

Table S1. Changes in physical activity, screen time and sleep duration before and during the COVID-19 lockdown in both Spanish and Brazil samples.

| Variables | Spain | | | | Brazil | | | |
|---------------------|--------------|-----------------|----------------------|--------|--------------|-----------------|----------------------|--------|
| | Pre-lockdown | During lockdown | Dif. | p | Pre-lockdown | During lockdown | Dif. | p |
| <i>Model 1</i> | | | | | | | | |
| Preschoolers | | | | | | | | |
| PA (weekly days) | 6.3 (0.1) | 5.4 (0.2) | -0.8 (-1.2, -0.4) | <0.001 | 5.8 (0.2) | 4.7 (0.3) | -1.2 (-1.6, -0.8) | <0.001 |
| ST (daily hours) | 3.7 (0.3) | 5.2 (0.4) | -1.5 (-1.7, -1.2) | <0.001 | 1.6 (0.2) | 2.1 (0.3) | -0.5 (-0.6, -0.3) | <0.001 |
| Sleep (daily hours) | 10.3 (0.1) | 9.9 (0.2) | -0.4 (-0.8, -0.1) | 0.027 | 10.4 (0.1) | 10.6 (0.1) | 0.2 (-0.1, 0.5) | 0.173 |
| Children | | | | | | | | |
| PA (weekly days) | 5.4 (0.1) | 4.6 (0.2) | -0.8 (-1.1, -0.6) | <0.001 | 5.3 (0.1) | 4.2 (0.2) | -1.1 (-1.3, -0.8) | <0.001 |
| ST (daily hours) | 5.3 (0.2) | 7.3 (0.3) | -2.1 (-2.2, -1.9) | <0.001 | 3.9 (0.2) | 4.9 (0.3) | -1.1 (-1.2, -1.0) | <0.001 |
| Sleep (daily hours) | 10.1 (0.1) | 10.0 (0.1) | -0.1 (-0.1, 0.3) | 0.221 | 9.9 (0.1) | 10.2 (0.1) | 0.3 (0.2, 0.5) | <0.001 |
| Adolescents | | | | | | | | |
| PA (weekly days) | 4.4 (0.1) | 3.8 (0.1) | -0.5 (-0.7, -0.3) | <0.001 | 4.0 (0.1) | 3.0 (0.2) | -1.0 (-1.3, -0.7) | <0.001 |
| ST (daily hours) | 8.0 (0.2) | 11.1 (0.3) | -3.1 (-3.3, -2.9) | <0.001 | 6.5 (16.4) | 8.3 (0.5) | -1.8 (-2.0, -1.6) | <0.001 |
| Sleep (daily hours) | 8.5 (0.1) | 9.6 (0.1) | 1.1 (0.9, 1.4) | <0.001 | 8.9 (0.1) | 9.5 (0.1) | 0.6 (-0.9, -0.4) | <0.001 |
| <i>Model 2</i> | | | | | | | | |
| Total sample | | | | | | | | |
| PA (weekly days) | 5.0 (0.1) | 4.3 (0.1) | -0.7 (-0.8, -0.5) | <0.001 | 4.9 (0.1) | 3.8 (0.1) | -1.1 (-1.2, -0.8) | <0.001 |
| ST (daily hours) | 6.5 (0.1) | 9.1 (0.2) | -2.5 (-2.6, -2.4) | <0.001 | 4.5 (0.2) | 5.8 (0.2) | -1.3 (-1.4, -1.2) | <0.001 |
| Sleep (daily hours) | 9.3 (0.1) | 9.8 (0.1) | 0.5 (0.4, 0.7) | <0.001 | 9.6 (0.1) | 10.0 (0.1) | 0.4 (0.3, 0.5) | <0.001 |

Data expressed as mean (standard error) or mean differences (95% confident intervals). PA: Physical activity; ST: Screen time. Model 1: Adjusted by sex, breadwinner's educational level, socioeconomic status, BMI (z-score); Model 2: Adjusted by Model 1 + age.

Table S2. Changes in the number (proportion) of the sample meeting the 24-h Movement Guideline recommendations before and during the COVID-19 lockdown by country.

| Variables | Spain | | | Brazil | | |
|-------------------------|--------------|-----------------|--------|--------------|-----------------|--------|
| | Pre-lockdown | During lockdown | p | Pre-lockdown | During lockdown | p |
| Preschoolers | | | | | | |
| PA recommendation | 52 (67.5) | 37 (48.1) | 0.001 | 36 (50.7) | 24 (33.8) | 0.002 |
| ST recommendation | 4 (5.3) | 3 (4.0) | 1.000 | 3 (4.2) | 1 (1.4) | 0.500 |
| Sleep recommendation | 56 (74.7) | 44 (58.7) | 0.081 | 47 (66.2) | 54 (76.1) | 0.167 |
| Meeting 24-h guidelines | 4 (5.3) | 1 (1.3) | 0.375 | 20 (28.2) | 11 (15.5) | 0.035 |
| Children | | | | | | |
| PA recommendation | 95 (45.7) | 73 (35.1) | 0.001 | 87 (36.1) | 65 (27.0) | 0.003 |
| ST recommendation | 22 (10.6) | 9 (4.3) | <0.001 | 7 (3.0) | 4 (1.7) | 0.250 |
| Sleep recommendation | 200 (96.2) | 175 (84.1) | <0.001 | 207 (87.7) | 221 (93.6) | 0.016 |
| Meeting 24-h guidelines | 13 (6.3) | N/A | N/A | 36 (15.3) | 24 (10.2) | 0.036 |
| Adolescents | | | | | | |
| PA recommendation | 66 (16.4) | 54 (16.4) | 0.096 | 30 (15.6) | 20 (10.4) | 0.076 |
| ST recommendation | 13 (4.0) | 8 (2.5) | 0.063 | 7 (3.7) | 6 (3.2) | 1.000 |
| Sleep recommendation | 254 (79.1) | 293 (91.3) | <0.001 | 145 (77.1) | 159 (84.6) | 0.044 |
| Meeting 24-h guidelines | 1 (0.3) | 1 (0.3) | 1.000 | 2 (1.1) | 2 (1.1) | 1.000 |
| Total sample | | | | | | |
| PA recommendation | 209 (34.6) | 160 (26.5) | <0.001 | 151 (30.5) | 108 (21.8) | <0.001 |
| ST recommendation | 30 (5.0) | 11 (1.8) | <0.001 | 124 (25.1) | 105 (21.2) | <0.001 |
| Sleep recommendation | 510 (84.4) | 512 (84.8) | 0.937 | 399 (80.6) | 434 (87.7) | <0.001 |
| Meeting 24-h guidelines | 18 (3.0) | 2 (0.3) | <0.001 | 58 (11.7) | 37 (7.5) | 0.002 |

N/A: Not available.