex	COL total (mg/dL)
Weight (kg)	HDL-C (mg/dL)
Height (cm)	LDL-C (mg/dL)
BMI (kg/m^2)	Triglycerides (mg/dL)
BMI SDS	Glucose (mg/dL)
SBP (mmHg)	Insulin (μ U/dL)
DBP (mmHg)	HOMA
SBP percentile	HbA1c (%)
DBP percentile	GOT (U/L)
SBP SDS	GPT (U/L)
DBP SDS	GGT (U/L)
KidMed score	Uric acid (mg/dL)
Family history of DM	Cortisol (μ g/dL)
Krece Plus scale score	
Daily hours of screen time	
Weekly hours of extracurricular sports	
VFA (%)	

BMI: Body Mass Index; SDS: Standard Deviation Score; SBP: Systolic Blood Pressure; DBP: Diastolic Blood Pressure; DM: Diabetes Mellitus; VFA: visceral fat area. TSH: Thyroid-stimulating hormone (thyrotropin); COL: Cholesterol; HDL-C: High-density lipoprotein cholesterol; LDL-C: Low-density lipoprotein cholesterol; HOMA: Homeostasis Model Assessment; HbA1c: Glycated hemoglobin; GOT: glutamic-oxalacetic transaminase; GPT: glutamate-pyruvate transaminase; GGT: Gamma-glutamyl transferase.