**Table S1.** Participating country WHO region World Bank classification.

| Country | WHO region | World Bank classification | Local institution | Location of local institution in the city | Settings for data collection | Chief investigator |
|---|---|---|---|---|---|---|
| India | SEARO | Lower-middle income | Noorul Islam Institute Of Medical Science And Research Foundation (NIMS) | Thiruvananthapuram | Urban: Multiple cities in India | Muttathu KC Nair |
| Sri Lanka | SEARO | Upper-middle income | University of Kelaniya | Kelaniya | Urban: Kelaniya, Gampaha, Negombo | Sachith Mettananda |
| Hong Kong | WPRO | High-income | Queen Elizabeth Hospital | Kowloon | Urban: Hong Kong Island, Kowloon and the New Territories | Betty Wai-Man But |
| Singapore | WPRO | High-income | 1)Centre for Fathering<br>2) Sembawang Primary School<br>3)Outram Secondary School<br>4)National University Hospital System<br>5)KK Women's and Children's Hospital | Singapore | Urban: Kent Ridge, Little India, Sembawang Outram | 1)Michael Yong Hwa Chia<br>2)Teresa Shu Zhen Tan<br>3) Phaik Ling Quah |
| Japan | WPRO | High-income | Nihon University School of Medicine | Tokyo | Urban: Tokyo | Nobuhiko Nagano |

South-east Asian region; WPRO, Western Pacific region.

**Table S2.** Baseline characteristics of participants by city.

| Baseline characteristics | India (*n* = 126) *n* (%) | Kelaniya, Sri Lanka (*n* = 470) *n* (%) | Kowloon, Hong Kong (*n* = 192) *n* (%) | Singapore (*n* = 241) *n* (%) | Tokyo, Japan (*n* = 110) *n* (%) | *p* value |
|---|---|---|---|---|---|---|
| **Parental characteristics** | | | | | | |
| Education | | | | | | 0.001 |
| Primary or secondary | 22 (17.5) | 187 (39.8) | 6 (3) | 12 (5) | 21 (19.1) | |
| Post-secondary | 23 (18.3) | 169 (36.0) | 13 (7) | 70 (29) | 53 (48.2) | |
| University | 81 (64.2) | 114 (24.2) | 173 (90) | 159 (66) | 36 (32.7) | |
| Participants | | | | | | 0.001 |
| Mother | 86 (68.25) | 348 (74.04) | 151 (78.65) | 168 (69.7) | 102 (92.73) | |
| Father | 40 (31.75) | 122 (25.96) | 41 (21.35) | 68 (28.2) | 8 (7.27) | |
| Legal Guardian | | 0 (0) | 0 (0.0) | 5 (2.1) | 0 (0) | |
| Age (year), mean (SD) | 37.4(6.0) | 37.1 (14.0) | 43.3 (6.4) | 42.5 (7.5) | 40.1(7.6) | 0.001 |
| **Child's characteristics** | | | | | | |
| Birth order | | | | | | 0.001 |
| 1st child | 92 (73.0) | 242 (51.5) | 149 (77.6) | 147 (61.0) | 73 (66.4) | |
| 2nd child | 30 (23.8) | 181 (38.5) | 35 (18.2) | 67 (27.8) | 29 (24.4) | |
| 3 child or more | 4 (3.2) | 47 (10.0) | 8 (4.2) | 27 (11.2) | 8 (7.3) | |
| Gender | | | | | | 0.001 |
| Male | 65 (51.6) | 197 (41.9) | 90 (46.9) | 137 (56.8) | 60 (54.6) | |
| Female | 61 (48.4) | 273 (58.1) | 102 (53.1) | 104 (43.2) | 50 (45.4) | |
| Chronic illness | | | | | | 0.001 |
| No | 121 (96) | 449 (95.5) | 181 (94.3) | 229 (95.0) | 94 (85.5) | |
| Yes | 5 (4) | 21 9 (4.5) | 11 (5.7) | 12 (5.0) | 16 (14.5) | |
| Child age (years), mean (SD) | 11.0 (10.7) | 12.20 (3.6) | 10.6 (3.9) | 11.15 (3.9) | 9.29 (3.1) | 0.001 |

Missing data: BMI z-score (India=18, Kelaniya=112, Kowloon= 17, Singapore=13, Tokyo=20).

