

Appendix 1. Data of children completing the full eight years of the study

School year	1st	2nd	3rd	4th	5th	6th	7th	8th
<i>Intervention group</i>								
Person-years (years)	506	506	506	506	506	506	506	506
Fractures (n)	12	3	11	13	12	14	9	11
Fractures/1000 Person-Years	23.7	5.9	21.7	25.7	23.7	27.7	17.8	21.7
(mean [95% CI])	(12.3, 41.4)	(1.2, 17.3)	(10.9, 38.9)	(13.7, 43.9)	(12.3, 41.4)	(15.1, 46.4)	(8.1, 33.8)	(10.8, 38.8)
<i>Control group</i>								
Person-years (years)	1 186	1 186	1 186	1 186	1 186	1 186	1 186	1 186
Fractures (n)	18	18	18	25	28	36	44	54
Fractures/1000 Person-Years	15.2	15.2	15.2	21.1	23.6	30.4	37.1	45.5
(mean [95% CI])	(9.0, 24.0)	(9.0, 24.0)	(9.0, 24.0)	(13.6, 31.1)	(15.7, 34.1)	(21.3, 42.0)	(27.0, 49.8)	(34.2, 59.4)
Incidence Rate ratio	1.56	0.39	1.43	1.22	1.00	0.91	0.48	0.48
(95% CI)	(0.69, 3.43)	(0.07, 1.38)	(0.61, 3.21)	(0.57, 2.46)	(0.47, 2.03)	(0.45, 1.72)	(0.21, 0.99)	(0.25, 0.91)

Number of fractures, fracture incidences, and incidence rate ratios (IRR) per school year during the 8-year study period. Data are presented as person-years, mean fracture rates, and risk ratios with 95% confidence intervals. Statistically significant group differences are bolded.

Appendix 2. Fracture data for boys included in the study

School year	1st	2nd	3rd	4th	5th	6th	7th	8th
<i>Intervention group</i>								
Person-years (years)	674	626	542	477	414	366	325	289
Fractures (n)	22	15	13	10	12	19	9	11
Fractures/1000 Person-Years	32.6	24.0	24.0	21.0	29.0	51.9	27.7	38.1
(mean [95% CI])	(20.5, 49.4)	(13.4, 39.5)	(12.8, 41.0)	(10.1, 38.6)	(15.0, 50.6)	(31.3, 81.1)	(12.7, 52.6)	(19.0, 68.1)
<i>Control group</i>								
Person-years (years)	1125	1024	948	853	784	721	654	602
Fractures (n)	26	18	23	22	28	27	40	38
Fractures/1000 Person-Years	23.1	17.6	24.3	25.8	35.7	37.4	61.2	63.1
(mean [95% CI])	(15.1, 33.9)	(10.4, 27.8)	(15.4, 36.4)	(16.2, 39.0)	(23.7, 51.6)	(24.7, 54.5)	(43.7, 83.3)	(44.7, 86.6)
Incidence Rate ratio	1.41	1.36	0.99	0.81	0.81	1.39	0.45	0.60
(95% CI)	(0.76, 2.57)	(0.64, 2.86)	(0.46, 2.03)	(0.34, 1.79)	(0.38, 1.64)	(0.73, 2.57)	(0.19, 0.95)	(0.28, 1.20)

Number of fractures, fracture incidences, and incidence rate ratios (IRR) per school year during the 8-year study period. Data are presented as numbers, person-years, mean fracture rates, and risk ratios with 95% confidence intervals. Statistically significant group differences are bolded.

Appendix 3. Fracture data for girls in the study

School year	1st	2nd	3rd	4th	5th	6th	7th	8th
<i>Intervention group</i>								
Person-years (years)	590	533	456	392	337	296	241	217
Fractures (n)	15	11	10	12	6	4	2	0
Fractures/1000 Person-Years	25.4	20.6	21.9	30.6	17.8	13.5	8.3	
(mean [95% CI])	(14.2, 41.9)	(10.3, 36.9)	(10.5, 40.3)	(15.8, 53.5)	(6.5, 38.8)	(3.7, 34.6)	(1.0, 30.0)	0
<i>Control group</i>								
Person-years (years)	1068	976	901	817	756	721	639	585
Fractures (n)	13	14	15	17	14	16	8	16
Fractures/1000 Person-Years	12.2	14.3	16.6	20.8	18.5	22.2	12.5	27.4
(mean [95% CI])	(6.5, 20.8)	(7.8, 24.1)	(9.3, 27.5)	(12.1, 33.3)	(10.1, 31.1)	(12.7, 36.0)	(5.4, 24.7)	(15.6, 44.4)
Incidence Rate ratio	2.09	1.44	1.32	1.47	0.96	0.61	0.66	
(95% CI)	(0.93, 4.82)	(0.59, 3.45)	(0.53, 3.17)	(0.64, 3.28)	(0.30, 2.74)	(0.15, 1.95)	(0.07, 3.99)	N.A.

Number of fractures, fracture incidences, and incidence rate ratios (IRR) per school year during the 8-year study period. Data are presented as numbers, person-years, mean fracture rates, and risk ratios with 95% confidence intervals. Statistically significant group differences are bolded.

Appendix 4. Fracture data for each control school (Fridhem, Mellanheden, Ribbersborg)

School year	1st	2nd	3rd	4th	5th	6th	7th	8th
<i>Fridhem</i>								
Person-years (years)	495	464	442	395	377	372	329	308
Fractures (n)	10	10	6	6	9	8	11	13
Fractures/1000 Person-Years	20.2	21.6	13.6	15.2	23.9	21.5	33.4	42.2
(mean [95% CI])	(9.7, 37.2)	(10.3, 39.6)	(5.0, 29.5)	(5.6, 33.1)	(10.9, 45.3)	(9.3, 42.4)	(16.7, 59.8)	(22.5, 72.2)
<i>Mellanheden</i>								
Person-years (years)	929	854	787	706	640	587	526	482
Fractures (n)	12	14	20	19	22	20	21	28
Fractures/1000 Person-Years	12.9	16.4	25.4	26.9	34.4	34.1	39.9	58.1
(mean [95% CI])	(6.7, 22.6)	(9.0, 27.5)	(15.5, 39.2)	(16.2, 42.0)	(21.5, 52.0)	(20.8, 52.6)	(24.7, 61.0)	(38.6, 84.0)
<i>Ribbersborg</i>								
Person-years (years)	768	682	620	569	524	483	438	397
Fractures (n)	17	8	12	14	11	15	16	13
Fractures/1000 Person-Years	22.1	11.7	19.4	24.6	21.0	31.1	36.5	32.7
(mean [95% CI])	(12.9, 35.4)	(5.1, 23.1)	(10.0, 33.8)	(13.5, 41.3)	(10.5, 37.6)	(17.4, 51.2)	(20.9, 59.3)	(17.4, 56.0)

Number of fractures, fracture incidences, and incidence rate ratios (IRR) per school year during the 8-year study period. Data are presented as person-years, mean fracture rates, and risk ratios with 95% confidence intervals. Statistically significant group differences are bolded.