**Table S1**: Selection criteria for systematic review

|  |  |  |
| --- | --- | --- |
| Criteria | Inclusion | Exclusion |
| Population | Children and Adolescent* Age between 6 – 18 years

Overweight or obesity* IOTF1 BMI cut off, OR
* 85th and 95th percentile for BMI based on reference population (e.g. CDC2)
 | * Use of any weight altering or appetite suppressant drugs (e.g. sibutramine)
* Presence of any diagnosed medical conditions (e.g. hypertension), and psychiatric conditions (e.g. binge eating disorder).
* Participation in other weight loss intervention/treatment (e.g. bariatric surgery)
 |
| Intervention | School-based intervention conducted in school or school’s vicinity which aimed to * Improve nutrition,
* Increase physical activity, and/or
* Decrease sedentary behaviour
 | * Obesity prevention studies
* Interventions as part of the school curriculum involving the whole school
 |
| Comparator | * Standard care
 |  |
| Outcomes | Primary* BMI, OR
* BMI Z-score

Secondary* Cardiovascular related outcomes
* Metabolic related outcomes
* Nutrition related outcomes
* Physical activity outcomes
* Sedentary outcomes
* Psychosocial related outcomes
 |  |
| Design | Custer randomised controlled trial * School as a unit of randomisation
 |  |
| Language | English | Non-English |
| Year of publication | No limit |  |

1IOTF – International Obesity Task Force; 2CDC – Centres for Disease Control;BMI – Body Mass Index

**Table S2**: Search strategy, index terms and keywords

|  |  |
| --- | --- |
| Databases | Index terms and keywords |
| PubMed | "child"[MeSH Terms] OR "Adolescent"[Mesh] OR "Young Adult"[Mesh] OR "Pediatrics"[Mesh] OR child\*[Title/Abstract] OR adolescen\*[Title/Abstract] OR teen\*[Title/Abstract] OR young[Title/Abstract] OR student\*[Title/Abstract] OR kid\*[Title/Abstract] OR youth\*[Title/Abstract] OR paediatr\*[Title/Abstract] OR pediatr\*[Title/Abstract]**AND**("Schools"[Mesh]) OR "Curriculum"[Mesh] OR school\*[Title/Abstract] OR curriculum\*[Title/Abstract]**AND**("Exercise Therapy"[Mesh] OR "Exercise"[Mesh] OR "Sports"[Mesh] OR "Physical Fitness"[Mesh] OR "Physical Education and Training"[Mesh] OR "Obesity Management"[Mesh] OR "Life Style"[Mesh]OR "Diet"[Mesh] OR "Child Nutrition Disorders"[Mesh] OR "Nutrition Therapy"[Mesh] OR "Child Nutrition Sciences"[Mesh] OR "Counseling"[Mesh] OR Exercis\*[Title/Abstract] OR “physical e\*”[Title/Abstract] OR Sport\* [Title/Abstract] OR “motor activit\*”[Title/Abstract] OR “physical activit\*”[Title/Abstract] OR sedentary[Title/Abstract] OR lifestyle[Title/Abstract] OR nutri\*[Title/Abstract] OR counsel\*[Title/Abstract]**AND** "Obesity"[Mesh] OR "Body Weights and Measures"[Mesh]OR "Abdominal Fat"[Mesh] OR "Overweight"[Mesh] OR "Adiposity"[Mesh] OR "Weight Loss"[Mesh]OR overweight[Title/Abstract] OR adipos\*[Title/Abstract] OR obes\*[Title/Abstract] OR BMI[Title/Abstract] OR “abdominal fat”[Title/Abstract] OR “skinfold thickness”[Title/Abstract] OR “body mass”[Title/Abstract] OR weight[Title/Abstract] OR “body fat”[Title/Abstract] OR waist[Title/Abstract]**Filter Randomised Controlled Trials** |
| EMBASE | 'child'/exp OR 'adolescent'/exp OR 'young adult'/exp OR 'pediatrics'/exp OR child:ti,ab OR adolescen\*:ti,ab OR teen\*:ti,ab OR young:ti,ab OR student\*:ti,ab OR kid\*:ti,ab OR youth\*:ti,ab OR paediatr:ti,ab OR pediatr:ti,abAND'school'/exp OR 'curriculum'/exp OR school:ti,ab OR curriculum:ti,abAND'exercise'/exp OR 'sport'/exp OR fitness'/exp OR 'physical education'/exp OR 'body weight management'/exp OR 'sedentary lifestyle'/exp OR 'lifestyle modification'/exp OR 'diet'/exp OR 'nutrition'/exp OR 'counseling'/exp OR exercis\*:ti,ab OR 'physical e\*':ti,ab OR 'motor activit\*':ti,ab OR 'physical activit\*':ti,ab OR sedentary:ti,ab OR lifestyle:ti,ab OR sport\*:ti,ab OR nutrition:ti,ab OR counsel\*:ti,abAND'obesity'/exp OR 'body weight'/exp OR 'body mass'/exp OR 'waist circumference'/exp OR 'abdominal fat'/exp OR 'skinfold thickness'/exp OR 'body weight loss'/exp OR overweight:ti,ab OR adipo\*:ti,ab OR obes\*:ti,ab OR bmi:ti,ab OR 'abdominal fat':ti,ab OR 'skinfold thickness':ti,ab OR 'body mass':ti,ab OR weight:ti,ab OR 'body fat':ti,ab OR waist:ti,ab**Filter Randomised Controlled Trials** |
| CochraneLibrary | #1 MeSH descriptor: [Child] explode all trees#2 MeSH descriptor: [Adolescent] explode all trees#3 MeSH descriptor: [Young Adult] explode all trees#4 (adolescen\*):ti,ab,kw#5 (teen\*):ti,ab,kw#6 (young):ti,ab,kw#7 (student\*):ti,ab,kw#8 (kid\*):ti,ab,kw#9 (youth\*):ti,ab,kw#10 (paediatr\*):ti,ab,kw#11 (pediatr\*):ti,ab,kw#12 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 #13 MeSH descriptor: [schools] explode all trees#14 (school\*):ti,ab,kw#15 MeSH descriptor: [curriculum] explode all trees#16 (curriculum):ti,ab,kw#17 #13 OR #14 OR #15 OR #16#18 MeSH descriptor: [Exercise] explode all trees#19 MeSH descriptor: [Sports] explode all trees#20 MeSH descriptor: [Physical Fitness] explode all trees#21 MeSH descriptor: [Physical Education and Training] explode all trees#22 MeSH descriptor: [Obesity Management] explode all trees#23 MeSH descriptor: [Lifestyle] explode all trees#24 MeSH descriptor: [Diet] explode all trees#25 MeSH descriptor: [Child Nutrition Disorders] explode all trees#26 MeSH descriptor: [Nutrition Therapy] explode all trees#27 MeSH descriptor: [Nutritional Sciences] explode all trees#28 MeSH descriptor: [Counseling] explode all trees#29 (exercis\*):ti,ab,kw#30 (physical e\*):ti,ab,kw#31 (sport\*):ti,ab,kw#32 (motor activit\*):ti,ab,kw#33 (physical activit\*):ti,ab,kw#34 (sedentary):ti,ab,kw#35 (lifestyle):ti,ab,kw#36 (nutri\*):ti,ab,kw#37 (counsel\*):ti,ab,kw#38 #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR#26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33 OR #34 OR #35 OR #36 OR #37 #39 MeSH descriptor: [Obesity] explode all trees#40 MeSH descriptor: [Body Mass Index] explode all trees#41 MeSH descriptor: [Waist Circumference] explode all trees#42 MeSH descriptor: [Abdominal Fat] explode all trees#43 MeSH descriptor: [Skinfold Thickness] explode all trees#44 MeSH descriptor: [Overweight] explode all trees#45 MeSH descriptor: [Adiposity] explode all trees#46 MeSH descriptor: [Weight Loss] explode all trees#47 (overweight):ti,ab,kw#48 (adipos\*):ti,ab,kw#49 (obes\*):ti,ab,kw#50 (BMI):ti,ab,kw#51 (abdominal fat):ti,ab,kw#52 (skinfold thickness):ti,ab,kw#53 (body mass):ti,ab,kw#54 (weight):ti,ab,kw#55 (body fat):ti,ab,kw#56 (waist):ti,ab,kw#57 #39 OR #40 OR #41 OR #42 OR #43 OR #44 OR #45 OR #46 OR #47 OR #48 OR #49 OR #50 OR #51 OR #52 OR #53 OR #54 OR #55 OR #56#58 #12 AND #17 AND #38 AND #57**Filter Trials** |
| CINAHL | (MH "Child+") OR (MH "Adolescence+") OR (MH "Young Adult") OR (MH "Pediatrics+") OR TI child\* OR AB child\* OR TI adolescen\* OR AB adolescen\* OR TI teen\* OR AB teen\* OR TI young OR AB young OR TI student\* OR AB student\* OR TI kid OR AB kid OR TI youth OR AB youth OR TI paediatr\* OR AB paediatr\* OR TI pediatr\* OR AB pediatr\***AND**(MH "Schools+") OR (MH "Curriculum+") OR TI school\* OR AB school\* OR TI curriculum\* OR AB curriculum\***AND**(MH "Exercise+") OR (MH "Sports+") OR (MH "Physical Fitness+") OR (MH "Physical Education and Training+") OR (MH "Weight Control") OR (MH "Life Style, Sedentary+") OR (MH "Life Style Changes") OR (MH "Diet+") OR (MH "Nutrition+") OR (MH "Counseling") OR TI exercis\* OR AB exercis\* OR TI "physical e\*" OR AB "physical e\*" OR TI "motor activit\*" OR AB "motor activit\*" OR TI "physical activit\*" OR AB "physical activit\*" OR TI "sedentary" OR AB "sedentary" OR TI "lifestyle" OR AB "lifestyle" OR TI "sport" OR AB "sport" OR TI "nutrition" OR AB "nutrition" OR TI "counsel\*" OR AB "counsel\*" **AND**(MH "Obesity+") OR (MH "Body Weights and Measures+") OR (MH "Body Mass Index") OR (MH "Waist Circumference") OR (MH "Abdominal Fat") OR (MH "Skinfold Thickness") OR (MH "Weight Reduction Programs") OR TI overweight OR AB overweight OR TI adipo\* OR AB adipo\* OR TI obes\* OR AB obes\* OR TI bmi OR AB bmi OR TI "abdominal fat" OR AB "abdominal fat" OR TI "skinfold thickness" OR AB "skinfold thickness" ORTI "body mass" OR AB "body mass" OR TI weight OR AB weight OR TI "body fat" OR AB "body fat" OR TI waist OR AB waist**AND**TI randomi\* OR AB randomi\* OR TI trial\* OR AB trial\* |
| PsycINFO | #01 child\*#02 adolescen\*#03 teen\*#04 young #05 student\* #06 kid\*1 #07 youth\*1 #08 paediatr\* #09 pediatr\* #10 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9#11 school\*#12 curriculum\*#13 11 or 12#14 exercis\*#15 'physical e\*'#16 sport\*#17 'motor activit\*' #18 'physical activit\*' #19 sedentary #20 lifestyle #21 nutri\* #22 counsel\*#23 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22#24 overweight #25 adipos\*#26 obes\* #27 BMI#28 'abdominal fat' #29 'skinfold thickness' #30 'body mass'#31 weight#32 'body fat' #33 waist #34 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33#35 randomi\*#36 trial\*#37 35 or 36#38 10 and 13 and 23 and 34 and 37 |
| ProQuest | MAINSUBJECT.EXACT("Children & youth") OR MAINSUBJECT.EXACT("Teenagers") OR noft(child\*) OR noft(adolescen\*) OR noft(teen\*) OR noft(young) OR noft(student\*) OR noft(kid[\*1]) OR noft(youth\*) OR noft(paediatr\*) OR noft(pediatr\*)ANDnoft(school\*) OR noft(curriculum\*)ANDMAINSUBJECT.EXACT("Exercise") OR MAINSUBJECT.EXACT("Sports") OR MAINSUBJECT.EXACT("Lifestyles") OR MAINSUBJECT.EXACT("Diet") OR MAINSUBJECT.EXACT("Nutrition education") OR MAINSUBJECT.EXACT("Counseling") OR noft(Exercis\*) OR noft('physical e\*') OR noft(Sport\*) OR noft('motor activit\*') OR noft('physical activit\*') OR noft(sedentary) OR noft(lifestyle) OR noft(nutri\*) OR noft(counsel\*)ANDMAINSUBJECT.EXACT("Obesity") OR MAINSUBJECT.EXACT("Body measurements") OR MAINSUBJECT.EXACT("Body fat") OR MAINSUBJECT.EXACT("Weight control") OR MAINSUBJECT.EXACT("Body mass index")noft(overweight) OR noft(adipos\*) OR noft(obes\*) OR noft(BMI) OR noft('abdominal fat') OR noft('skinfold thickness') OR noft('body mass') OR noft(weight) OR noft(body fat) OR noft(waist)ANDrandomi\* OR trial\* |
