***Supplementary table 1: Search strategy***

Database: Medline  
Name of Host: OVID

Date Searched: 23rd May 2019

|  |  |
| --- | --- |
| **Set #** | **Search String** |
| 1 | osteoarthritis.mp. or Osteoarthritis/ |
| 2 | hip osteoarthritis.mp. or Osteoarthritis, Hip/ |
| 3 | knee osteoarthritis.mp. or Osteoarthritis, Knee/ |
| 4 | hand osteoarthritis.mp. |
| 5 | 1 or 2 or 3 or 4 |
| 6 | obese.mp. |
| 7 | Obesity/ or obesity.mp. |
| 8 | overweight.mp. or Overweight/ |
| 9 | 6 or 7 or 8 |
| 10 | weight loss.mp. or Weight Loss/ |
| 11 | weight reduction.mp. |
| 12 | weight control.mp. |
| 13 | weight management.mp. |
| 14 | diet.mp. or Diet/ |
| 15 | caloric restriction.mp. or Caloric Restriction/ |
| 16 | energy restriction.mp. |
| 17 | hypocaloric.mp. |
| 18 | exercise.mp. or Exercise/ |
| 19 | physical activity.mp. |
| 20 | 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 |
| 21 | body weight.mp. or Body Weight/ |
| 22 | body mass index.mp. or Body Mass Index/ |
| 23 | bmi.mp. |
| 24 | weight.mp. |
| 25 | 21 or 22 or 23 or 24 |
| 26 | 5 and 9 and 20 and 25 |
| 27 | limit 26 to (english language and humans and ("all adult (19 plus years)" or "adolescent (13 to 18 years)")) |