Table S1: Baseline clinical characteristic of all participants

| Parameters | Nonadherent | Adherent | P-Value |
|---|---|---|---|
| N | 154 | 209 | |
| M/F | 124/30 | 87/122 | P-Value |
| Overweight and obese (%) | 32 (35/17) | 44 (49/39) | |
| Hypertension (%) | 14 | 23 | |
| Age (years) | 14.9 ± 1.6 | 14.9 ± 1.7 | 0.66 |
| Height (cm) | 158.7 ± 9.5 | 156.0 ± 9.4 | 0.003 |
| Weight (kg) | 58.2 ± 18.3 | 58.3 ± 17.5 | 0.98 |
| BMI (kg/m$^2$) | 22.9 ± 6.0 | 23.8 ± 6.1 | 0.19 |
| BMI Z-score | -0.01 ± 0.99 | 0.12 ± 1.0 | 0.26 |
| Waist (cm) | 74.6 ± 17.5 | 74.2 ± 14.6 | 0.80 |
| Hip (cm) | 81.8 ± 23.5 | 88.7 ± 19.8 | 0.001 |
| WHR | 0.86 ± 0.09 | 0.84 ± 0.11 | 0.12 |
| SBP (mmHg) | 120.6 ± 13.5 | 121.2 ± 16.4 | 0.73 |
| DBP (mmHg) | 68.7 ± 8.8 | 72.8 ± 11.6 | <0.001 |
| Glucose (mmol/l) | 5.25 ± 1.0 | 5.23 ± 0.70 | 0.84 |
| HbA1C (%) | 5.20 ± 0.6 | 5.07 ± 0.56 | 0.22 |
| TC (mmol/l) | 4.33 ± 0.8 | 4.44 ± 0.71 | 0.20 |
| HDL-C (mmol/l) | 1.01 ± 0.2 | 0.96 ± 0.26 | 0.04 |
| LDL-C (mmol/l) | 2.83 ± 0.7 | 2.98 ± 0.6 | 0.03 |
| TG (mmol/l) | 1.09 ± 0.5 | 1.08 ± 0.56 | 0.92 |

Note: Data Presented mean ± SD. *P*-value significant at 0.01 and 0.05 level. BMI, Body Mass Index; WHR, Waist Hip Ratio; SBP, Systolic Blood Pressure; DBP, Diastolic Blood Pressure; HbA1C, glycated hemoglobin; TC, Total Cholesterol; HDL-c, High Density Lipoprotein Cholesterol; LDL-c, Low Density Lipoprotein Cholesterol; TG, Triglycerides.

Table S2: Pre- and post-intervention clinical characteristic of boys and girls

| Parameters | Males | | | | P | Females | | | | P |
|---|---|---|---|---|---|---|---|---|---|---|
| | Nonadherent | | Adherent | | | Nonadherent | | Adherent | | |
| | Baseline | Follow-Up | Baseline | Follow-Up | | Baseline | Follow-Up | Baseline | Follow-Up | |
| N | 124 | | 87 | | | 30 | | 122 | | |
| Age (years) | 14.9±1.5 | | 15.1±1.6 | | 0.64 | 15.1±1.9 | | 14.8±1.7 | | 0.42 |
| Weight (Kg) | 59.9±19.6 | 62.6±18.3** | 62.3±20.2 | 64.4±18.2** | 0.46 | 51.2±8.6 | 52.8±7.9** | 55.5±14.8 | 57.2±12.6** | 0.11 |
| BMI (kg/m2) | 23.3±6.4 | 22.3±6.4** | 24.5±6.8 | 23.1±6.7** | 0.29 | 21.3±3.5 | 21.4±3.7 | 23.4±5.6 | 21.4±4.6** | 0.30 |
| BMI Z-score | 0.04±1.07 | 0.11±1.14 | 0.16±1.10 | 0.19±1.15 | 0.57 | -0.23±0.59 | 0.03±0.64** | 0.09±0.9 | -0.01±0.81* | 0.42 |
| Waist (cm) | 76.2±18.9 | 87.6±9.3** | 76.5±18.3 | 88.3±10.8** | 0.75 | 70.8±8.9 | 78.6±11.4* | 72.7±11.2 | 63.3±8.7** | <0.001 |
| Hip (cm) | 78.9±25.3 | 92.3±11.2** | 86.3±20.1 | 93.1±11.4** | 0.047 | 92.0±8.9 | 92.1±13.3 | 90.5±12.5 | 72.1±10.6** | <0.001 |
| WHR | 0.89±0.08 | 0.94±0.05** | 0.89±0.08 | 0.95±0.03** | 0.50 | 0.76±0.06 | 0.85±0.16* | 0.80±0.13 | 0.88±0.07** | 0.03 |
| SBP (mmHg) | 121 ±13.8 | 117.7±7.6 | 117.8±15.6 | 117.9±9.2 | 0.29 | 120.7±12.6 | 111.9±11.2** | 123.7±16.6 | 97.3±9.0** | 0.004 |
| DBP (mmHg) | 67.3±8.1 | 75.7±7.5** | 67.3±10.1 | 73.9±8.1** | 0.30 | 74.4±9.5 | 75.6±5.6 | 77.1±10.9 | 70.1±4.3** | 0.21 |
| Glucose (mmol/l) | 5.3±1.1 | 5.7±2.3 | 5.2±0.6 | 5.8±1.7** | 0.87 | 5.0±0.5 | 5.4±1.8 | 5.2±0.6 | 5.3±2.6 | 0.74 |
| HbA1C (%) | 5.2±0.7 | 5.3±1.04 | 5.3±0.6 | 5.2±1.3 | 0.81 | 4.9±0.4 | 5.6±1.2** | 4.9±0.5 | 5.5±1.39** | 0.67 |
| TC (mmol/l) | 4.4±0.8 | 6.1±1.1** | 4.6±0.7 | 6.2±1.4** | 0.21 | 4.2±0.8 | 5.4±1.3** | 4.4±0.7 | 5.6±1.3** | 0.25 |
| HDL-C (mmol/l) | 1.0±0.2 | 1.4±0.4** | 1.0±0.18 | 1.1±0.51 | <0.001 | 0.98±0.3 | 1.8±0.3** | 0.90±0.3 | 1.7±0.6** | 0.13 |
| LDL-C (mmol/l) | 2.9±0.7 | 3.9±0.9** | 3.0±0.6 | 4.2±1.2** | 0.02 | 2.9±0.6 | 3.0±1.1 | 3.0±0.6 | 3.3±1.1 | 0.08 |
| TG (mmol/l) | 1.1±0.5 | 1.9±0.8** | 1.2±0.7 | 2.0±0.9** | 0.28 | 0.94±0.4 | 1.4±0.6** | 1.0±0.4 | 1.4±0.6** | 0.57 |

Note: Data Presented mean ± SD. * and ** represented p-value significant at 0.05 and 0.01 level for pre- and post-intervention and p-value was obtained for group effect for males and females subjects. BMI, Body Mass Index; WHR, Waist Hip Ratio; SBP, Systolic Blood Pressure; DBP, Diastolic Blood Pressure; HbA1C, glycated hemoglobin; TC, Total Cholesterol; HDL-c, High Density Lipoprotein Cholesterol; LDL-c, Low Density Lipoprotein Cholesterol; TG, Triglycerides.