

Supplemental Information

SUPPLEMENTAL TABLE 3 Example Search Syntax for Search Strategy

Group	Search Term
Participants	Child* OR
	Infant OR
	Preschool OR
	Youth* OR
	Adolesc* OR
	Teen* OR
	Parent* OR
	Preschooler OR
	Toddler OR
	Family OR
	Mother* OR
	Father* OR
	Dad OR
	Mum OR
	Maternal OR
	Paternal OR
	parental OR
	families OR
	husband* OR
	wife OR
wives OR	
couple	
	AND
Outcomes	obes* OR
	overweight OR
	obesity prevention OR
	weight gain prevention OR
	waist OR
	weight OR
	weight gain OR
	BMI OR
	home OR community OR
	physical activity OR
	exercise OR
	sedentar* OR
	inactivity OR
	eating OR
	healthy eating OR
	nutrition OR
	fruit OR
	vegetable OR
	screen time OR
	social support OR
sugar-sweetened beverages OR	
soft drink OR	
diet OR	
food	
Limits: English, Human, RCT	

SUPPLEMENTAL TABLE 4 Complete List of Included Studies

1. Agras WS, Hammer LD, Huffman LC, Mascola A, Bryson SW, Danaher C. Improving healthy eating in families with a toddler at risk for overweight: a cluster randomized controlled trial. *J Dev Behav Pediatr.* 2012;33(7):529–534
2. Albala C, Ebbeling CB, Cifuentes M, Lera L, Bustos N, Ludwig DS. Effects of replacing the habitual consumption of sugar-sweetened beverages with milk in Chilean children. *Am J Clin Nutr.* 2008;88(3):605–611
3. Anand SS, Davis AD, Ahmed R, et al. A family-based intervention to promote healthy lifestyles in an aboriginal community in Canada. *Can J Public Health.* 2007;98(6):447–452
4. Angelopoulos PD, Milionis HJ, Grammatikaki E, Moschonis G, Manios Y. Changes in BMI and blood pressure after a school based intervention: the CHILDREN study. *Eur J Public Health.* 2009;19(3):319–325
5. Araújo-Soares V, McIntyre T, MacLennan G, Sniehotta FF. Development and exploratory cluster-randomized opportunistic trial of a theory-based intervention to enhance physical activity among adolescents. *Psychol Health.* 2009;24(7):805–822
6. Arauz Boudreau AD, Kurowski DS, Gonzalez WI, Dimond MA, Oreskovic NM. Latino families, primary care, and childhood obesity: a randomized controlled trial. *Am J Prev Med.* 2013;44(3 suppl 3):S247–S257
7. Bacardí-Gascon M, Perez-Morales ME, Jiménez-Cruz A. A six month randomized school intervention and an 18-mo follow-up intervention to prevent childhood obesity in Mexican elementary schools. *Nutr Hosp.* 2012;27(3):755–762
8. Bäcklund C, Sundelin G, Larsson C. Effect of a 1-year lifestyle intervention on physical activity in overweight and obese children. *Adv Physiother.* 2011;13(3):87–96
9. Ball GDC, Mackenzie-Rife KA, Newton MS, et al. One-on-one lifestyle coaching for managing adolescent obesity: findings from a pilot, randomized controlled trial in a real-world, clinical setting. *Pediatr Child Health.* 2011;16(6):345–350
10. Barkin SL, Gesell SB, Po'e EK, Escarfuller J, Tempesti T. Culturally tailored, family-centered, behavioral obesity intervention for Latino-American preschool-aged children. *Pediatrics.* 2012;130(3):445–456
11. Bayer O, von Kries R, Strauss A, et al. Short- and mid-term effects of a setting based prevention program to reduce obesity risk factors in children: a cluster-randomized trial. *Clin Nutr.* 2009;28(2):122–128
12. Berkowitz RI, Rukstalis MR, Bishop-Gilyard CT, et al. Treatment of adolescent obesity comparing self-guided and group lifestyle modification programs: a potential model for primary care. *J Pediatr Psychol.* 2013;38(9):978–986
13. Berntsen S, Mowinckel P, Carlsen KH, et al. Obese children playing toward an active lifestyle. *Int J Pediatr Obes.* 2010;5(1):64–71
14. Berry D, Colindres M, Sanchez-Lugo L, Sanchez M, Neal M, Smith-Miller C. Adapting, feasibility testing, and pilot testing a weight management intervention for recently immigrated Spanish-speaking women and their 2- to 4-year-old children. *Hispanic Health Care Int.* 2011;9(4):186–193
