

**Supplementary Table 3. Longitudinal Studies (n = 30) on Children and Adolescents Cited in Included Reviews and Meta-Analyses**

| Included reviews                    | Primary research articles included in review articles |                       |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      |                         |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   |   |
|-------------------------------------|---|-----------------------|--------------------------|----------------------------|--------------------------|-------------------------|-----------------------------|-------------------------|-----------------------|-----------------------------|------------------------|--------------------------|-----------------------------|----------------------|-------------------------|-------------------------------|---------------------------|------------------------|--------------------------|-------------------------------|----------------------------|---------------------------|--------------------------|---------------------------------|-----------------------------|----------------------------|---------------------------|-----------------------|-------------------------|------------------------|---|---|---|---|
|                                     | Authors, date, and country                            |                       |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      |                         |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   |   |
| Authors and date                    | Berkey et al. 2004, USA                               | Blum et al. 2005, USA | Carlson et al. 2012, USA | Dubois et al. 2007, Canada | Foritto et al. 2009, USA | French et al. 2003, USA | Herbst et al. 2001, Germany | Johnson et al. 2007, UK | Kral et al. 2008, USA | Kyaavik et al. 2005, Norway | Laska et al. 2012, USA | Laurson et al. 2008, USA | Libuda et al. 2008, Germany | Lim et al. 2009, USA | Ludwig et al. 2001, USA | Mrdjenovic Levitsky 2003, USA | Mundt et al. 2006, Canada | Newby et al. 2004, USA | Nielsen Popkin 2004, USA | Nissinen et al. 2009, Finland | Olsen et al. 2012, Denmark | Phillips et al. 2004, USA | Skinner et al. 2001, USA | Striegel-Moore et al. 2006, USA | Sugimori et al. 2004, Japan | Tam et al. 2006, Australia | Vanselow et al. 2009, USA | Viner et al. 2006, UK | Warner et al. 2006, USA | Veish et al. 2005, USA |   |   |   |   |
| Clabaugh, and Neuberger (2011)      | x   |                       |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      | x                       |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   |   |
| Forshee and colleagues (2008)       | x   | x                     |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          | x                           | x                    | x                       | x                             | x                         |                        |                          |                               |                            | x                         |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   |   |
| Gibson (2008)                       | x   | x                     |                          |                            |                          |                         |                             | x                       |                       |                             |                        |                          |                             |                      | x                       | x                             | x                         |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        | x |   |   |   |
| Harrington (2008)                   | x   |                       |                          |                            |                          | x                       |                             |                         |                       |                             |                        |                          |                             |                      |                         |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   |   |
| Kaiser and colleagues (2013)        |   |                       |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      |                         |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   |   |
| Malik and colleagues (2006)         | x   | x                     |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      | x                       |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   | x |   |   |
| Malik and colleagues (2013)         | x   | x                     |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      | x                       |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   |   |
| Mattes and colleagues (2010)        |   |                       |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      |                         |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   |   |
| Olsen and Heitman, (2009)           | x   | x                     |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      | x                       |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   | x |   |
| Osei-Assibey and colleagues (2012)  |   |                       |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      |                         |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   |   |
| Perez-Morales and colleagues (2013) |   |                       |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      |                         |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   | x |
| Vartanian and colleagues (2007)     | x   | x                     |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      | x                       |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   |   |   |
| Woodward-Lopez and colleagues(2010) | x   | x                     |                          |                            |                          |                         |                             |                         |                       |                             |                        |                          |                             |                      | x                       |                               |                           |                        |                          |                               |                            |                           |                          |                                 |                             |                            |                           |                       |                         |                        |   |   | x |   |
| Total                               | 9   | 8                     | 1                        | 2                          | 1                        | 1                       | 1                           | 3                       | 2                     | 1                           | 1                      | 2                        | 3                           | 2                    | 9                       | 6                             | 3                         | 8                      | 1                        | 1                             | 1                          | 1                         | 6                        | 1                               | 6                           | 1                          | 2                         | 2                     | 2                       | 1                      | 6 | 6 |   |   |

## Supplementary Table 4. Intervention Studies (n = 12) on Children and Adolescents Cited in Included Reviews and Meta-Analyses

| Included reviews                     | Primary research articles included in review articles |                           |                                      |                              |                          |                          |                            |                             |                                      |                                 |                           |                              |
|--------------------------------------|---|---------------------------|--------------------------------------|------------------------------|--------------------------|--------------------------|----------------------------|-----------------------------|--------------------------------------|---------------------------------|---------------------------|------------------------------|
|                                      | Authors, date and country                             |                           |                                      |                              |                          |                          |                            |                             |                                      |                                 |                           |                              |
|                                      | Albala et al.<br>2008, USA                            | Beech et al.<br>2003, USA | Ebbeling et al.<br>2006, USA (pilot) | Ebbeling et al.<br>2012, USA | James et al.<br>2004, UK | James et al.<br>2007, UK | Jordan et al.<br>2008, USA | Karanja et al.<br>2010, USA | de Ruyter et al.<br>2012, Netherland | Sichieri et al.<br>2008, Brazil | Vaz et al.<br>2011, India | Williams et al.<br>2007, USA |
| Authors and date                     |   |                           |                                      |                              |                          |                          |                            |                             |                                      |                                 |                           |                              |
| Clabaugh and Neuberger (2011)        |   |                           | x                                    |                              |                          | x                        |                            |                             |                                      |                                 |                           |                              |
| Forshee and colleagues (2008)        |   |                           | x                                    |                              | x                        |                          |                            |                             |                                      |                                 |                           |                              |
| Gibson (2008)                        |   |                           | x                                    |                              | x                        |                          |                            |                             |                                      | x                               |                           |                              |
| Harrington (2008)                    |   |                           | x                                    |                              | x                        |                          |                            |                             |                                      |                                 |                           |                              |
| Kaiser and colleagues (2013)         |   |                           |                                      | x                            |                          |                          |                            |                             | x                                    |                                 | x                         |                              |
| Malik and colleagues (2006)          |   |                           | x                                    |                              | x                        |                          |                            |                             |                                      |                                 |                           |                              |
| Malik and colleagues (2013)          |   |                           | x                                    | x                            | x                        |                          |                            |                             | x                                    | x                               |                           |                              |
| Mattes et al. 2010                   | x   |                           | x                                    |                              | x                        | x                        |                            |                             |                                      | x                               |                           | x                            |
| Olsen and Heitman. (2009)            |   |                           | x                                    |                              | x                        |                          |                            |                             |                                      |                                 |                           |                              |
| Osei-Assibey and colleagues (2012)   |   |                           |                                      |                              | x                        |                          |                            | x                           |                                      |                                 |                           |                              |
| Perez-Morales and colleagues (2013)  |   |                           |                                      |                              |                          |                          |                            |                             |                                      |                                 |                           |                              |
| Vartanian and colleagues (2007)      |   |                           | x                                    |                              | x                        |                          |                            |                             |                                      |                                 |                           |                              |
| Woodward-Lopez and colleagues (2010) |   | x                         | x                                    |                              | x                        |                          | x                          |                             |                                      |                                 |                           |                              |
| Total                                | 1   | 1                         | 10                                   | 2                            | 10                       | 2                        | 1                          | 1                           | 2                                    | 3                               | 1                         | 1                            |

