

Table 1 Summary of key measurements undertaken within the study

Measurement	Instrument	Number of measures	Method of assessment
Child anthropometric data			
Weight	An electronic scale (JH-1993T, weighting Apparatus Co. Ltd. Dalian)	Once, at all time points	Assessed by trained independent researcher: with child barefoot and in light clothing
Birth weight	Purposely developed question tested in the feasibility study	Once, at all time points	Parent questionnaire
Body fat %	Single-frequency ImpediMed machine (ImpDF50; Impedimed Pty Ltd, Australia).	Once, at all time points	Assessed by trained independent researcher: with child barefoot and in light clothing, all metal accessories removed
Blood pressure	Automated monitors (Omron HEM-7211, Dalian)	Twice (third measure if error reading, or if one value outside normal range), at all time points	Assessed by trained independent researcher: 3 minutes seated-rest before and between readings
Height (to nearest 0.1 cm)	TGZ type height tester (Dalian)	Twice (third measure if difference >0.4cm)	Assessed by trained independent researcher: with child barefoot and in light clothing; measured midway between the rib cage and the iliac crest
Waist circumference (to nearest 0.1 cm)	Flexible, non-stretch, cloth tape measure		
Other child-level data			
Consumption frequency of common food and drinks (weekly average servings of unhealthy snacks and sugar added drinks can be derived)	Adapted Leeds FFQ	Once, at all time points	Parent questionnaire
Daily average servings of fruit and vegetables	Leeds FFQ	Once, at all time points	Parent questionnaire
≥ 5 portions of fruit and veg daily, n (%)	Leeds FFQ	Once, at all time points	Parent questionnaire
Food/drinks intake (breakfast skipping, on the	Translated version of the Day in Life	Once (over 24 hours), at	Child diary (completed inside

way to school, during break time, after school but before dinner, before bedtime)	questionnaire	all time points	and outside school/at home)
Objective measure of physical activity/sedentary behaviour [MVPA time (minutes/24 hours) and sedentary time (hours/24hours) can be derived]	Wrist worn accelerometer (GENEActiv Original, Activinsights Ltd, Cambridge)	Once (worn continuously for 5 days, including a weekend), at all time points	Fitted in school by trained independent researcher on the wrist of the non-dominant hand
Subjective measure of physical activity	Adapting the Godin Leisure Time Exercise Questionnaire	Once, at all time points	Parent questionnaire
Frequency and types of physical activities inside and outside school (whether the child engaged in active sports/dancing/games for at least once in the last weekend can be derived)	PAQ-C	Once, at all time points	Child questionnaire (administered by trained independent researcher)
Time spent in screen-based sedentary behaviour in weekdays and in the weekend	Purposely developed questions tested in the feasibility study	Once, at all time points	Child questionnaire (administered by trained independent researcher)
Commuting methods (between home and school)	Day in Life questionnaire	Once (over 24 hours), at all time points	Child diary (completed inside and outside school/at home)
Quality of life (child)	Paediatric Quality of Life Inventory (PedsQL) 8-12 years (validated Chinese version)	Once, at all time points	Child questionnaire (administered by trained independent researcher)
Social acceptance	Translated Kidscreen-52 health questionnaire for children and young people		
Preference-based utility	Chinese version of Child Health Utility 9D (CHU9D)		
Data on child's family and neighbourhood			
Family and peer support for physical activity	Selected sections from the validated Chinese 'Psychosocial and environmental correlates measures of physical, activity and screen-based behaviours' questionnaire	Once, at all time points	Child questionnaire (administered by trained independent researcher)
Parental enjoyment of screen-based behaviours			
Social environment in the neighbourhood			
Sports facilities in the neighbourhood			

Perception of child body image	Adapted Coleen's drawings of arrays (6-10 years)	Once, at all time points	Parent questionnaire and Other adult household member questionnaire
Current weight and height of parents or other adult household members	Purposely developed questions tested in the feasibility study		
Household monthly expenditure (by various categories)	Purposely developed questions tested in the feasibility study	Once, at all time points	Parent questionnaire
Household weekly expenditure in fruit and vegetables			
Household weekly expenditure in food overall			
Household weekly expenditure in microwave-cooked fast food and take away			
Factors influencing household food purchase/choice decisions			
Role of grandparent in child care			
Quality of life (adults)	Chinese version of EQ-5D	Once, at all time points	Parent questionnaire and Other household member questionnaire
Perceived changes in own dietary and physical activity behaviour over the intervention year	Purposely developed questions tested in the feasibility study		
Socio-demographic data			
Date of birth, sex, household composition and proxy measures for socio-economic position (household income, parental education level, employment status)	Purposely developed questions tested in the feasibility study	once, at all time points	Parent questionnaire and school record on child birth date and sex