15. Børrestad LA, Østergaard L, Andersen LB, Bere E. Experiences from a randomized, controlled trial on cycling to school: does cycling increase cardiorespiratory fitness? *Scan J Public Health.* 2012;40(3):245–252
16. Boutelle KN, Cafri G, Crow SJ. Parent-only treatment of childhood obesity: a randomized controlled trial. *Obesity.* 2011;19(3):574–580
17. Boutelle KN, Norman GJ, Rock CL, Rhee KE, Crow SJ. Guided self-help for the treatment of pediatric obesity. *Pediatrics.* 2013;131(5). Available at: www.pediatrics.org/cgi/content/full/131/5/e1435
18. Boutelle KN, Zucker NL, Peterson CB, Rydell SA, Cafri G, Harnack L. Two novel treatments to reduce overeating in overweight children: a randomized controlled trial. *J Consult Clin Psychol.* 2011;79(6):759–771
19. Brandstetter S, Klenk J, Berg S, et al. Overweight prevention implemented by primary school teachers: a randomized controlled trial. *Obes Facts.* 2012;5(1):1–11
20. Brennan L, Walkley J, Wilks R, Fraser SF, Greenway K. Physiologic and behavioral outcomes of a randomized controlled trial of a cognitive behavioral lifestyle intervention for overweight and obese adolescents. *Obe Res Clin Pract.* 2013;7(1):e23–e41
21. Bryant M, Farrin A, Christie D, Jebb SA, Cooper AR, Rudolf M. Results of a feasibility randomized controlled trial (RCT) for WATCH IT: a program for obese children and adolescents. *Clin Trials.* 2011;8(6):755–764
22. Campbell KJ, Lioret S, McNaughton SA, et al. A parent-focused intervention to reduce infant obesity risk behaviors: a randomized trial. *Pediatrics.* 2013;131(4):652–660
23. Chen JL, Weiss S, Heyman MB, Lustig RH. Efficacy of a child-centered and family-based program in promoting healthy weight and healthy behaviors in Chinese American children: a randomized controlled study. *J Public Health.* 2010;32(2):219–229
24. Chen J-L, Weiss S, Heyman MB, Cooper B, Lustig RH. The efficacy of the Web-based childhood obesity prevention program in Chinese American adolescents (Web ABC Study). *J Adolesc Health.* 2011;49(2):148–154
25. Coleman KJ, Shordon M, Caparosa SL, Pomichowski ME, Dzewaltowski DA. The healthy options for nutrition environments in schools (Healthy ONES) group randomized trial: using implementation models to change nutrition policy and environments in low income schools. *Int J Behav Nutr Phys Act.* 2012;9:80
26. Colín-Ramírez E, Castillo-Martínez L, Orea-Tejeda A, Vergara-Castañeda A, Keirns-Davis C, Villa-Romero A. Outcomes of a school-based intervention (RESCATE) to improve physical activity patterns in Mexican children aged 8–10 years. *Health Educ Res.* 2010;25(6):1042–1049
27. Collins CE, Okely AD, Morgan PJ, et al. Parent diet modification, child activity, or both in obese children: an RCT. *Pediatrics.* 2011;127(4):619–627
28. Coppins DF, Margetts BM, Fa JL, Brown M, Garrett F, Huelin S. Effectiveness of a multi-disciplinary family-based program for treating childhood obesity (the family project). *Eur J Clin Nutr.* 2011;65(8):903–909
29. Corsini N, Slater A, Harrison A, Cooke L, Cox DN. Rewards can be used effectively with repeated exposure to increase liking of vegetables in 4–6-year-old children. *Public Health Nutr.* 2013;16(5):942–951
30. Cottrell L, Spangler-Murphy E, Minor V, Downes A, Nicholson P, Neal WA. A kindergarten cardiovascular risk surveillance study: CARDIAC-Kinder. *Am J Health Behavior.* 2005;29(6):595–606
31. Crespo NC, Elder JP, Ayala GX, et al. Results of a multi-level intervention to prevent and control childhood obesity among Latino children: the Aventuras Para Niños study. *Ann Behav Med.* 2012;43(1):84–100
32. Croker H, Viner R, Nicholls D, et al. Family-based behavioral treatment of childhood obesity in a UK national health service setting: Randomized controlled trial. *Int J Obesity.* 2012;36(1):16–26
33. Daniels LA, Mallan KM, Nicholson JM, Battistutta D, Magarey A. Outcomes of an early feeding practices intervention to prevent childhood obesity. *Pediatrics.* 2013;132(1). Available at: www.pediatrics.org/cgi/content/full/132/1/e109

