

**Supplementary Table 2.** Levels of miRNAs of adolescents and young adults in the entire study population (A: two groups of participants – C, OW/O; B: three groups of participants – C, OW, O)

<b>A</b>	<b>ENTIRE STUDY POPULATION</b>		
	Mean (SD)/Median [IQR]		
<b>miRNA</b>	<b>C (N=20)</b>	<b>OW/O (N=40)</b>	<b>p</b>
miR-92a	22.5 (21.4-23.9)	22.4 (20.5-25.0)	0.642
miR-126	23.7 (21.6-25.7)	24.1 (21.4-27.3)	0.177
miR-146a	22.4 (20.3-24.2)	22.3 (20.0-25.0)	0.442
miR-155	30.2 [29.6-31.2]	30.2 [29.7-31.0]	0.838

<b>B</b>	<b>ENTIRE STUDY POPULATION</b>			
	Mean (SD)/Median [IQR]			
<b>miRNA</b>	<b>C (N=20)</b>	<b>OW (N=20)</b>	<b>O (N=20)</b>	<b>p</b>
miR-92a	22.5 (21.4-23.9)	22.5 (20.5-25.0)	22.4 (20.6-25.0)	0.868
miR-126	23.7 (21.6-25.7)	24.3 (22.7-27.3)	23.9 (21.4-26.7)	0.315
miR-146a	22.3 [22.0-23.1]	22.2 [21.4-23.0]	22.1 [21.2-23.0]	0.598
miR-155	30.2 [29.7-31.2]	30.2 [29.7-31.3]	30.2 [29.7-30.6]	0.942

All values were reported as mean (SD) or median [interquartile range].

Abbreviations: miR: microRNA; C: control group (subjects with normal weight); OW/O: subjects with overweight/obesity.

A: Groups were compared by Student's *t*-test (for the data with normal distribution) and the Mann-Whitney U-test (non-normally distributed data).

B: Groups were compared by one-way analysis of variance (ANOVA) and Kruskal-Wallis test for the data with normal and non-normally distributed data, respectively.