

Table 2. Characteristics (mean± SD) of children receiving placebo followed by zinc supplement.

	Placebo		Zinc		P value*
	Before	After	Before	After	
Weight (kg)	45.47±11.00‡	47.82±11.28‡	47.51±11.56¶	45.26±10.30¶	0.01
Height (cm)	136.61±7.57	137.00±7.41	137.60±7.62	137.96±7.45	0.07
Body mass index (kg/m ²)	24.71±3.70‡	25.19±3.64‡	25.28±3.27¶	23.75±3.40¶	0.03
Body mass index-Z score (SD)	3±0.38	3±0.46	3±0.42	2.5±0.37	0.01
Waist circumference (cm)	82.36±8.60	82.93±9.00	82.92±6.56	81.26±7.11	0.25
Systolic blood pressure (mmHg)	95.89±10.00	96.88±10.30	95.12±10.79	93.21±10.12	0.23
Diastolic blood pressure (mmHg)	54.46±8.75	54.17±6.54	54.76±8.47	50.00±10.38	0.17
Serum zinc (µmol/L)	11.88±4.36	11.94±3.24	11.94±3.39¶	12.99±3.43¶	0.03
Total cholesterol (mmol/L)	4.69±0.71	4.66±0.69	4.63±0.69¶	4.48±0.97¶	0.01
LDL-C (mmol/L)	2.82±0.67	2.85±0.44	2.85±0.52¶	2.68±0.55¶	0.03
HDL-C (mmol/L)	1.19±0.23	1.13±0.24	1.10±0.34	1.11±0.26	0.40
Triglycerides (mmol/L)	1.43±0.24‡	1.48±0.25‡	1.49±0.22¶	1.41±0.29¶	0.01
Fasting plasma glucose (mmol/L)	4.70±0.53	4.81±0.32	4.80±0.44¶	4.43±0.45¶	0.001
Insulin (mU/dL)	21.12±3.75‡	22.75±3.77‡	22.38±9.97¶	19.51±7.75¶	0.03
HOMA-IR	4.12±1.79‡	4.87±1.54‡	4.85±1.62¶	3.91±1.54¶	0.02

*: P value of variables after receiving zinc supplement vs. placebo obtained by Student's *t*-test except for systolic and diastolic blood pressures, zinc, insulin and HOMA-IR with non-normal distribution tested by Wilcoxon Signed Rank test

¶: p<0.05 after vs. before receiving zinc; ‡: p<0.05 after vs. before receiving placebo