TABLE 4 Continued

34. Danielsen YS, Nordhus IH, Júlíusson PB, Mæhle M, Pallesen S. Effect of a family-based cognitive behavioral intervention on BMI, self-esteem and symptoms of depression in children with obesity (aged 7–13): a randomized waiting list controlled trial. *Obesity Research and Nutr Practice*. 2013;7(2):e116–e128
35. Davis AM, James RL, Boles RE, Goetz JR, Belmont J, Malone B. The use of TeleMedicine in the treatment of pediatric obesity: feasibility and acceptability. *Matern Child Nutr*. 2011;7(1):71–79
36. Davis AM, Sampilo M, Gallagher KS, Landrum Y, Malone B. Treating rural pediatric obesity through telemedicine: outcomes from a small randomized controlled trial. *J Pediatr Psychol*. 2013;38(9):932–943
37. Davis J, Ventura E, Tung A, et al. Effects of a randomized maintenance intervention on adiposity and metabolic risk factors in overweight minority adolescents. *Pediatr Obes*. 2012;7(1):16–27
38. Davis JN, Kelly LA, Lane CJ, et al. Randomized control trial to improve adiposity and insulin resistance in overweight Latino adolescents. *Obesity*. 2009;17(8):1542–1548
39. Davis JN, Ventura EE, Alexander KE, et al. Feasibility of a home-based versus classroom-based nutrition intervention to reduce obesity and type 2 diabetes in Latino youth. *Int J Pediatr Obes*. 2007;2(1):22–30
40. Davoli AM, Broccoli S, Bonvicini L, et al. Pediatrician-led motivational interviewing to treat overweight children: an RCT. *Pediatrics*. 2013;132(5). Available at: www.pediatrics.org/cgi/content/full/132/5/e1236
41. De Bock F, Breitenstein L, Fischer JE. Positive impact of a pre-school-based nutritional intervention on children's fruit and vegetable intake: results of a cluster-randomized trial. *Public Health Nutr*. 2012;15(3):466–475
42. De Bock F, Genser B, Raat H, Fischer JE, Renz-Polster H. A participatory physical activity intervention in preschools: a cluster randomized controlled trial. *Am J Prev Med*. 2013;45(1):64–74
43. De Mello ED, Luft VC, Meyer F. Individual outpatient care versus group education programs. Which leads to greater change in dietary and physical activity habits for obese children [in Portuguese]? *J Pediatr (Rio J)*. 2004;80(6):468–474
44. De Niet J, Timman R, Bauer S, et al. The effect of a short message service maintenance treatment on BMI and psychological well-being in overweight and obese children: a randomized controlled trial. *Pediatr Obes*. 2012;7(3):205–219
45. DeBar LL, Stevens VJ, Perrin N, et al. A primary care-based, multicomponent lifestyle intervention for overweight adolescent females. *Pediatrics*. 2012;129(3). Available at: www.pediatrics.org/cgi/content/full/129/3/e611
46. Diaz RG, Esparza-Romero J, Moya-Camarena SY, Robles-Sardin AE, Valencia ME. Lifestyle intervention in primary care settings improves obesity parameters among Mexican youth. *J Am Diet Assoc*. 2010;110(2):285–290
47. Doyle-Baker PK, Venner AA, Lyon ME, Fung T. Impact of a combined diet and progressive exercise intervention for overweight and obese children: the B.E. H.I.P. study. *Appl Physiol Nutr Metab*. 2011;36(4):515–525
48. Duggins M, Cherven P, Carrithers J, Messamore J, Harvey A. Impact of family YMCA membership on childhood obesity: a randomized controlled effectiveness trial. *J Am Board Fam Med*. 2010;23(3):323–333
49. Duncan S, McPhee JC, Schluter PJ, Zinn C, Smith R, Schofield G. Efficacy of a compulsory homework program for increasing physical activity and healthy eating in children: the healthy homework pilot study. *Int J Behav Nutr Phys Act*. 2011;8
50. Eather N, Morgan PJ, Lubans DR. Feasibility and preliminary efficacy of the Fit4Fun intervention for improving physical fitness in a sample of primary school children: a pilot study. *Phys Educ Sport Pedagogy*. 2013;18(4):389–411
51. Eather N, Morgan PJ, Lubans DR. Improving the fitness and physical activity levels of primary school children: results of the Fit-4-Fun group randomized controlled trial. *Prev Med*. 2013;56(1):12–19
52. Eliakim A, Nemet D, Balakirski Y, Epstein Y. The effects of nutritional-physical activity school-based intervention on fatness and fitness in preschool children. *J Pediatr Endocrinol*. 2007;20(6):711–718
53. Ellis DA, Janisse H, Naar-King S, et al. The effects of multisystemic therapy on family support for weight loss among obese African-American adolescents: findings from a randomized controlled trial. *J Dev Behav Pediatr*. 2010;31(6):461–468
54. Engelen L, Bundy AC, Naughton G, et al. Increasing physical activity in young primary school children—it's child's play: a cluster randomized controlled trial. *Prev Med*. 2013;56(5):319–325
55. Epstein LH, Paluch RA, Beecher MD, Roemmich JN. Increasing healthy eating versus reducing high energy-dense foods to treat pediatric obesity. *Obesity*. 2008;16(2):318–326
56. Epstein LH, Paluch RA, Kilanowski CK, Raynor HA. The effect of reinforcement or stimulus control to reduce sedentary behavior in the treatment of pediatric obesity. *Health Psychol*. 2004;23(4):371–380
57. Epstein LH, Roemmich JN, Robinson JL, et al. A randomized trial of the effects of reducing television viewing and computer use on BMI in young children. *Arch Pediatr Adolesc Med*. 2008;162(3):239–245
58. Epstein LH, Roemmich JN, Stein RI, Paluch RA, Kilanowski CK. The challenge of identifying behavioral alternatives to food: clinic and field studies. *Ann Behav Med*. 2005;30(3):201–209
59. Escobar-Chaves SL, Markham CM, Addy RC, Greisinger A, Murray NG, Brehm B. The Fun Families Study: intervention to reduce children's TV viewing. *Obesity*. 2010;18(suppl 1):S99–S101
60. Esfarjani F, Khalafi M, Mohammadi F, et al. Family-based intervention for controlling childhood obesity: an experience among Iranian children. *Int J Prev Med*. 2013;4(3):358–365
61. Estabrooks PA, Shoup JA, Gattshall M, Dandamudi P, Shetterly S, Xu S. Automated telephone counseling for parents of overweight children. A randomized controlled trial. *Am J Prev Med*. 2009;36(1):35–42.e32
62. Evans CEL, Ransley JK, Christian MS, Greenwood DC, Thomas JD, Cade JE. A cluster-randomized controlled trial of a school-based fruit and vegetable intervention: Project Tomato. *Public Health Nutr*. 2013;16(6):1073–1081
63. Evans WD, Christoffel KK, Necheles J, Becker AB, Snider J. Outcomes of the 5-4-3-2-1 Go! childhood obesity community trial. *American J Health Behav*. 2011;35(2):189–198
64. Finkelstein EA, Tan YT, Malhotra R, Lee CF, Goh SS, Saw SM. A cluster randomized controlled trial of an incentive-based outdoor physical activity program. *J Pediatr*. 2013;163(1):167–172.e161
65. Fitzgibbon ML, Stolley MR, Schiffer L, et al. Family-based hip-hop to health: outcome results. *Obesity*. 2013;21(2):274–283