| SCOPUS | #01 TITLE-ABS-KEY-AUTH(child\*)#02 TITLE-ABS-KEY-AUTH(adolescen\*)#03 TITLE-ABS-KEY-AUTH(teen\*)#04 TITLE-ABS-KEY-AUTH(young) #05 TITLE-ABS-KEY-AUTH(student\*) #06 TITLE-ABS-KEY-AUTH(kid\*)#07 TITLE-ABS-KEY-AUTH(youth\*) #08 TITLE-ABS-KEY-AUTH(paediatr\*) #09 TITLE-ABS-KEY-AUTH(pediatr\*)#10 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9#11 TITLE-ABS-KEY-AUTH(school\*)#12 TITLE-ABS-KEY-AUTH(curriculum\*)#13 11 or 12#14 TITLE-ABS-KEY-AUTH(exercis\*)#15 TITLE-ABS-KEY-AUTH('physical exercise’)#16 TITLE-ABS-KEY-AUTH(sport\*)#17 TITLE-ABS-KEY-AUTH('motor activity')#18 TITLE-ABS-KEY-AUTH('physical activity') #19 TITLE-ABS-KEY-AUTH(sedentary)#20 TITLE-ABS-KEY-AUTH(lifestyle)#21 TITLE-ABS-KEY-AUTH(nutri\*)#22 TITLE-ABS-KEY-AUTH(counsel\*)#23 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22#24 TITLE-ABS-KEY-AUTH(overweight) #25 TITLE-ABS-KEY-AUTH(adipos\*)#26 TITLE-ABS-KEY-AUTH(obes\*)#27 TITLE-ABS-KEY-AUTH(BMI)#28 TITLE-ABS-KEY-AUTH('abdominal fat')#29 TITLE-ABS-KEY-AUTH('skinfold thickness')#30 TITLE-ABS-KEY-AUTH('body mass')#31 TITLE-ABS-KEY-AUTH(weight)#32 TITLE-ABS-KEY-AUTH('body fat') #33 TITLE-ABS-KEY-AUTH(waist)#34 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33#35 TITLE-ABS-KEY-AUTH(randomi\*)#36 TITLE-ABS-KEY-AUTH(trial\*)#37 35 or 36#38 10 and 13 and 23 and 34 and 37 |
| Web of Science | #1 TS=(child\*)#2 TS=(adolescen\*)#3 TS=(teen\*)#4 TS=(young) #5 TS=(student\*) #6 TS=(kid\*)#7 TS=(youth\*) #8 TS=(paediatr\*) #9 TS=(pediatr\*)#10 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9#11 TS=(school\*)#12 TS=(curriculum\*)#13 #11 OR #12#14 TS=(exercis\*)#15 TS=('physical exercise’)#16 TS=(sport\*)#17 TS=('motor activity')#18 TS=('physical activity') #19 TS=(sedentary)#20 TS=(lifestyle)#21 TS=(nutri\*)#22 TS=(counsel\*)#23 #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22#24 TS=(overweight) #25 TS=(adipos\*)#26 TS=(obes\*)#27 TS=(BMI)#28 TS=('abdominal fat')#29 TS=('skinfold thickness')#30 TS=('body mass')#31 TS=(weight)#32 TS=('body fat') #33 TS=(waist)#34 #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33#35 TS=(randomi\*)#36 TS=(trial\*)#37 #35 OR #36#38 #10 AND #13 AND #23 AND #34 AND #37 |

**Table S3**: Records Excluded from Systematic Review and Meta-Analysis

|  |  |  |
| --- | --- | --- |
|   | Article Name | Remarks |
| 1 | Effects of family based education programs on body mass index of overweight and obese children: an intervention based on the social-cognitive theory. (2017). Iranian journal of endocrinology and metabolism, 19(3), 151‐160. | In Arabic |
| 2 | Abraham, A. A., Chow, W. C., So, H. K., Woo, J., Chan, S. M., & Nelson, E. A. S. (2014). Feasibility of Using Cell Phone Reminders to Motivate Behaviour Change in Obese Adolescents in Hong Kong. Hong kong journal of paediatrics.(pp. 192‐206). 19 (3), 197. | Not School-Based |
| 3 | Aghaei, N., et al., Effect of diverse low energy-dense versus healthy diet on metabolic outcomes in overweight/obese adolescents: a randomized controlled trial. Progress in nutrition, 2019. 21: p. 122‐129. | Included Normal Weight |
| 4 | Aguilar, F. S., Martinez-Vizcaino, V., Sport, M. S. L., Martinez, M. S., Gutierrez, R. F., Martinez, S. S., . . . Rodriguez-Artalejo, F. (2010). Impact of an After-School Physical Activity Program on Obesity in Children. Journal of Pediatrics, 157(1), 36-42.e33. doi:http://dx.doi.org/10.1016/j.jpeds.2009.12.046 | Included Normal Weight |
| 5 | Agurto, K. P., Carrasco-Alarcon, V., & Salazar, C. M. (2018). Efficacy of a High-Intensity Interval Training program in corporal variables modification on preadolescent schoolchildren of a school in the city of Temuco, Chile. Revista espanola de nutricion humana y dietetica, 22(2), 149‐156. doi:10.14306/renhyd.22.2.448 | In Spanish |
| 6 | Ahmad, N., Mukhtar, F., Munn-Sann, L., & Zalilah Mohd, S. (2018). Family-based intervention using face-to-face sessions and social media to improve Malay primary school children’s adiposity: a randomized controlled field trial of the Malaysian REDUCE programme. Nutrition journal, 17(1), 74-p. 74. doi:http://dx.doi.org/10.1186/s12937-018-0379-1 | Not School-Based. |
| 7 | Alberga, A. S., Prud'homme, D., Sigal, R. J., Goldfield, G. S., Hadjiyannakis, S., Phillips, P., . . . Kenny, G. P. (2015). Effects of aerobic training, resistance training, or both on cardiorespiratory and musculoskeletal fitness in adolescents with obesity: the HEARTY trial. Applied Physiology, Nutrition, and Metabolism, 41(3), 255-265. doi:http://dx.doi.org/10.1139/apnm-2015-0413 | Not School-based. Conducted in Hospital |
| 8 | Anderson, Y.C., et al., Do changes in weight status affect cognitive function in children and adolescents with obesity? A secondary analysis of a clinical trial. BMJ Open, 2019. 9(2). | Not School-based. |
| 9 | Anderson, Y. C., Wynter, L. E., Butler, M. S., Grant, C. C., Stewart, J. M., Cave, T. L., . . . Hofman, P. L. (2016). Dietary intake and eating behaviours of obese New Zealand children and adolescents enrolled in a community-based intervention programme. PLoS ONE, 11(11) (no pagination). doi:10.1371/journal.pone.0166996 | Not School-based. |
| 10 | André, N., & Béguier, S. (2015). Using motivational interviewing as a supplement to physical activity program in obese adolescents: a RCT study. Eating and weight disorders, 20(4), 519‐523. doi:10.1007/s40519-015-0219-7 | Not School-based. |
| 11 | Arlinghaus, K. R., Moreno, J. P., Reesor, L., Hernandez, D. C., & Johnston, C. A. (2017). Compañeros: High School Students Mentor Middle School Students to Address Obesity Among Hispanic Adolescents. Preventing chronic disease, 14, 1. doi:http://dx.doi.org/10.5888/pcd14.170130 | Not C-RCT |
