

Prolonged body weight gain, lifestyle changes and health-related quality of life in children during the COVID-19 pandemic lockdown: a long-term follow-up study

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Supplementary information

Suppl. Table 1

Lifestyle questionnaire and scoring criteria

Item	Description	Original question from the questionnaire	Scoring Criteria			
			1	2	3	4
1	<i>Fruit</i>	Does your child eat fruit? If yes, did he/she eat more, less or the same as before the COVID-19 pandemic?	Never eats	Less	The same	More
2	<i>Vegetables</i>	Does your child eat vegetables? If yes, did he/she eat more, less or the same as before the COVID-19 pandemic?	Never eats	Less	The same	More
3	<i>Snacks</i>	Does your child eat snacks? If yes, did he/she eat more, less or the same as before the COVID-19 pandemic?	More	The same	Less	Never eats
4	<i>Sweetened beverages</i>	Does your child drink sodas? If yes, did he/she drink more, less or the same as before the COVID-19 pandemic?	More	The same	Less	Never drinks
5	<i>Sweets</i>	Does your child eat sweets? If yes, did he/she eat more, less or the same as before the COVID-19 pandemic?	More	The same	Less	Never eats
6	<i>Physical activity</i>	Did your child do more, less or the same physical activity as before the COVID-19 pandemic?	Less	The same	More	-
7	<i>Sleeping</i>	Did your child sleep more, less or the same as before the COVID-19 pandemic?	Less	The same	More	-
8	<i>Screen hours (leisure)</i>	Did your child use screens for leisure more, less or the same time as before the COVID-19 pandemic?	More	The same	Less	-

Suppl. Table 2

BMI z-score and its changes stratified by baseline weight status and HHS and analyzed by two-way robust ANOVA

	NW at baseline (N=57)		OW/OB at baseline (N=41)		p-value		
	Low HHS (N=37)	High HHS (N=20)	Low HHS (N=29)	High HHS (N=12)	WS	HHS	interaction
BMI z-score at 1 st visit	0.74 (-0.08, 1.31)	0.28 (-0.50, 0.60)	2.45 (1.96, 3.08)	1.60 (0.81, 2.28)	<0.001	0.005	0.229
BMI z-score at 2 nd visit	0.88 (0.13, 1.41)	0.10 (-0.25, 0.77)	2.60 (2.18, 2.87)	2.09 (1.05, 2.33)	<0.001	0.003	0.471
ΔBMI z-score from baseline to 1 st visit	0.53 (0.02; 0.99)	0.14 (-0.01; 0.37)	0.67 (0.35; 0.88)	0.32 (-0.27; 0.53)	0.280	<0.001	0.486

Abbreviations: NW: normoweight; OW: overweight; OB: obesity; WS: weight status, HHS: HHS: Healthy Habits Score.
Bold values indicate statistical significance.

Suppl. Table 3

Child and parent PedsQL scores at 1st and 2nd visit stratified by weight status

	NW (N=57)	OW/OB (N=41)	p-value
<i>PedsQL Score - First visit</i>			
<i>Child</i>			
Physical	75 (62.50; 87.50)	75 (62.50; 93.75)	0.915
Psychosocial	79.55 (64.82; 86.36)	70.45 (54.55; 86.36)	0.053
Total	75.66 (69.08; 86.84)	71.05 (56.58; 86.18)	0.156
<i>Parent</i>			
Physical	90.62 (77.34; 96.88)	87.50 (75; 93.75)	0.203
Psychosocial	84.09 (75; 93.18)	86.36 (75; 90.91)	0.831
Total	86.84 (78.95; 92.11)	86.84 (73.88; 92.11)	0.565
<i>PedsQL Score - Second visit</i>			
<i>Child</i>			
Physical	87.50 (80.47; 93.75)	87.50 (75; 93.75)	0.497
Psychosocial	90 (80; 96.67)	88.33 (74.17; 96.67)	0.243
Total	88.59 (82.34; 93.75)	89.13 (72.28; 92.93)	0.322
<i>Parent</i>			
Physical	93.75 (81.25; 100)	87.50 (71.88; 93.75)	0.007
Psychosocial	93.33 (83.33; 100)	86.67 (76.67; 96.67)	0.106
Total	91.30 (86.68; 95.65)	88.04 (75.54; 93.48)	0.026

Abbreviations: PedsQL: Pediatric Quality of Life Inventory, NW: normoweight; OW: overweight; OB: obesity