TABLE 4 Continued

66. Fitzgibbon ML, Stolley MR, Schiffer L, Van Horn L, KauferChristoffel K, Dyer A. Two-year follow-up results for Hip-Hop to Health Jr: a randomized controlled trial for overweight prevention in preschool minority children. *J Pediatr*. 2005;146(5):618–625
67. Fitzgibbon ML, Stolley MR, Schiffer L, Van Horn L, KauferChristoffel K, Dyer A. Hip-Hop to Health Jr. for Latino preschool children. *Obesity*. 2006;14(9):1616–1625
68. Fitzgibbon ML, Stolley MR, Schiffer LA, et al. Hip-hop to Health Jr. obesity prevention effectiveness trial: postintervention results. *Obesity*. 2011;19(5):994–1003
69. Ford AL, Bergh C, Sodersten P, et al. Treatment of childhood obesity by retraining eating behavior: randomized controlled trial. *BMJ (Online)*. 2010;340(7740):250
70. Fornari LS, Giuliano I, Azevedo F, Pastana A, Vieira C, Caramelli B. Children First study: how an educational program in cardiovascular prevention at school can improve parents' cardiovascular risk. *European J Preventive Cardiology*. 2013;20(2):301–309
71. Foster GD, Sherman S, Borradaile KE, et al. A policy-based school intervention to prevent overweight and obesity. *Pediatrics*. 2008;121(4). Available at: www.pediatrics.org/cgi/content/full/121/4/e794
72. French GM, Nicholson L, Skybo T, et al. An evaluation of mother-centered anticipatory guidance to reduce obesogenic infant feeding behaviors. *Pediatrics*. 2012;130(3). Available at: www.pediatrics.org/cgi/content/full/130/3/e507
73. Frenn M, Pruszynski JE, Felzer H, Zhang J. Authoritative feeding behaviors to reduce child BMI through online interventions. *J Spec Pediatr Nurs*. 2013;18(1):65–77
74. Fulkerson JA, Rydell S, Kubik MY, et al. Healthy Home Offerings via the Mealtime Environment (HOME): feasibility, acceptability, and outcomes of a pilot study. *Obesity*. 2010;18(suppl 1):S69–S74
75. Fullerton G, Tyler C, Johnston CA, Vincent JP, Harris GE, Foreyt JP. Quality of life in Mexican-American children following a weight management program. *Obesity*. 2007;15(11):2553–2556
76. Garipağaoğlu M, Sahip Y, Darendeliler F, Akdikmen O, Kopuz S, Sut N. Family-based group treatment versus individual treatment in the management of childhood obesity: randomized, prospective clinical trial. *Eur J Pediatr*. 2009;168(9):1091–1099.
77. Golan M, Kaufman V, Shahar DR. Childhood obesity treatment: targeting parents exclusively v. parents and children. *British J Nutr*. 2006;95(5):1008–1015
78. Goldfield GS, Mallory R, Parker T, et al. Effects of open-loop feedback on physical activity and television viewing in overweight and obese children: a randomized, controlled trial. *Pediatrics*. 2006;118(1). Available at: www.pediatrics.org/cgi/content/full/118/1/e157
79. Golley RK, Magarey AM, Baur LA, Steinbeck KS, Daniels LA. Twelve-month effectiveness of a parent-led, family-focused weight-management program for prepubertal children: a randomized, controlled trial. *Pediatrics*. 2007;119(3):517–525
80. Greening L, Harrell KT, Low AK, Fielder CE. Efficacy of a school-based childhood obesity intervention program in a rural southern community: TEAM Mississippi Project. *Obesity*. 2011;19(6):1213–1219
81. Gray M, Berry D, Davidson M, Galasso P, Gustafson E, Melkus G. Preliminary testing of a program to prevent type 2 diabetes among high-risk youth. *J School Health*. 2004;74(1):10
82. Gunnarsdottir T, Sigurdardottir ZG, Njardvik U, Olafsdottir AS, Bjarnason R. A randomized-controlled pilot study of Epstein's family-based behavioral treatment of childhood obesity in a clinical setting in Iceland. *Nordic Psychology*. 2011;63(1):6–19
83. Haerens L, Deforche B, Maes L, Cardon G, Stevens V, De Bourdeaudhuij I. Evaluation of a 2-year physical activity and healthy eating intervention in middle school children. *Health Educ Res*. 2006;21(6):911–921
84. Haines J, McDonald J, O'Brien A, et al. Healthy habits, happy homes: randomized trial to improve household routines for obesity prevention among preschool-aged children. *JAMA Pediatr*. 2013;167(11):1072–1079
85. Haire-Joshu D, Elliott MB, Caito NM, et al. High 5 for Kids: the impact of a home visiting program on fruit and vegetable intake of parents and their preschool children. *Prev Med*. 2008;47(1):77–82
86. Hands B, Larkin D, Rose E, Parker H, Smith A. Can young children make active choices? Outcomes of a feasibility trial in seven-year-old children. *Early Child Dev Care*. 2011;181(5):625–637
87. Herrera EA, Johnston CA, Steele RG. A comparison of cognitive and behavioral treatments for pediatric obesity. *Child Health Care*. 2004;33(2):151–167
88. Hopper CA, Munoz KD, Gruber MB, Nguyen KP. The effects of a family fitness program on the physical activity and nutrition behaviors of third-grade children. *Res Q Exerc Sport*. 2005;76(2):130–139
89. Hoppu U, Lehtisalo J, Kujala J, et al. The diet of adolescents can be improved by school intervention. *Public Health Nutr*. 2010;13(6 A):973–979
90. Hovell MF, Nichols JF, Irvin VL, et al. Parent-child training to increase preteens' calcium, physical activity, and bone density: a controlled trial. *Am J Health Promot*. 2009;24(2):118–128
91. Hu C, Ye D, Li Y, et al. Evaluation of a kindergarten-based nutrition education intervention for pre-school children in China. *Public Health Nutr*. 2010;13(2):253–260
92. Hughes AR, Stewart L, Chapple J, et al. Randomized, controlled trial of a best-practice individualized behavioral program for treatment of childhood overweight: Scottish childhood overweight treatment trial (SCOTT). *Pediatrics*. 2008;121(3). Available at: www.pediatrics.org/cgi/content/full/121/3/e539
93. Hystad HT, Steinsbekk S, Odegård R, Wichstrom L, Gudbrandsen OA. A randomized study on the effectiveness of therapist-led v. self-help parental intervention for treating childhood obesity. *British J Nutr*. 2013;110(6):1143–1150
94. Jago R, Sebire SJ, Turner KM, et al. Feasibility trial evaluation of a physical activity and screen-viewing course for parents of 6 to 8 year-old children: Teamplay. *Int J Behav Nutr Phys Act*. 2013;10
95. Janicke DM, Sallinen BJ, Perri MG, et al. Comparison of parent-only versus family-based interventions for overweight children in underserved rural settings: outcomes from Project STORY. *Arch Pediatr Adolesc Med*. 2008;162(12):1119–1125
96. Jansen E, Mulkens S, Jansen A. Tackling childhood overweight: treating parents exclusively is effective. *Int J Obesity*. 2011;35(4):501–509
97. Jansen W, Borsboom G, Meima A, et al. Effectiveness of a primary school-based intervention to reduce overweight. *Int J Pediatr Obes*. 2011;6(2–2):e70–e77
98. Jelalian E, Lloyd-Richardson EE, Mehlenbeck RS, et al. Behavioral weight control treatment with supervised exercise or peer-enhanced adventure for overweight adolescents. *J Pediatr*. 2010;157(6):923–928.e921