| 12 | Arlinghaus, K.R., D.P. O'Connor, and C.A. Johnston, Frequency of school‐based intervention needed to improve weight outcomes of Mexican‐American adolescents with overweight or obesity: a randomized controlled trial. Pediatric Obesity, 2019. 14(12): p. N.PAG-N.PAG. | Not C-RCT |
| 13 | Ash, G. I., Baker, J. S., & Grey, M. (2017). The impact on metabolic syndrome of school-based type 2 diabetes prevention programs in at-risk youth. Diabetes, 66, A215. | Non-RCT |
| 14 | Backlund, C., Sundelin, G., & Larsson, C. (2011). Effects of a 2-year lifestyle intervention on physical activity in overweight and obese children. Advances in physiotherapy, 13(3), 97‐109. doi:10.3109/14038196.2011.562540 | Not School-based. |
| 15 | Backlund, C., Sundelin, G., & Larsson, C. (2011). Effect of a 1-year lifestyle intervention on physical activity in overweight and obese children. Advances in physiotherapy, 13(3), 87‐96. doi:10.3109/14038196.2011.566353 | Not School-based. |
| 16 | Bailey-Davis, L., Fang, Y., Jae-Kwang, K., Peyer Karissa, L., & Welk, G. J. (2017). Effects of Enhancing School-Based Body Mass Index Screening Reports with Parent Education on Report Utility and Parental Intent To Modify Obesity Risk Factors. Childhood Obesity, 13(2), 164-171. doi:http://dx.doi.org/10.1089/chi.2016.0177 | Not School-based Weight Management |
| 17 | Bani Salameh, A., Al-Sheyab, N., El-Hneiti, M., Shaheen, A., Williams, L. M., & Gallagher, R. (2017). Effectiveness of a 12-week school-based educational preventive programme on weight and fasting blood glucose in "at-risk" adolescents of type 2 diabetes mellitus: randomized controlled trial. International Journal of Nursing Practice, 23(3). doi:10.1111/ijn.12528 | No BMI Outcomes |
| 18 | Bayne-Smith, M., Fardy, P. S., Azzollini, A., Magel, J., Schmitz, K. H., & Agin, D. (2004). Improvements in heart health behaviors and reduction in coronary artery disease risk factors in urban teenaged girls through a school-based intervention: the PATH program. American journal of public health, 94(9), 1538‐1543. | Included Normal Weight |
| 19 | Benestad, B., Lekhal, S., Smastuen, M. C., Hertel, J. K., Halsteinli, V., Odegard, R. A., & Hjelmesaeth, J. (2016). Camp-based family treatment of childhood obesity: randomised controlled trial. Archives of disease in childhood. (no pagination), 2016, Date of Publication: November 02. doi:10.1136/archdischild-2015-309813 | Not School-based Weight Management |
| 20 | Benestad, B., Lekhal, S., Smastuen, M. C., Hertel, J. K., Halsteinli, V., Odegard, R. A., & Hjelmesaeth, J. (2017). Camp-based family treatment of childhood obesity: randomised controlled trial. Arch Dis Child, 102(4), 303-310. doi:10.1136/archdischild-2015-309813 | Not School-based Weight Management |
| 21 | Berry, D. C., McMurray, R. G., Schwartz, T. A., Hall, E. G., Neal, M. N., & Adatorwovor, R. (2017). A cluster randomized controlled trial for child and parent weight management: children and parents randomized to the intervention group have correlated changes in adiposity. BMC obesity, 4(1) (no pagination). doi:10.1186/s40608-017-0175-z | No BMI Outcomes |
| 22 | Best, J. R., Goldschmidt, A. B., Mockus-Valenzuela, D. S., Stein, R. I., Epstein, L. H., & Wilfley, D. E. (2016). Shared weight and dietary changes in parent-child dyads following family-based obesity treatment. Health Psychology, 35(1), 92‐95. doi:10.1037/hea0000247 | Not School-based. Conducted in San Diego State University |
| 23 | Bharath, L. P., Choi, W. W., Jae-min, C., Skobodzinski, A. A., Wong, A., Sweeney, T. E., & Song-Young, P. (2018). Combined resistance and aerobic exercise training reduces insulin resistance and central adiposity in adolescent girls who are obese: randomized clinical trial. European Journal of Applied Physiology, 118(8), 1653-1660. doi:http://dx.doi.org/10.1007/s00421-018-3898-8 | Not School-based Weight Management |
| 24 | Bhave, S., Pandit, A., Yeravdekar, R., Madkaikar, V., Chinchwade, T., Shaikh, N., . . . Fall, C. H. (2016). Effectiveness of a 5-year school-based intervention programme to reduce adiposity and improve fitness and lifestyle in Indian children; the SYM-KEM study. Archives of Disease in Childhood, 101(1), 33‐41. doi:10.1136/archdischild-2015-308673 | Include Normal Weight |
| 25 | Bianchini, J. A. A., Da Silva, D. F., Drieli, V., Antonini, S., Lopera, C. A., Christina, C., . . . Junior, N. N. (2013). Health-related quality of life in overweight and obese adolescents: results from a multidisciplinary therapy. Canadian journal of diabetes., 37, S282. | Not School-based Weight Management |
| 26 | Bonsergent, E., et al., Overweight and obesity prevention for adolescents: a cluster randomized controlled trial in a school setting. American journal of preventive medicine, 2013. 44(1): p. 30‐39. | Include Normal Weight |
| 27 | Boudreau, A. D. A., Kurowski, D. S., Gonzalez, W. I., Dimond, M. A., & Oreskovic, N. M. (2013). Latino families, primary care, and childhood obesity: A randomized controlled trial. American Journal of Preventive Medicine, 44(3, Suppl 3), S247-S257. doi:http://dx.doi.org/10.1016/j.amepre.2012.11.026 | Not School-based. Conducted in Primary Health Centre |
