

Multimedia Appendix I. Supplementary Tables

Table 5. Baseline participant characteristics by age group, all participants (N=1120).

Baseline characteristics	All groups, (N = 1120)	5-11 years, (n=573)	12-14 years, (n=392)	15-18 years, (n=155)	<i>P</i> value
Age (years), mean (SD)	12.0 (2.5)	9.9 (1.4)	13.3 (0.9)	16.3 (0.8)	<.001 ^a
Sex, n (%)					.005 ^b
Male	358 (31.96)	201 (56.2)	124 (34.6)	33 (9.2)	
Female	762 (68.04)	372 (48.8)	268 (35.2)	122 (16)	
Body mass index percentile, mean (SD)	96.6 (3.1)	97.0 (2.7)	95.9 (3.3)	96.7 (3.3)	<.001 ^a
%BMIp95^c, mean (SD)	114.5 (16.5)	115.9 (17.9)	110.9 (18.6)	118.2 (21.4)	<.001 ^a
Weight category^d, n (%)					<.001 ^b
Overweight	262 (23.39)	98 (17.1)	129 (32.9)	35 (22.6)	
Obese	858 (76.61)	475 (82.9)	263 (67.1)	120 (77.4)	
Obesity class^e, n (%)					<.001 ^b
Class I	508 (59.21)	286 (60.2)	171 (65.0)	51 (42.50)	
Class II	236 (27.51)	135 (28.4)	62 (23.6)	39 (32.50)	
Class III	114 (13.29)	54 (11.4)	30 (11.4)	30 (25.0)	
Payment source, n (%)					.13 ^b
Self-pay	743 (66.34)	390 (68.1)	257 (65.6)	96 (61.9)	
Health plan	278 (24.82)	126 (22.0)	108 (27.5)	44 (28.4)	
Employer	99 (8.84)	57 (9.9)	27 (6.9)	15 (9.7)	

^aAnalysis of variance.

^bChi-square test.

^cPercentage of the 95th BMI percentile.

^dCategories by Centers for Disease Control and Prevention body mass index percentile for Age and Sex. Overweight (BMI Percentile ≥ 85 and < 95 th), Obese (BMI Percentile ≥ 95 th).

^eObesity Class I (≥ 95 th to < 120 %BMIp95), Class II (≥ 120 to < 140 %BMIp95, or BMI ≥ 35), Class III (≥ 140 %BMIp95, or BMI ≥ 40), inclusive of N 858 participants categorized as obese.

Table 6. Factors associated with total number of coaching sessions, among self-pay (voluntary) participants (N=743).

Participant factors	Unadjusted ^a beta-coefficient (95% CI)	<i>P</i> value	Adjusted ^b beta-coefficient (95% CI)	<i>P</i> value
Age group (years)				
Age 5-11 years (reference: 15-18 years)	-1.12 (-3.94 to 1.69)	.44	-0.88 (-3.64 to 1.88)	.53
Age 12-14 years (reference: 15-18 years)	-1.64 (-4.59 to 1.32)	.28	-1.25 (-4.15 to 1.65)	.40
Sex				
Male (reference: female)	-1.11 (-3.09 to 0.85)	.27	-0.66 (-2.60 to 1.28)	.51
Commitment period				
4 weeks (reference: 24 weeks)	-8.12 (-10.61 to -5.63)	<.001	-8.03 (-10.53 to -5.53)	<.001
12-16 weeks (reference: 24 weeks)	-6.02 (-8.48 to -3.56)	<.001	-6.02 (-8.49 to -3.56)	<.001

^aUnadjusted bivariate linear regression model of coaching sessions outcome as a function of age group, sex, or commitment period.

^bAdjusted multivariable linear regression model of coaching sessions outcome adjusted as a function of age group, sex, and commitment period.