TABLE 4 Continued

99. Jelalian E, Mehlenbeck R, Lloyd-Richardson E, Birmaher V, Wing R. "Adventure therapy" combined with cognitive-behavioral treatment of overweight adolescents. *Int J Obes*. 2006;30(1):31–39
100. Jiang J, Xia X, Greiner T, Wu G, Lian G, Rosenqvist U. The effects of a 3-year obesity intervention in schoolchildren in Beijing. *Child Care Health Dev*. 2007;33(5):641–646
101. Jiang JX, Xia XL, Greiner T, Lian GL, Rosenqvist U. A two year family based behavior treatment of obese children. *Arch Dis Child*. 2005;90(12):1235–1238
102. Johnston CA, Tyler C, Fullerton G, et al. Results of an intensive school-based weight loss program with overweight Mexican American children. *Int J Pediatr Obes*. 2007;2(3):144–152
103. Kahn R, Bonuck K, Trombley M. Randomized controlled trial of bottle weaning intervention: a pilot study. *Nutr Pediatr*. 2007;46(2):163–174
104. Kalarchian MA, Levine MD, Arslanian SA, et al. Family-based treatment of severe pediatric obesity: randomized, controlled trial. *Pediatrics*. 2009;124(4):1060–1068
105. Kalavainen M, Korppi M, Nuutinen O. Clinical efficacy of group-based treatment of childhood obesity compared with routinely given individual counseling. *Int J Obesity*. 2007;31(10):1500–1508
106. Katz DL, Katz CS, Treu JA, et al. Teaching healthful food choices to elementary school students and their parents: the Nutrition Detectives program. *J School Health*. 2011;81(1):21–28
107. Kelishadi R, Zemel MB, Hashemipour M, Hosseini M, Mohammadifard N, Poursafa P. Can a dairy-rich diet be effective in long-term weight control of young children? *J Am Coll Nutr*. 2009;28(5):601–610
108. Kilicarlan Toruner E, Savaser S. A controlled evaluation of a school-based obesity prevention in Turkish school children. *J Sch Nurs*. 2010;26(6):473–482
109. Kirk S, Brehm B, Saelens BE, et al. Role of carbohydrate modification in weight management among obese children: a randomized clinical trial. *J Pediatr*. 2012;161(2):320–327.e321
110. Kitzman-Ulrich H, Hampson R, Wilson DK, Presnell K, Brown A, O'Boyle M. An adolescent weight-loss program integrating family variables reduces energy intake. *J Am Diet Assoc*. 2009;109(3):491–496
111. Klesges RC, Obarzanek E, Kumanyika S, et al. The Memphis Girls' health Enrichment Multi-site Studies (GEMS): an evaluation of the efficacy of a 2-year obesity prevention program in African American girls. *Arch Pediatr Adolesc Med*. 2010;164(11):1007–1014
112. Koehler S, Sichert-Hellert W, Kersting M. Measuring the effects of nutritional counseling on total infant diet in a randomized controlled intervention trial. *J Pediatr Gastroenterol Nutr*. 2007;45(1):106–113
113. Kong AS, Sussman AL, Yahne C, Skipper BJ, Burge MR, Davis SM. School-based health center intervention improves BMI in overweight and obese adolescents. *J Obesity*. 2013;2013
114. Kristjansdottir AG, Johannsson E, Thorsdottir I. Effects of a school-based intervention on adherence of 7–9-year-olds to food-based dietary guidelines and intake of nutrients. *Public Health Nutr*. 2010;13(8):1151–1161
115. Lee S, Misra R, Kaster E. Active intervention program using dietary education and exercise training for reducing obesity in Mexican American Male children. *Health Educ*. 2012;44(1):2–13
116. Llargues E, Franco R, Recasens A, et al. Assessment of a school-based intervention in eating habits and physical activity in school children: the AVall study. *J Epidemiol Community Health*. 2011;65(10):896–901
117. Lloyd JJ, Wyatt KM, Creanor S. Behavioral and weight status outcomes from an exploratory trial of the Healthy Lifestyles Program (HeLP): a novel school-based obesity prevention program. *BMJ Open*. 2012;2(3)
118. Lochrie AS, Wysocki T, Hossain J, et al. The effects of a family-based intervention (FBI) for overweight/obese children on health and psychological functioning. *Nutr Pract Pediatr Psychol*. 2013;1(2):159–170
119. MacDonell K, Brogan K, Naar-King S, Ellis D, Marshall S. A pilot study of motivational interviewing targeting weight-related behaviors in overweight or obese African American adolescents. *J Adolesc Health*. 2012;50(2):201–203
120. Magarey AM, Perry RA, Baur LA, et al. A parent-led family-focused treatment program for overweight children aged 5 to 9 year: the PEACH RCT. *Pediatrics*. 2011;127(2):214–222
121. Marild S, Gronowitz E, Forsell C, Dahlgren J, Friberg P. A controlled study of lifestyle treatment in primary care for children with obesity. *Pediatr Obes*. 2013;8(3):207–217
122. McCallum Z, Wake M, Gerner B, et al. Outcome data from the LEAP (Live, Eat and Play) trial: a randomized controlled trial of a primary care intervention for childhood overweight/mild obesity. *Int J Obesity*. 2007;31(4):630–636
123. McGowan L, Cooke LJ, Gardner B, Beeken RJ, Croker H, Wardle J. Healthy feeding habits: efficacy results from a cluster-randomized, controlled exploratory trial of a novel, habit-based intervention with parents. *Am J Nutr*. 2013;98(3):769–777
124. McNeil DA, Wilson BN, Siever JE, Ronca M, Mah JK. Connecting children to recreational activities: results of a cluster randomized trial. *Am J Health Promot*. 2009;23(6):376–387
125. Mendelsohn AL, Dreyer BP, Brockmeyer CA, Berkule-Silberman SB, Huberman HS, Tomopoulos S. Randomized controlled trial of primary care pediatric parenting programs: effect on reduced media exposure in infants, mediated through enhanced parent-child interaction. *Arch Pediatr Adolesc Med*. 2011;165(1):42–48
126. Mihas C, Mariolis A, Manios Y, et al. Evaluation of a nutrition intervention in adolescents of an urban area in Greece: short- and long-term effects of the VYRONAS study. *Public Health Nutr*. 2010;13(5):712–719
127. Moens E, Braet C. Training parents of overweight children in parenting skills: a 12-mo evaluation. *Behav Cogn Psychother*. 2012;40(1):1–8
128. Mohebbi SZ, Virtanen JL, Vehkalahti MM. A community-randomized controlled trial against sugary snacking among infants and toddlers. *Community Dent Oral Epidemiol*. 2012;40(suppl 1):43–48
129. Morgan PJ, Lubans DR, Callister R, et al. The Healthy Dads, Healthy Kids randomized controlled trial: efficacy of a healthy lifestyle program for overweight fathers and their children. *Int J Obes*. 2011;35(3):436–447
130. Munsch S, Roth B, Michael T, et al. Randomized controlled comparison of two cognitive behavioral therapies for obese children: mother versus mother-child cognitive behavioral therapy. *Psychother Psychosom*. 2008;77(4):235–246
131. Muth ND, Chatterjee A, Williams D, Cross A, Flower K. Making an IMPACT: effect of a school-based pilot intervention. *N C Med J*. 2008;69(6):432–440

