

Supplementary Table S1. ICAAN program: Phase 1-4

| Session | Subject | Content |
|--------------------------------------|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Phase 1 (1:1 intervention) | | |
| Month 1 | Learn my body | - Physical examination results - Goal setting |
| Month 2 | Manage my body 1 | Self-examination - Personal issues related to weight - The environment: family and lifestyle |
| Month 3 | Manage my body 2 | Physical activity - Activity level examination - Individualized exercise plan |
| Month 4 | Manage my body 3 | Motivational enhancement and Mindfulness - Encouraging health-related behavior choices - Identifying problems and strengths |
| Month 5 | Manage my body 4 | Physical activity 2 - Increasing activity - Decreasing inactivity |
| Month 6 | Manage my body 5 | Self-observation - Acknowledging changes: body image - Acknowledging changes: cognition |
| Phase 2 (group program) | | |
| Month 7 | Nutrition | Lose sugar and become super Enjoy your food with all 5 senses |
| Month 8 | Physical activity | Zumba dance class |
| Month 9 | Behavioral modification | A journey to finding myself |
| Month 10 | Nutrition | Nutritional experimentation laboratory Become a healthy grown-up |
| Month 11 | Physical activity | Pilates class |
| Month 12 | Behavioral modification | Stop and Think |
| Phase 3 (1:1 booster session) | | |
| Month 13 | Changes in action 1 | Self-evaluation of change - Changes in the last 12 months - Risk/protective factors |
| Month 14 | Changes in action 2 | Overcoming obstacles - Motivational changes - Resources for problem solving |
| Month 15 | Changes in action 3 | Finding strengths - Validation of the problem-solving trials - Encouraging individual strengths |
| Month 16 | Maintaining change 1 | Behavioral modification counseling - Healthy habits to continue after treatment - Expected difficulties and coping strategies |
| Month 17 | Maintaining change 2 | Nutritional counseling - Healthy eating habits to continue after treatment - Parental guide for weight loss maintenance |
| Month 18 | Maintaining change 3 | Exercise counseling - Physical activities to continue after treatment - Individualized goals after treatment termination |
| Phase 4 (group program) | | |
| Month 20 | Behavioral modification | Mindful eating: Learning my feelings and thoughts |
| Month 21 | Nutrition | What is in my refrigerator? What can I eat in a convenience store? |
| Month 22 | Exercise | Tae-Bo (Taekwondo & Boxing) class |
| Month 23 | Behavioral modification | Learning to be on my own: making a resolution |