**Supplement 2. Age distribution by grade.**

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| **Grade** | **N\*** | **Mean (SD)** | **Median (Min, Max)** |
| Grade 1 (Middle 1st, 7th) | 156,505 | 12.56 (0.52) | 12.10 (12, 18) |
| Grade 2 (Middle 2nd, 8th) | 146,934 | 13.54 (0.52) | 13.07 (12, 18) |
| Grade 3 (Middle 3rd, 9th) | 139,770 | 14.53 (0.52) | 14.05 (12, 18) |
| Grade 4 (High 1st, 10th) | 126,011 | 15.52 (0.53) | 15.03 (12, 18) |
| Grade 5 (High 2nd, 11th) | 121,409 | 16.50 (0.53) | 16.00 (12, 18) |
| Grade 6 (High 3rd, 12th) | 116,200 | 17.48 (0.53) | 16.97 (12, 18) |
| Total | 806,829 | 14.91 (1.76) | 14.35 (12, 18) |
| SD: standard deviation.  \*The number of participants was 810,516 and the age variable had 3,687 missing values. When evaluating age distribution by grade, only 806,829 data points were used. | | | |