TABLE 4 Continued

132. Naar-King S, Ellis D, Kolmodin K, et al. A randomized pilot study of multisystemic therapy targeting obesity in African-American adolescents. *J Adolesc Health*. 2009;45(4):417–419
133. Nemet D, Barkan S, Epstein Y, Friedland O, Kowen G, Eliakim A. Short- and long-term beneficial effects of a combined dietary-behavioral-physical activity intervention for the treatment of childhood obesity. *Pediatrics*. 2005;115(4). Available at: www.pediatrics.org/cgi/content/full/115/4/e443
134. Nemet D, Barzilay-Teeni N, Eliakim A. Treatment of childhood obesity in obese families. *J Pediatr Endocrinol*. 2008;21(5):461–467
135. Nemet D, Berger-Shemesh E, Wolach B, Eliakim A. A combined dietary-physical activity intervention affects bone strength in obese children and adolescents. *Int J Sports Med*. 2006;27(8):666–671
136. Nemet D, Geva D, Eliakim A. Health promotion intervention in low socioeconomic kindergarten children. *J Pediatr*. 2011;158(5):796–801.e791
137. Neumark-Sztainer D, Haines J, Robinson-O'Brien R, et al. "Ready. Set. ACTION!" A theater-based obesity prevention program for children: a feasibility study. *Health Educ Res*. 2009;24(3):407–420
138. Neumark-Sztainer DR, Friend SE, Flattum CF, et al. New moves-preventing weight-related problems in adolescent girls: a group-randomized study. *Am J Prev Med*. 2010;39(5):421–432
139. Nguyen B, Shrewsbury VA, O'Connor J, et al. Two-year outcomes of an adjunctive telephone coaching and electronic contact intervention for adolescent weight-loss maintenance: the Loozit randomized controlled trial. *Int J Obesity*. 2013;37(3):468–472
140. Ni Mhurchu C, Roberts V, Maddison R, et al. Effect of electronic time monitors on children's television watching: pilot trial of a home-based intervention. *Prev Med*. 2009;49(5):413–417
141. Niinikoski H, Hagstrom H, Jokinen E, et al. Impact of repeated dietary counseling between infancy and 14 years of age on dietary intakes and serum lipids and lipoproteins: the STRIP study. *Circulation*. 2007;116(9):1032–1040
142. O'Dwyer MV, Fairclough SJ, Ridgers ND, Knowles ZR, Fowweather L, Stratton G. Effect of a school-based active play intervention on sedentary time and physical activity in preschool children. *Health Educ Res*. 2013;28(6):931–942
143. O'Connor TM, Hilmers A, Watson K, Baranowski T, Giardino AP. Feasibility of an obesity intervention for pediatric primary care targeting parenting and children: helping HAND. *Child Care Health Dev*. 2013;39(1):141–149
144. Olvera N, Bush JA, Sharma SV, Knox BB, Scherer RL, Butte NF. BOUNCE: a community-based mother-daughter healthy lifestyle intervention for low-income Latino families. *Obesity*. 2010;18(suppl 1):S102–S104
145. Østbye T, Krause KM, Stroo M, et al. Parent-focused change to prevent obesity in preschoolers: results from the KAN-DO study. *Preventive Med*. 2012;55(3):188–195
146. Paineau DL, Beauflis F, Boulier A, et al. Family dietary coaching to improve nutritional intakes and body weight control: a randomized controlled trial. *Arch Pediatr Adolesc Med*. 2008;162(1):34–43
147. Panunzio MF, Caporizzi R, Antoniciello A, et al. Training the teachers for improving primary schoolchildren's fruit and vegetables intake: a randomized controlled trial. *Ann Ig*. 2011;23(3):249–260
148. Paul IM, Savage JS, Anzman SL, et al. Preventing obesity during infancy: a pilot study. *Obesity*. 2011;19(2):353–361
149. Pedrosa C, Oliveira BMPM, Albuquerque I, Simoes-Pereira C, Vaz-de-Almeida MD, Correia F. Markers of metabolic syndrome in obese children before and after 1-year lifestyle intervention program. *Eur J Nutr*. 2011;50(6):391–400
150. Puder JJ, Marques-Vidal P, Schindler C, et al. Effect of multidimensional lifestyle intervention on fitness and adiposity in predominantly migrant preschool children (Ballabeina): cluster randomized controlled trial. *BMJ (Online)*. 2011;343(7830)
151. Quattrin T, Roemmich JN, Paluch R, Yu J, Epstein LH, Ecker MA. Efficacy of family-based weight control program for preschool children in primary care. *Pediatrics*. 2012;130(4):660–666
152. Ransdell LB, Detling NJ, Taylor A, Reel J, Shultz B. Effects of home- and university-based programs on physical self-perception in mothers and daughters. *Women Health*. 2004;39(2):63–81
153. Raynor HA, Osterholt KM, Hart CN, Jelalian E, Vivier P, Wing RR. Efficacy of US pediatric obesity primary care guidelines: two randomized trials. *Pediatr Obes*. 2012;7(1):28–38
154. Reinehr T, Schaefer A, Winkel K, Finne E, Toschke AM, Kolip P. An effective lifestyle intervention in overweight children: findings from a randomized controlled trial on "Obeldicks light." *Nutr Nutr*. 2010;29(3):331–336
155. Remington A, Añez E, Croker H, Wardle J, Cooke L. Increasing food acceptance in the home setting: a randomized controlled trial of parent-administered taste exposure with incentives. *Am J Nutr*. 2012;95(1):72–77
156. Resnick EA, Bishop M, O'Connell A, et al. The CHEER study to reduce BMI in elementary school students: a school-based, parent-directed study in Framingham, Massachusetts. *J School Nursing*. 2009;25(5):361–372
157. Resnicow K, Taylor R, Baskin M, McCarty F. Results of Go Girls: a weight control program for overweight African-American adolescent females. *Obes Res*. 2005;13(10):1739–1748
158. Rhodes RE, Naylor PJ, McKay HA. Pilot study of a family physical activity planning intervention among parents and their children. *J Behav Med*. 2010;33(2):91–100
159. Robinson TN, Matheson DM, Kraemer HC, et al. A randomized controlled trial of culturally tailored dance and reducing screen time to prevent weight gain in low-income African American girls: Stanford GEMS. *Arch Pediatr Adolesc Med*. 2010;164(11):995–1004
160. Rodearmel SJ, Wyatt HR, Barry MJ, et al. A family-based approach to preventing excessive weight gain. *Obesity*. 2006;14(8):1392–1401
161. Rodearmel SJ, Wyatt HR, Stroebele N, Smith SM, Ogden LG, Hill JO. Small changes in dietary sugar and physical activity as an approach to preventing excessive weight gain: the America on the Move family study. *Pediatrics*. 2007;120(4). Available at: www.pediatrics.org/cgi/content/full/120/4/e869
162. Roemmich JN, Gurgol CM, Epstein LH. Open-loop feedback increases physical activity of youth. *Med Sci Sports Exerc*. 2004;36(4):668–673
163. Rooney BL, Gritt LR, Havens SJ, Mathiason MA, Clough EA. Growing healthy families: family use of pedometers to increase physical activity and slow the rate of obesity. *WMMJ*. 2005;104(5):54–60
164. Rosado JL, del R Arellano M, Montemayor K, Garcia OP, Caamano MdC. An increase of cereal intake as an approach to weight reduction in children is effective only when accompanied by nutrition education: a randomized controlled trial. *Nutr J*. 2008;7:28
165. Rosenkranz RR, Behrens TK, Dziewaltowski DA. A group-randomized controlled trial for health promotion in girl scouts: healthier troops in a SNAP (Scouting Nutrition & Activity Program). *BMC Public Health*. 2010;10