| 28 | Boutelle, K. N., Rhee, K. E., Liang, J., Braden, A., Douglas, J., Strong, D., . . . Crow, S. J. (2017). Effect of Attendance of the Child on Body Weight, Energy Intake, and Physical Activity in Childhood Obesity Treatment: a Randomized Clinical Trial. JAMA Pediatrics, 171(7), 622‐628. doi:10.1001/jamapediatrics.2017.0651 | Not School-based. Conducted in medical center, University of California, San Diego |
| 29 | Bowden, R. G., Lanning, B. A., Doyle, E. I., Slonaker, B., Johnston, H. M., & Scanes, G. (2007). Systemic glucose level changes with a carbohydrate-restricted and higher protein diet combined with exercise. Journal of American college health, 56(2), 147‐152. doi:10.3200/JACH.56.2.147-152 | University students |
| 30 | Braet, C., Van Winckel, M., & Van Leeuwen, K. (1997). Follow-up results of different treatment programs for obese children. Acta Paediatrica, 86(4), 397‐402. | Non-RCT |
| 31 | Breheny, K., Adab, P., Passmore, S., Martin, J., Lancashire, E., Hemming, K., & Frew, E. (2018). A cluster randomised controlled trial evaluating the effectiveness and cost-effectiveness of the daily mile on childhood obesity and wellbeing; the Birmingham daily mile protocol. BMC Public Health, 18. doi:http://dx.doi.org/10.1186/s12889-017-5019-8 | Non-RCT |
| 32 | Brennan, L., Walkley, J., Wilks, R., Fraser, S. F., & Greenway, K. (2013). Physiological and behavioural outcomes of a randomised controlled trial of a cognitive behavioural lifestyle intervention for overweight and obese adolescents. Obesity research & clinical practice, 7(1), e23‐41. doi:10.1016/j.orcp.2012.02.010 | Not School-based.  |
| 33 | Breslin, W. L., Johnston, C. A., Moreno, J. P., Strohacker, K., Carpenter, K. C., Foreyt, J. P., & McFarlin, B. K. (2012). Systemic Inflammation and Disease Risk Factors in Mexican-American Children after an Intensive Lifestyle Intervention. Medicine & Science in Sports & Exercise, 44(5S), 298. | Include Normal Weight |
| 34 | Burrows, T., Warren, J. M., Bau, L. A., & Collins, C. E. (2008). Impact of a child obesity intervention on dietary intake and behaviors. International Journal of Obesity, 32(10), 1481-1488. doi:http://dx.doi.org/10.1038/ijo.2008.96 | Not School-based.  |
| 35 | Carrel, A. L., Clark, R. R., Peterson, S. E., Nemeth, B. A., Sullivan, J., & Allen, D. B. (2005). Improvement of fitness, body composition, and insulin sensitivity in overweight children in a school-based exercise program: a randomized, controlled study. Archives of pediatrics & adolescent medicine, 159(10), 963-968. | Not C-RCT |
| 36 | Chahal, N., Rush, J., Manlhiot, C., Boydell, K. M., Jelen, A., & McCrindle, B. W. (2017). Dyslipidemia management in overweight or obese adolescents: a mixed-methods clinical trial of motivational interviewing. SAGE open medicine, 5(no pagination). doi:10.1177/2050312117707152 | Not School-based. Conducted in clinic |
| 37 | Chao, A.M., et al., Effects of addictive-like eating behaviors on weight loss with behavioral obesity treatment. Journal of Behavioral Medicine, 2019. 42(2): p. 246-255. | Not School-based. Conducted in clinic |
| 38 | Chen, J.-L., & Cooper, B. (2012). The Efficacy of the Web ABC Program on Improving Coping, Self-Competence, and Quality of Life in Chinese American Adolescents. Infant, child & adolescent nutrition, 4(3), 143-151. doi:http://dx.doi.org/10.1177/1941406412446700; | Include Normal Weight |
| 39 | Chorami, M., Amiri, S., Doost, H. T. N., & Talebi, H. (2015). Comparing the effectiveness of the lifestyle training and the diet therapy on the body mass index in obese adolescents of Yasuj high schools. Research journal of pharmaceutical, biological and chemical sciences, 6(3), 231‐236. | Not School-based Weight Management |
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| 84 | Gong, L., et al., Weight loss, inflammatory markers, and improvements of iron status in overweight and obese children. Journal of pediatrics, 2014. 164(4): p. 795‐800.e2. | Include Normal Weight |
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| 104 | Huang, T., Larsen, K. T., Jepsen, J. R. M., Moller, N. C., Thorsen, A. K., Mortensen, E. L., & Bo Andersen, L. (2015). Effects of an obesity intervention program on cognitive function in children: A randomized controlled trial. Obesity, 23(10), 2101-2108. doi:http://dx.doi.org/10.1002/oby.21209 | No BMI Outcomes |
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| 106 | Hunschede, S., Kubant, R., Akilen, R., Thomas, S., & Anderson, G. H. (2017). Decreased appetite after high-intensity exercise correlates with increased plasma interleukin-6 in normal-weight and overweight/ obese boys. Current developments in nutrition, 1(3) (no pagination). doi:10.3945/cdn.116.000398 | Not School-based Weight Management |
| 107 | Ingul, C. B., Tjonna, A. E., Stolen, T. O., Stoylen, A., & Wisloff, U. (2010). Impaired Cardiac Function Among Obese Adolescents: Effect of Aerobic Interval Training. Archives of pediatrics & adolescent medicine, 164(9), 852-859. | Not School-based Weight Management conducted in University Hospital |
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| 110 | Janicke, D. M., Sallinen, B. J., Perri, M. G., Lutes, L. D., Huerta, M., Silverstein, J. H., & Brumback, B. (2008). Comparison of parent-only vs family-based interventions for overweight children in underserved rural settings: outcomes from project STORY. Archives of pediatrics & adolescent medicine, 162(12), 1119‐1125. doi:10.1001/archpedi.162.12.1119 | Not School-based Weight Management conducted in CES Network (community) |
