

**Table S1.** Characteristics and differences between study participants that were included or not in the final analysis.

Variables	Included			Missing			p
	N	Mean / n	SD / %	N	Mean / n	SD / %	
Age (years)	2890	12.4	2.7	-	-	-	-
Avery income level (€)	2890	20,527.3	2421.7	-	-	-	-
Region of Murcia (%)	2890	691	45	-	-	-	-
Extremadura (%)	2890	861	56	-	-	-	-
Children (%)	2890	660	43	-	-	-	-
Adolescents (%)	2890	892	58	-	-	-	-
Weight (kg)	2890	49.7	15.6	139	50.0	20.2	0.827
Height (cm)	2890	154.0	15.8	139	155.8	21.0	0.197
BMI (z-score) <sup>a</sup>	2890	0.7	1.2	139	0.8	1.2	0.337
Excess weight status <sup>a</sup> (% , yes)	2890	660	43	139	40	40	0.105
Breakfast status (% , skipping)	2890	143	9.2	384	26	8	0.126
PAQ-C / PAQ-A (score)	2890	1.7	0.1	403	1.7	0.2	0.170
Daily MVPA mean (min)	2890	6.4	3.2	403	6.3	3.6	0.563

BMI: body mass index. MVPA: moderate-to-vigorous physical activity. PAQ-A: Physical Activity Questionnaire for Adolescents; PAQ-C: Physical Activity Questionnaire for Older Children. <sup>a</sup> Excess weight established by the sum of participants with overweight or obesity according to the World Health Organization criteria<sup>27,28</sup>.