TABLE 4 Continued

166. Rush E, Reed P, McLennan S, Coppinger T, Simmons D, Graham D. A school-based obesity control program: Project Energize. Two-year outcomes. *Br J Nutr*. 2012;107(4):581–587
167. Sacher PM, Kolotourou M, Chadwick PM, et al. Randomized controlled trial of the MEND program: a family-based community intervention for childhood obesity. *Obesity*. 2010;18(suppl 1):S62–S68
168. Saelens BE, Grow HM, Stark LJ, Seeley RJ, Roehrig H. Efficacy of increasing physical activity to reduce children's visceral fat: a pilot randomized controlled trial. *Int J Pediatr Obes*. 2011;6(2):102–112
169. Saelens BE, Lozano P, Scholz K. A randomized clinical trial comparing delivery of behavioral pediatric obesity treatment using standard and enhanced motivational approaches. *J Pediatr Psychol*. 2013;38(9):954–964
170. Sanaeinasab H, Saffari M, Pakpour AH, Nazeri M, Piper CN. A model-based educational intervention to increase physical activity among Iranian adolescents. *J Pediatr (Rio J)*. 2012;88(5):430–438
171. Sarvestani RS, Jamalfard MH, Kargar M, Kaveh MH, Tabatabaee HR. Effect of dietary behavior modification on anthropometric indices and eating behavior in obese adolescent girls. *J Adv Nurs*. 2009;65(8):1670–1675
172. Savoye M, Shaw M, Dziura J, et al. Effects of a weight management program on body composition and metabolic parameters in overweight children: a randomized controlled trial. *JAMA*. 2007;297(24):2697–2704
173. Shalitin S, Ashkenazi-Hoffnung L, Yackobovitch-Gavan M, et al. Effects of a twelve-week randomized intervention of exercise and/or diet on weight loss and weight maintenance, and other metabolic parameters in obese preadolescent children. *Horm Res*. 2009;72(5):287–301
174. Shamah Levy T, Morales Ruán C, Amaya Castellanos C, Salazar Coronel A, Jiménez Aguilar A, Méndez Gómez Humarán I. Effectiveness of a diet and physical activity promotion strategy on the prevention of obesity in Mexican school children. *BMC Public Health*. 2012;12:152
175. Shapiro JR, Bauer S, Hamer RM, Kordy H, Ward D, Bulik CM. Use of text messaging for monitoring sugar-sweetened beverages, physical activity, and screen time in children: a pilot study. *J Nutr Educ Behav*. 2008;40(6):385–391
176. Shelton D, LeGros K, Norton L, Stanton-Cook S, Morgan J, Masterman P. Randomized controlled trial: a parent-based group education program for overweight children. *J Pediatr Child Health*. 2007;43(12):799–805
177. Singhal N, Misra A, Shah P, Gulati S. Effects of controlled school-based multi-component model of nutrition and lifestyle interventions on behavior modification, anthropometry and metabolic risk profile of urban Asian Indian adolescents in North India. *European J Nutr*. 2010;64(4):364–373
178. Slusser W, Frankel F, Robison K, Fischer H, Cumberland WG, Neumann C. Pediatric overweight prevention through a parent training program for 2–4 year old Latino children. *Child Obes*. 2012;8(1):52–59
179. St George S, Wilson DK, Schneider EM, Alia KA. Project SHINE: effects of parent-adolescent communication on sedentary behavior in African American adolescents. *J Pediatr Psychol*. 2013;38(9):997–1009
180. Stark LJ, Spear S, Boles R, et al. A pilot randomized controlled trial of a clinic and home-based behavioral intervention to decrease obesity in preschoolers. *Obesity*. 2011;19(1):134–141
181. Steele RG, Aylward BS, Jensen CD, Cushing ML, Davis AM, Bovaird JA. Comparison of a family-based group intervention for youths with obesity to a brief individual family intervention: a practical clinical trial of Positively Fit. *J Pediatr Psychol*. 2012;37(1):53–63
182. Story M, Hannan PJ, Fulkerson JA, et al. Bright Start: description and main outcomes from a group-randomized obesity prevention trial in American Indian children. *Obesity*. 2012;20(11):2241–2249
183. Sun MX, Huang XQ, Yan Y, et al. One-hour after-school exercise ameliorates central adiposity and lipids in overweight Chinese adolescents: a randomized controlled trial. *Chin Med J*. 2011;124(3):323–329
184. Sweitzer SJ, Briley ME, Roberts-Gray C, et al. Lunch is in the bag: increasing fruits, vegetables, and whole grains in sack lunches of preschool-aged children. *J Am Diet Assoc*. 2010;110(7):1058–1064
185. Tabak RG, Tate DF, Stevens J, Siega-Riz AM, Ward DS. Family Ties to Health Program: a randomized intervention to improve vegetable intake in children. *J Nutr Educ Behav*. 2012;44(2):166–171
186. Taveras EM, Gortmaker SL, Hohman KH, et al. Randomized controlled trial to improve primary care to prevent and manage childhood obesity: the High Five for Kids study. *Arch Pediatr Adolesc Med*. 2011;165(8):714–722
187. Taymoori P, Niknami S, Berry T, Lubans D, Ghofranipour F, Kazemnejad A. A school-based randomized controlled trial to improve physical activity among Iranian high school girls. *Int J Behav Nutr Phys Act*. 2008;5:18
188. Todd MK, Reis-Bergan MJ, Sidman CL, et al. Effect of a family-based intervention on electronic media use and body composition among boys aged 8–11 years: a pilot study. *J Child Health Care*. 2008;12(4):344–358
189. Trevino RP, Yin Z, Hernandez A, Hale DE, Garcia OA, Mobley C. Impact of the Bienestar school-based diabetes mellitus prevention program on fasting capillary glucose levels: a randomized controlled trial [erratum appears in *Arch Pediatr Adolesc Med*. 2005;159(4):341]. *Arch Pediatr Adolesc Med*. 2004;158(9):911–917
190. Tsiros MD, Sinn N, Brennan L, et al. Cognitive behavioral therapy improves diet and body composition in overweight and obese adolescents. *Am J Nutr*. 2008;87(5):1134–1140
191. van Grieken A, Veldhuis L, Renders CM, et al. Population-based childhood overweight prevention: outcomes of the “Be Active, Eat Right” study. *PLoS ONE*. 2013;8(5)
192. Vereecken C, Huybrechts I, van Houte H, Martens V, Wittebroodt I, Maes L. Results from a dietary intervention study in preschools “Beastly Healthy at School.” *Int J Public Health*. 2009;54(3):142–149
193. Verloigne M, Bere E, Van Lippevelde W, et al. The effect of the UP4FUN pilot intervention on objectively measured sedentary time and physical activity in 10–12 year old children in Belgium: the ENERGY-project. *BMC Public Health*. 2012;12(1)
194. Vitolo MR, Bortoloni GA, Campagnolo PDB, Hoffman DJ. Maternal dietary counseling reduces consumption of energy-dense foods among infants: a randomized controlled trial. *J Nutr Educ Behav*. 2012;44(2):140–147
195. Vitolo MR, Rauber F, Campagnolo PDB, Feldens CA, Hoffman DJ. Maternal dietary counseling in the first year of life is associated with a higher healthy eating index in childhood. *J Nutr*. 2010;140(11):2002–2007
196. Wafa SW, Talib RA, Hamzaid NH, et al. Randomized controlled trial of a good practice approach to treatment of childhood obesity in Malaysia: Malaysian Childhood Obesity Treatment Trial (MASCOT). *Int J Pediatr Obes*. 2011;6(2–2):e62–e69