| 111 | Jansen, W., Borsboom, G., Meima, A., Zwanenburg, E. J., Mackenbach, J. P., Raat, H., & Brug, J. (2011). Effectiveness of a primary school-based intervention to reduce overweight. International journal of pediatric obesity, 6(2‐2), e70‐77. doi:10.3109/17477166.2011.575151 | Include Normal Weight |
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| 113 | Jimenez, E. Y., Sanders, S., Vallabhan, M., & Kong, A. S. (2018). One year outcomes from an adolescent obesity prevention and management intervention in school-based health centers. Journal of adolescent health. Conference: society for adolescent health and medicine annual meeting 2018. United states, 62(2 Supplement 1), S120‐S121. | No published data |
| 114 | John, R. (2009). Effects of parent -focused media interventions on body mass index, waist size, self -perception, family eating habits, and family activity habits in overweight Hispanic children. (3368400 Ed.D.), Teachers College, Columbia University, Ann Arbor.  | Not School-based Weight Management |
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| 118 | Johnston, C. A., Palcic, J., George, C. S., El-Mubasher, A. A., Tyler, C., & Foreyt, J. P. (2011). Weight change among Mexican American students involved in an intensive intervention to prevent and treat obesity: 5-year results. Obesity., 19, S111‐S112. doi:10.1038/oby.2011.226 | Not C-RCT |
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| 120 | Johnston, C. A., Tyler, C., Fullerton, G., Poston, W. S., Haddock, C. K., McFarlin, B., . . . Foreyt, J. P. (2007). Results of an intensive school-based weight loss program with overweight Mexican American children. International journal of pediatric obesity, 2(3), 144‐152. doi:10.1080/17477160701305864 | Not C-RCT |
| 121 | Johnston, C. A., Tyler, C., McFarlin, B. K., Poston, W. S., Haddock, C. K., Reeves, R., & Foreyt, J. P. (2007). Weight loss in overweight Mexican American children: a randomized, controlled trial. Pediatrics, 120(6), e1450‐1457. doi:10.1542/peds.2006-3321 | Not C-RCT |
| 122 | Jones Bell, M., Zeiler, M., Herrero, R., Kuso, S., Nitsch, M., Etchemendy, E., . . . Waldherr, K. (2018). Healthy Teens @ School: Evaluating and disseminating transdiagnostic preventive interventions for eating disorders and obesity for adolescents in school settings. Internet interventions. doi:10.1016/j.invent.2018.02.007 | Not RCT |
| 123 | Jones, M. (2009). Reducing binge eating and overweight in adolescents via the Internet. (3396761 Psy.D.), Palo Alto University, Ann Arbor.  | Not C-RCT |
| 124 | Jones, M., Luce, K. H., Osborne, M. I., Taylor, K., Cunning, D., Doyle, A. C., . . . Taylor, C. B. (2008). Randomized, controlled trial of an Internet-facilitated intervention for reducing binge eating and overweight in adolescents. Pediatrics, 121(3), 453-462. | Not C-RCT |
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| 127 | Khanal, S., et al., Dose response relationship between program attendance and children’s outcomes in a community based weight management program for children and their families. BMC Public Health, 2019. 19. | Not School-based Weight Management |
| 128 | Kim, H. S., Park, J., Park, K. Y., Lee, M. N., & Ham, O. K. (2016). Parent Involvement Intervention in Developing Weight Management Skills for both Parents and Overweight/Obese Children. Asian nursing research, 10(1), 11‐17. doi:10.1016/j.anr.2015.07.006 | Not C-RCT |
| 129 | Kim, Y. H., & Yang, Y. O. (2005). Effects of walking exercise on metabolic syndrome risk factors and body composition in obese middle school girls. Taehan kanho hakhoe chi, 35(5), 858‐867. | In Korean |
| 130 | Kirk, S., Brehm, B., Saelens, B. E., Woo, J. G., Kissel, E., D'Alessio, D., . . . Daniels, S. R. (2012). Role of Carbohydrate Modification in Weight Management among Obese Children: A Randomized Clinical Trial. Journal of Pediatrics, 161(2), 320-327.e321. doi:http://dx.doi.org/10.1016/j.jpeds.2012.01.041 | Not School-based Weight Management |
| 131 | Kitzman-Ulrich, H. E. (2007). The impact of a family intervention on weight loss and diet in overweight female adolescents. (3244453 Ph.D.), Southern Methodist University, Ann Arbor.  | Not School-based Weight Management |
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| 136 | Krafft, C. E., Pierce, J. E., Schwarz, N. F., Chi, L., Weinberger, A. L., Schaeffer, D. J., . . . McDowell, J. E. (2014). An eight month randomized controlled exercise intervention alters resting state synchrony in overweight children. Neuroscience, 256, 445-455. doi:http://dx.doi.org/10.1016/j.neuroscience.2013.09.052 | No BMI Outcomes |
| 137 | Krafft, C. E., Schwarz, N. F., Chi, L., Weinberger, A. L., Schaeffer, D. J., Pierce, J. E., . . . et al. (2014). An 8-month randomized controlled exercise trial alters brain activation during cognitive tasks in overweight children. Obesity (Silver Spring, Md.), 22(1), 232‐242. doi:10.1002/oby.20518 | No BMI Outcomes |
