**Table 2** Mean and (standard deviation) of bone traits and time between measurements: Areal bone mineral density (aBMD), bone mineral content (BMC) and bone area (BA) for femoral neck (FN), total hip (TH) and total body (TB) at baseline survey Fit Futures 1 (TFF1) and follow-up survey Fit Futures 2 (TFF2) 2 years later

|  |  |  |
| --- | --- | --- |
|  | Girls | Boys |
|  | TFF1 | TFF2 |  | TFF1 | TFF2 |  |
| n |  | n |  | *p* | n |  | n |  | *p* |
| aBMD FN (g/cm2)  | 358 | 1.07 (0.13) | 357 | 1.08 (0.13) | 0.008 | 296 | 1.11 (0.15) | 296 | 1.14 (0.15) | <0.001 |
| aBMD TH, (g/cm2)  | 357 | 1.06 (0.13) | 357 | 1.07 (0.13) | <0.001 | 296 | 1.12 (0.15) | 296 | 1.14 (0.16) | <0.001 |
| aBMD TB (g/cm2)  | 357 | 1.14 (0.08) | 358 | 1.16 (0.07) | <0.001 | 296 | 1.18 (0.10) | 296 | 1.23 (0.09) | <0.001 |
| BMC FN (g) | 358 | 4.92 (0.71) | 357 | 4.94 (0.72) | <0.001 | 296 | 5.99 (0.99) | 296 | 6.19 (0.99) | <0.001 |
| BMC TH (g) | 357 | 32.03 (4.84) | 357 | 32.42 (4.95) | <0.001 | 296 | 40.17 (6.64) | 296 | 41.26 (6.86) | <0.001 |
| BMC TB (g)  | 357 | 2524.06 (388.27) | 358 | 2600.95 (381.68) | <.001 | 296 | 2963.78 (469.83) | 296 | 3200.96 (476.10) | <.001 |
| BA FN (cm2)  | 358 | 4.60 (0.34) | 357 | 4.60 (0.34) | .866 | 296 | 5.38 (0.39) | 296 | 5.41 (0.37) | .003 |
| BA TH (cm2)  | 357 | 30.15 (2.32) | 357 | 30.22 (2.38) | .068 | 296 | 35.73 (2.47) | 296 | 35.99 (2.51) | <.001 |
| BA TB (cm2)  | 357 | 2207.37 (233.59) | 358 | 2241.68 (224.95) | <.001 | 296 | 2496.46 (240.06) | 296 | 2598.28 (237.87) | <.001 |
| Time between measurements (years) | 358 | 1.94 (0.20) | 296 | 2.01 (0.23) |