TABLE 4 Continued

197. Wake M, Baur LA, Gerner B, et al. Outcomes and costs of primary care surveillance and intervention for overweight or obese children: the LEAP 2 randomized controlled trial. *BMJ (Online)*. 2009;339(7730):1132
198. Wake M, Lycett K, Clifford SA, et al. Shared care obesity management in 3–10 year old children: 12 mo outcomes of HopSCOTCH randomized trial. *BMJ*. 2013;346:f3092
199. Waling M, Lind T, Herneli O, Larsson C. A one-year intervention has modest effects on energy and macronutrient intakes of overweight and obese Swedish children. *J Nutr*. 2010;140(10):1793–1798
200. Watt R, Tull K, Hardy R, et al. Effectiveness of a social support intervention on infant feeding practices: randomized controlled trial. *J Epidemiol Community Health*. 2009;63(2):156–162
201. Weigel C, Kokocinski K, Lederer P, Dotsch J, Rascher W, Knerr I. Childhood obesity: concept, feasibility, and interim results of a local group-based, long-term treatment program. *J Nutr Educ Behav*. 2008;40(6):369–373
202. Weintraub DL, Tirumalai EC, Haydel KF, Fujimoto M, Fulton JE, Robinson TN. Team sports for overweight children: the Stanford Sports to Prevent Obesity Randomized Trial (SPORT). *Arch Pediatr Adolesc Med*. 2008;162(3):232–237
203. Wen LM, Baur LA, Simpson JM, Rissel C, Wardle K, Flood VM. Effectiveness of home based early intervention on children's BMI at age 2: randomized controlled trial. *BMJ*. 2012;344:e3732
204. West F, Sanders MR, Cleghorn GJ, Davies PSW. Randomized clinical trial of a family-based lifestyle intervention for childhood obesity involving parents as the exclusive agents of change. *Behav Res Ther*. 2010;48(12):1170–1179
205. Wilfley DE, Stein RI, Saelens BE, et al. Efficacy of maintenance treatment approaches for childhood overweight: a randomized controlled trial. *J the American Medical Association*. 2007;298(14):1661–1673
206. Williams CL, Strobino BA, Brotanek J. Weight control among obese adolescents: a pilot study. *Int J Food Sci Nutr*. 2007;58(3):217–230
207. Wright JA, Phillips BD, Watson BL, Newby PK, Norman GJ, Adams WG. Randomized trial of a family-based, automated, conversational obesity treatment program for underserved populations. *Obesity*. 2013;21(9):E369–E378
208. Wright K, Norris K, Newman Giger J, Suro Z. Improving healthy dietary behaviors, nutrition knowledge, and self-efficacy among underserved school children with parent and community involvement. *Child Obes*. 2012;8(4):347–356
209. Wyse R, Wolfenden L, Campbell E, et al. A cluster randomized controlled trial of a telephone-based parent intervention to increase preschoolers' fruit and vegetable consumption. *Am J Nutr*. 2012;96(1):102–110
210. Young DR, Phillips JA, Yu T, Haythornthwaite JA. Effects of a life skills intervention for increasing physical activity in adolescent girls. *Arch Pediatr Adolesc Med*. 2006;160(12):1255–1261
211. Zask A, Adams JK, Brooks LO, Hughes DF. Tooty Fruity Veggie: an obesity prevention intervention evaluation in Australian preschools. *Health Promot J Austr*. 2012;23(1):10–15
212. Zimmerman FJ, Ortiz SE, Christakis DA, Elkun D. The value of social-cognitive theory to reducing preschool TV viewing: a pilot randomized trial. *Prev Med*. 2012;54(3–4):212–218
-