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| 139 | Kristian Traberg, L., Huang, T., Ried-Larsen, M., Andersen, L. B., Heidemann, M., & Møller, N. C. (2016). A Multi-Component Day-Camp Weight-Loss Program Is Effective in Reducing BMI in Children after One Year: A Randomized Controlled Trial. PLoS ONE, 11(6). doi:http://dx.doi.org/10.1371/journal.pone.0157182 | Not C-RCT |
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| 141 | Kwon, M. S., & Hwang, K. S. (2007). Effects of an exercise program on body composition, cardiopulmonary function, and physical fitness for obese children. Taehan kanho hakhoe chi, 37(4), 568‐575. | In Korean |
| 142 | Leach, R. A., & Yates, J. M. (2008). Nutrition and youth soccer for childhood overweight: a pilot novel chiropractic health education intervention. Journal of manipulative and physiological therapeutics, 31(6), 434-441. doi:http://dx.doi.org/10.1016/j.jmpt.2008.06.003 | Not School-based Weight Management conducted in clinic and soccer not organised by school |
| 143 | Lee, A., Ho, M., Keung, V. M., & Kwong, A. C. (2014). Childhood obesity management shifting from health care system to school system: intervention study of school-based weight management programme. BMC Public Health, 14, 1128. doi:10.1186/1471-2458-14-1128 | Not C-RCT |
| 144 | Lee, Y. J., Lee, A., Shin, D. Y., Hye Jin, Y., Jong Ho, L., Kim, M., . . . Sun Ha, J. (2018). Effect of weight loss on circulating fatty acid profiles in overweight subjects with high visceral fat area: a 12-week randomized controlled trial. Nutrition journal, 17(1), 28-p. 28. doi:http://dx.doi.org/10.1186/s12937-018-0323-4 | Not School-based Weight Management |
| 145 | Li, B., et al., The CHIRPY DRAGON intervention in preventing obesity in Chinese primary-school--aged children: a cluster-randomised controlled trial. PLoS medicine, 2019. 16(11): p. e1002971. | Include Normal Weight |
| 146 | Litwin, S. E., Pollock, N., Waller, J., Armento, A., Kapuku, G., Dong, Y., & Davis, C. L. (2013). Effects of aerobic training on arterial stiffness in overweight minority children: a randomized controlled trial. Circulation, 128(22 SUPPL. 1). | Not School-based Weight Management |
| 147 | Liu, J. H., Alderman, B. L., Song, T. F., Chen, F. T., Hung, T. M., & Chang, Y. K. (2018). A randomized controlled trial of coordination exercise on cognitive function in obese adolescents. Psychology of sport and exercise, 34, 29‐38. | Not C-RCT |
| 148 | Liu, Z., et al., A School-Based Comprehensive Intervention for Childhood Obesity in China: A Cluster Randomized Controlled Trial. Childhood Obesity, 2019. 15(2): p. 105-115. | Include Normal Weight |
| 149 | Lloyd-Richardson, E. E., Jelalian, E., Sato, A. F., Hart, C. N., Mehlenbeck, R., & Wing, R. R. (2012). Two-year follow-up of an adolescent behavioral weight control intervention. Pediatrics, 130(2), e281‐288. doi:10.1542/peds.2011-3283 | Not School-based Weight Management |
| 150 | Lochrie, A. S., Wysocki, T., Hossain, J., Milkes, A., Antal, H., Buckloh, L., . . . Lang, J. (2013). The effects of a family-based intervention (FBI) for overweight/obese children on health and psychological functioning. Clinical Practice in Pediatric Psychology, 1(2), 159-170. doi:http://dx.doi.org/10.1037/cpp0000020 | Not School-based Weight Management conducted in clinic |
| 151 | Long Parma, D. A. (2012). Risk factors for metabolic syndrome among overweight and obese Hispanic children attending a pediatric clinic in New Braunfels, Texas. | Not School-based Weight Management conducted in clinic |
| 152 | Love-Osborne, K., Fortune, R., Sheeder, J., Federico, S., & Haemer, M. A. (2014). School-Based Health Center-Based Treatment for Obese Adolescents: Feasibility and Body Mass Index Effects. Childhood Obesity, 10(5), 424-431. doi:http://dx.doi.org/10.1089/chi.2013.0165 | Not C-RCT |
| 153 | Lubans, D. R., Dewar, D. L., Plotnikoff, R. C., Okely, A. D., Collins, C. E., Batterham, M., & Morgan, P. J. (2013). Two year outcomes and moderators of intervention effects from the NEAT Girls obesity prevention group randomised controlled trial. Obesity research and clinical practice., 7, e36‐e37. doi:10.1016/j.orcp.2013.12.572 | Include Normal Weight |
| 154 | Luo, B., Yang, Y., Nieman, D. C., Zhang, Y., Wang, J., Wang, R., & Chen, P. (2013). A 6-week diet and exercise intervention alters metabolic syndrome risk factors in obese Chinese children aged 11-13 years. Journal of sport and health science, 2(4), 236‐241. doi:10.1016/j.jshs.2013.05.001 | Not School-based Weight Management |
| 155 | Maddison, R., Marsh, S., Foley, L., Epstein, L. H., Olds, T., Dewes, O., . . . Mhurchu, C. N. (2014). Screen-Time Weight-loss Intervention Targeting Children at Home (SWITCH): a randomized controlled trial. International Journal of Behavioral Nutrition and Physical Activity, 11, 111. doi:http://dx.doi.org/10.1186/s12966-014-0111-2 | Not School-based Weight Management |
| 156 | Manios, Y., Androutsos, O., Lambrinou, C. P., Cardon, G., Lindstrom, J., Annemans, L., . . . Makrilakis, K. (2018). A school- and community-based intervention to promote healthy lifestyle and prevent type 2 diabetes in vulnerable families across Europe: design and implementation of the Feel4Diabetes-study. Public Health Nutrition, 21(17), 3281-3290. doi:10.1017/S1368980018002136 | Include Normal Weight |
