

**SUPPLEMENTARY MATERIAL**

**Table.S1.** Assessment of methodological quality for cross-sectional studies.

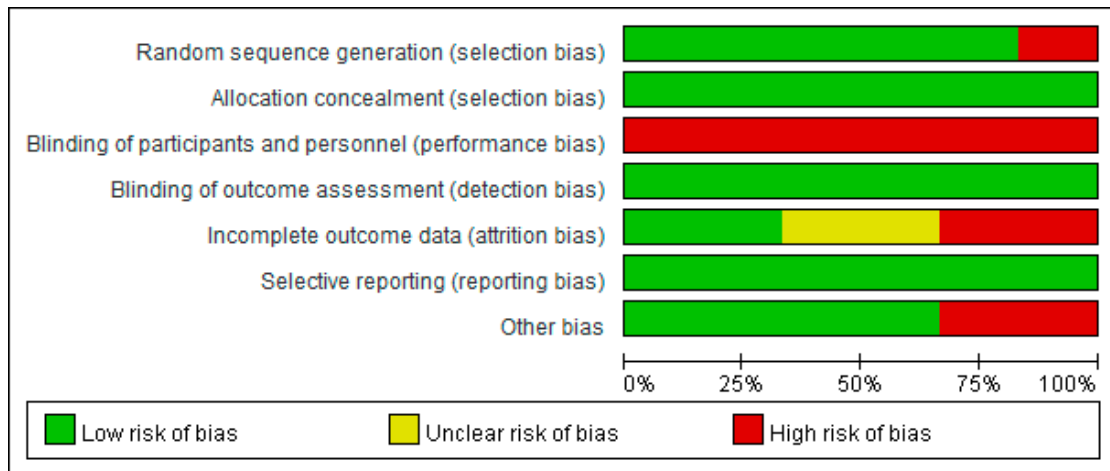
Author, year	Selection	Comparability	Exposure/Outcome	Total scores
Zhou et al., 2014 [33]	****	*	***	8/10
Zhou et al., 2015 [34]	****	*	***	9/10
Guo et al., 2013 [16]	****	*	***	8/10
Ip et al., 2008 [31]	****	*	***	8/10

**Table.S2.** Assessment of methodological quality for cohort studies.

Author, year	Selection	Comparability	Exposure/Outcome	Total scores
French et al. 2013 [35]	***	*	***	7/9
Guggenheim et al., 2012 [15]	***	*	***	7/9
Jones et al., 2007 [12]	***	*	**	6/9



**Figure.S1.** Risk of bias summary for intervention studies.



**Figure.S2.** Risk of bias chart for intervention studies.