**Table S3.** Perception and awareness of child health and movement behaviours by city.

| Perceptions and awareness | India (*n* = 126) *n* (%) | Kelaniya, Sri Lanka (*n* = 470) *n* (%) | Kowloon, Hong Kong (*n* = 192) *n* (%) | Singapore (*n* = 241) *n* (%) | Tokyo, Japan (*n* = 110) *n* (%) | *p* value |
|---|---|---|---|---|---|---|
| Perception of child weight | | | | | | 0.001 |
| Overweight | 13 (10.3) | 54 (11.5) | 27 (14.1) | 36 (14.9) | 13 (11.8) | |
| Underweight | 9 (7.1) | 19 (4.0) | 27 (14.1) | 48 (19.9) | 20 (18.2) | |
| Normal weight | 104 (82.5) | 397 (84.5) | 138 (71.7) | 157 (65.2) | 77 (70.0) | |
| Do you feel that your child receives adequate amount of physical activity to benefit his/her growth, development and health? | | | | | | 0.001 |
| Yes | 98 (77.8) | 304 (64.7) | 91 (47.4) | 137 (56.9) | 63 (57.3) | |
| No | 28 (22.2) | 166 (35.3) | 101 (52.6) | 104 (43.2) | 47 (42.3) | |
| Are you concerned about the amount of recreational screen time your child is currently exposed to? | | | | | | 0.001 |
| Yes | 96 (96.2) | 432 (91.9) | 139 (72.4) | 150 (62.2) | 74 (67.3) | |
| No | 30 (23.8) | 38 (8.1) | 53 (27.6) | 91 (37.8) | 36 (32.7) | |
| Do you think your child is getting adequate sleep to support his/her growth, development and health? | | | | | | 0.001 |
| Yes | 116 (92.1) | 441 (93.8) | 116 (60.4) | 155 (64.3) | 74 (67.3) | |
| No | 10 (7.9) | 29(6.2) | 76 (39.6) | 86 (35.7) | 36 (32.7) | |
| Do you think your child is receiving adequate calories to support his/her growth, development and health? | | | | | | 0.001 |
| Yes | 106 (84.1) | 413 (87.9) | 140 (72.9) | 182 (75.5) | 69 (62.7) | |
| Yes, too much | 5 (4.0) | 25 (5.3) | 31 (16.2) | 25 (10.4) | 12 (10.9) | |
| No | 15 (11.9) | 32 (6.8) | 21 (10.9) | 34 (14.1) | 29 (26.4) | |
| Are you aware of the current recommendations regarding the amount of physical activity your child should be receiving per day? | | | | | | 0.001 |
| Yes | 102 (80.9) | 175 (37.2) | 125 (65.1) | 107 (44.4) | 15 (13.6) | |
| No | 24 (19.1) | 295 (62.8) | 67 (34.9) | 134 (55.6) | 95 (86.4) | |
| Are you aware of the current recommendations regarding the amount of sleep your child should be receiving per day? | | | | | | 0.001 |
| Yes | 115 (91.3) | 289 (61.5) | 134 (67.8) | 185 (75.8) | 51 (46.4) | |
| No | 11 (8.7) | 181 (38.5) | 58 (30.2) | 56 (23.2) | 59 (53.6) | |
| Are you aware of the current recommendations regarding the amount of screen time your child should be limited to per day? | | | | | | 0.001 |
| Yes | 101 (80.2) | 195 (41.5) | 135 (70.3) | 126 (52.3) | 28 (25.4) | |
| No | 25 (19.8) | 275 (58.5) | 57 (29.7) | 115 (47.7) | 82 (74.6) | |