

**Supplementary Table 1.** Search strategy (MeSH terms)

PubMed/MEDLINE	Cochrane Library	Web of Science	Scopus
<p>(("body mass index"[MeSH Terms] OR ("body"[All Fields] AND "mass"[All Fields]) AND "index"[All Fields]) OR "body mass index"[All Fields]) AND (((("inflammatory bowel diseases"[MeSH Terms] OR ("inflammatory"[All Fields] AND "bowel"[All Fields]) AND "diseases"[All Fields]) OR "inflammatory bowel diseases"[All Fields]) OR ("inflammatory"[All Fields] AND "bowel"[All Fields]) AND "disease"[All Fields]) OR "inflammatory bowel disease"[All Fields])</p> <p>(("body mass index"[MeSH Terms] OR ("body"[All Fields] AND "mass"[All Fields]) AND "index"[All Fields]) OR "body mass index"[All Fields]) AND (((("colitis, ulcerative"[MeSH Terms] OR ("colitis"[All Fields] AND "ulcerative"[All Fields]) OR "ulcerative colitis"[All Fields]) OR ("ulcerative"[All Fields] AND "colitis"[All Fields]))</p> <p>(((((("Colitis, Ulcerative"[Mesh] OR "ulcerative colitis"[tiab]) OR "Inflammatory Bowel Diseases"[Mesh]) OR "Inflammatory Bowel Diseases"[tiab]) OR "Crohn Disease"[Mesh]) OR "Crohn Disease"[tiab]) OR IBD[tiab] AND (((prospective[Title/Abstract] OR longitudinal[Title/Abstract]) OR follow-up[Title/Abstract]) OR cohort[Title/Abstract])) AND (((("Body Mass Index"[Mesh] OR "Obesity"[Mesh]) OR "Body Mass Index"[Title/Abstract]) OR Obesity[Title/Abstract]) OR BMI[Title/Abstract]) OR "body mass indices"[Title/Abstract])</p>	<p>("ulcerative colitis" OR "Inflammatory Bowel Diseases" OR "Crohn Disease" OR IBD) AND (prospective OR longitudinal OR follow-up OR cohort) AND ("Body Mass Index" OR Obesity OR BMI OR "body mass indices")</p>	<p>TI=("ulcerative colitis" OR "Inflammatory Bowel Diseases" OR "Crohn Disease" OR IBD) AND TI=(prospective OR longitudinal OR follow-up OR cohort) AND TI=("Body Mass Index" OR Obesity OR BMI OR "body mass indices")</p>	<p>(( TITLE-ABS-KEY ( "ulcerative colitis" ) OR TITLE-ABS-KEY ( "Inflammatory Bowel Diseases" ) OR TITLE-ABS-KEY ( "Crohn Disease" ) OR TITLE-ABS-KEY ( ibd )) AND (( TITLE-ABS-KEY ( prospective ) OR TITLE-ABS-KEY ( longitudinal ) OR TITLE-ABS-KEY ( follow-up ) OR TITLE-ABS-KEY ( cohort )) AND (( TITLE-ABS-KEY ( "Body Mass Index" ) OR TITLE-ABS-KEY ( bmi ) OR TITLE-ABS-KEY ( obesity ) OR TITLE-ABS-KEY ( "body mass indices" ))))</p>

**List of studies excluded with reason:**

1. High and low body mass index may predict severe disease course in children with inflammatory bowel disease (**Conducted on pediatric population**)
2. Associations Between Obesity and the Effectiveness of Anti-Tumor Necrosis Factor- $\alpha$  Agents in Inflammatory Bowel Disease Patients: A Literature Review and Meta-analysis (**Not a cohort**)
3. Body Composition Using Air Displacement Plethysmography in Children With Inflammatory Bowel Disease (**Not related to our study objective**)
4. Impact of Bariatric Surgery on the Long-term Disease Course of Inflammatory Bowel Disease (**Not related to our study objective**)
5. High body mass index is not associated with increased treatment failure in infliximab treated pediatric patients with inflammatory bowel disease (**Not related to our study objective**)
6. Post-index procedural gain in body mass index is associated with recurrent ileal pouch sinus after endoscopic or surgical therapy (**Not related to our study objective**)
7. Obesity Is More Common in Children Newly Diagnosed With Ulcerative Colitis as Compared to Those With Crohn Disease (**Conducted on pediatric population**)
8. Is Bariatric Surgery Safe and Effective in Patients with Inflammatory Bowel Disease? (**Not related to our study objective**)
9. Altered body composition profiles in young adults with childhood-onset inflammatory bowel disease (**Conducted on pediatric population**)
10. Metabolic Syndrome in Inflammatory Bowel Disease: Association with Genetic Markers of Obesity and Inflammation (**Not related to our study objective**)
11. Nutritional status and body composition in children with inflammatory bowel disease: a prospective, controlled, and longitudinal study (**Conducted on pediatric population**)
12. Obesity in pediatric inflammatory bowel disease: Prevalence and disease associations in the era of biologic therapy (**Conducted on pediatric population**)
13. Adverse effect of obesity on outcomes of children newly diagnosed with inflammatory bowel disease (**Conducted on pediatric population**)
14. Outcomes of inflammatory bowel disease surgery in obese versus non-obese patients: a meta-analysis (**Not a cohort**)
15. Neither obesity nor hepatic steatosis are associated with an increased prevalent or incident colonic dysplasia in patients with inflammatory bowel disease and concomitant primary sclerosing cholangitis (**Not related to our study objective**)
16. Role of C-reactive protein as a marker for disease course in obese patients with inflammatory bowel disease (**Not related to our study objective**)
17. Correlation of body mass index (BMI) and C-reactive protein (CRP) with inflammatory bowel disease progression in an urban, afro-caribbean population (**Not a full-length article**)
18. Nutritional habits and influence of body mass index in patients with inflammatory bowel disease (**Not related to our study objective**)
19. Adjusting for body mass index makes bioimpedance spectroscopy a viable clinical tool for bedside body composition analysis in outpatients with inflammatory bowel disease (**Not related to our study objective**)
20. Infliximab-related weight gain in patients with inflammatory bowel disease: Patterns, associations, and financial impacts (**Not related to our study objective**)
21. Longitudinal follow up of body mass index as a predictor for severe disease course in children with inflammatory bowel disease (**Conducted on pediatric population**)
22. Regional fat distribution in children with inflammatory bowel disease: Association with disease activity and phenotype (**Conducted on pediatric population**)
23. Olfactory sensitivity is associated with body mass index, polymorphism in the odor binding-protein (OBPIIa) gene and inflammatory bowel disease (**Not related to our study objective**)
24. Obesity is frequent in inflammatory disease patients and associated with higher disease activity in Crohn's disease, but not in ulcerative colitis (**Not a full-length article**)

25. High and low body mass index may predict severe disease course in children with inflammatory bowel disease (**Conducted on pediatric population**).
26. The risk of inflammatory bowel disease in subjects presenting with perianal abscess: findings from the THIN database. (**Perianal abscess patients**)
27. High body mass index is associated with increased risk of treatment failure and surgery in biologic-treated patients with ulcerative colitis. (**Not stratified BMI appropriately**)
28. Predictors of early readmission in hospitalized patients with inflammatory bowel disease. Inflammatory bowel diseases. (**Not stratified Crohn's disease and Ulcerative colitis separately**)
29. Comparing the clinical outcomes of young-onset and adult-onset ulcerative colitis: a multi-center Korean Association for the Study for Intestinal Diseases study. (**Not stratified BMI appropriately**)

Supplementary Figure 1. Funnel plots to assess publication bias

