**Supplementary Material**

**Supplementary Table S1 - PubMed search strategy.**

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| “obesity/diet therapy” or “obesity/therapy” AND |
| “motor activity" or "physical activity" or exercise\* or "physical education" or "health education" or feeding or "nutrition therapy" or "food habits" or "dietary modification" or "diet modification" or "food consumption" or "dietary habits" or "diet habits" or "feeding behavior" or "eating behavior" or "feeding pattern" or "reducing diet" or "weight loss" or "diet therapy" or "weight reduction" or "health promotion" or "wellness" or "campaign\*" or "loss" AND |
| trial or random\* AND |
| adolescent\* or child\* or preschool\* or school\* |

**Supplementary Table S2 - The AMSTAR 2 tool.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Questions** | | | | | | | | | | | | | | |  |  |
| **Author/Data** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **Overall quality review** |
| Snethen et al., 2006[42] | YES | YES | NO | YES | YES | YES | NO | YES | NO | NO | NO | NO | YES | YES | NO | NO | Low quality |
| Collins et al., 2006[26] | YES | YES | YES | YES | YES | YES | YES | YES | NO | NO | YES | NO | YES | YES | NO | NO | Low quality |
| Young et al., 2007[34] | YES | YES | YES | YES | YES | YES | NO | YES | NO | NO | YES | NO | NO | YES | NO | YES | Low quality |
| McGovern et al., 2008[40] | YES | PARTIAL YES | YES | NO | YES | YES | YES | YES | YES | NO | NO | NO | YES | NO | NO | YES | Critically low quality |
| Kamath et al., 2008[20] | YES | NO | YES | YES | YES | YES | YES | YES | NO | NO | YES | NO | NO | YES | NO | NO | Critically low quality |
| Katz et al., 2008[21] | YES | YES | YES | NO | YES | YES | YES | YES | NO | NO | YES | NO | NO | YES | NO | NO | Critically low quality |
| Harris et al., 2009[36] | YES | YES | YES | YES | YES | YES | YES | YES | YES | NO | YES | YES | YES | YES | YES | YES | High quality |
| Kanekar et al., 2008[41] | YES | NO | NO | YES | NO | NO | YES | YES | NO | NO | YES | NO | YES | YES | NO | NO | Low quality |
| Kesten et al., 2011[22] | YES | YES | YES | YES | NO | NO | YES | YES | NO | NO | YES | NO | NO | YES | NO | YES | Low quality |
| Luckner et al., 2012[23] | YES | YES | YES | YES | NO | NO | YES | YES | YES | NO | NO | NO | NO | YES | YES | YES | Low quality |
| Lavelle et al., 2012[31] | YES | NO | YES | YES | NO | NO | YES | YES | YES | NO | NO | NO | NO | YES | NO | NO | Low quality |
| Friedrich et al., 2012[28] | YES | NO | YES | YES | NO | YES | YES | YES | NO | NO | YES | YES | YES | YES | YES | NO | Low quality |
| Ho et al., 2012[30] | YES | YES | YES | YES | YES | YES | YES | YES | YES | NO | YES | YES | YES | YES | YES | YES | High quality |
| Sbruzzi et al., 2013[24] | YES | YES | YES | YES | YES | YES | YES | YES | YES | NO | YES | YES | YES | YES | YES | YES | High quality |
| Ho et al., 2013[37] | YES | YES | YES | YES | YES | YES | YES | YES | YES | NO | YES | NO | YES | YES | YES | YES | Moderate quality |
| Gow et al., 2014[29] | YES | NO | YES | YES | YES | YES | YES | YES | NO | NO | YES | NO | NO | YES | NO | YES | Critically low quality |
| van Hoek et al., 2014[33] | YES | PARTIAL YES | YES | YES | YES | YES | YES | YES | NO | NO | YES | NO | NO | YES | NO | YES | Critically low quality |
| Liao et al., 2014[38] | YES | YES | YES | YES | NO | YES | YES | YES | YES | NO | YES | NO | NO | YES | YES | YES | Low quality |
| Martin et al., 2014[39] | YES | YES | YES | YES | YES | YES | YES | YES | NO | NO | YES | YES | YES | YES | YES | YES | Low quality |
| Ruotsalainen et al., 2015[32] | YES | PARTIAL YES | YES | YES | YES | YES | YES | YES | YES | NO | NO | NO | NO | NO | NO | YES | Critically low quality |
| Hung et al., 2015[19] | YES | PARTIAL YES | NO | YES | NO | NO | YES | YES | YES | NO | YES | NO | NO | YES | YES | NO | Low quality |
| Colquitt et al., 2016[27] | YES | YES | YES | YES | YES | YES | YES | YES | YES | NO | YES | YES | YES | YES | YES | YES | High quality |
| Kim et al., 2017[25] | YES | PARTIAL YES | NO | YES | YES | YES | YES | YES | NO | NO | NO | YES | NO | NO | YES | YES | Critically low quality |
| Murray et al., 2017[35] | YES | PARTIAL YES | YES | YES | YES | YES | YES | YES | YES | NO | NO | YES | YES | YES | YES | NO | Low quality |