| 157 | Marcus, M. D., Foster, G. D., & El Ghormli, L. (2014). Stability of relative weight category and cardiometabolic risk factors among moderately and severely obese middle school youth. Obesity (Silver Spring, Md.), 22(4), 1118-1125. doi:http://dx.doi.org/10.1002/oby.20688 | Not RCT |
| 158 | Mårild, S., Gronowitz, E., Forsell, C., Dahlgren, J., & Friberg, P. (2013). A controlled study of lifestyle treatment in primary care for children with obesity. Pediatric obesity, 8(3), 207‐217. doi:10.1111/j.2047-6310.2012.00105.x | Not School-based Weight Management conducted in clinics |
| 159 | Markert, J., Herget, S., Petroff, D., Gausche, R., Grimm, A., Kiess, W., & Blüher, S. (2014). Telephone-based adiposity prevention for families with overweight children (T.A.F.F.-Study): one year outcome of a randomized, controlled trial. International journal of environmental research and public health, 11(10), 10327‐10344. doi:10.3390/ijerph111010327 | Include children < 7yr |
| 160 | McFarlin, B. K., Johnston, C. J., Carpenter, K. C., Davidson, T., Moreno, J. L., Strohacker, K., . . . Foreyt, J. P. (2013). A one-year school-based diet/exercise intervention improves non-traditional disease biomarkers in Mexican-American children. Maternal & child nutrition, 9(4), 524-532. doi:http://dx.doi.org/10.1111/j.1740-8709.2011.00398.x | Include Normal Weight |
| 161 | McWhannell, N., Foweather, L., Graves, L. E. F., Henaghan, J. L., Ridgers, N. D., & Stratton, G. (2018). From Surveillance to Intervention: Overview and Baseline Findings for the Active City of Liverpool Active Schools and SportsLinx (A-CLASS) Project. International journal of environmental research and public health, 15(4), 582. doi:http://dx.doi.org/10.3390/ijerph15040582 | Include Normal Weight |
| 162 | Mehlenbeck, R. S., Jelalian, E., Lloyd-Richardson, E. E., & Hart, C. N. (2009). Effects of Behavioral Weight Control Intervention on Binge Eating Symptoms among Overweight Adolescents. Psychology in the Schools, 46(8), 776-786. doi:http://dx.doi.org/10.1002/pits.20416 | Not School-based Weight Management |
| 163 | Melnyk, B. M., Small, L., Morrison-Beedy, D., Strasser, A., Spath, L., Kreipe, R., . . . O'Haver, J. (2007). The COPE Healthy Lifestyles TEEN program: feasibility, preliminary efficacy, & lessons learned from an after school group intervention with overweight adolescents. Journal of pediatric health care : official publication of National Association of Pediatric Nurse Associates & Practitioners, 21(5), 315-322. | Not C-RCT |
| 164 | Meucci, M., Cook, C., Curry, C. D., Guidetti, L., Baldari, C., & Collier, S. R. (2013). Effects of supervised exercise program on metabolic function in overweight adolescents. World journal of pediatrics, 9(4), 307‐311. doi:10.1007/s12519-013-0440-2 | Not School-based Weight Management |
| 165 | Mirzania, M., et al., Effects of participatory training program on the control of overweight and obesity in female adolescents. Journal of kerman university of medical sciences, 2018. 25(4): p. 365‐374. | Not C-RCT |
| 166 | Mohammed Nawi, A., & Che Jamaludin, F. I. (2015). Effect of Internet-based Intervention on Obesity among Adolescents in Kuala Lumpur: A School-based Cluster Randomised Trial. The Malaysian journal of medical sciences : MJMS, 22(4), 47-56. | Internet-Based |
| 167 | Moore, S.M., et al., Two Family Interventions to Reduce BMI in Low-Income Urban Youth: A Randomized Trial. Pediatrics, 2019. 143(6). | Include Normal Weight |
| 168 | Mora, T., Llargues, E., & Recasens, A. (2015). Does health education affect BMI? Evidence from a school-based randomised-control trial. Economics and human biology, 17, 190‐201. doi:10.1016/j.ehb.2014.11.001 | Include Normal Weight |
| 169 | Moreno, J. P., Johnston, C. A., Hernandez, D. C., LeNoble, J., Papaioannou, M. A., & Foreyt, J. P. (2016). Impact of parental weight status on a school-based weight management programme designed for Mexican- American children. Pediatric obesity, 11(5), 354-360. doi:10.1111/ijpo.12066 | Not RCT: subgroup analysis of main study Johnston (2007) |
| 170 | Moreno, J. P., Mohammed, A., Moore, C. E., & Johnston, C. (2015). Benefits of a Snacking Intervention as Part of a School-Based Obesity Intervention for Mexican American Children. Journal of Applied Research on Children, 6(2), 1-18. | Not RCT: subgroup analysis of main study Johnston (2013) |
| 171 | Morton, G., Schieder, C., & Kaiser, L. (2015). Anthropometric outcomes related to selfsatisfaction, parent and peer support in overweight youth participating in a fitness and nutrition themed summer camp. FASEB journal, 29(1 Meeting Abstracts). | Not School-based Weight Management |
| 172 | Muller, I., et al., Effect of a Multidimensional Physical Activity Intervention on Body Mass Index, Skinfolds and Fitness in South African Children: Results from a Cluster-Randomised Controlled Trial. Int J Environ Res Public Health, 2019. 16(2). | Include Normal Weight |
| 173 | Murphy, E. C., Carson, L., Neal, W., Baylis, C., Donley, D., & Yeater, R. (2009). Effects of an exercise intervention using Dance Dance Revolution on endothelial function and other risk factors in overweight children. International journal of pediatric obesity, 4(4), 205‐214. doi:10.3109/17477160902846187 | Not School-based Weight Management |
| 174 | Muzaffar, H. (2012). The HOT Project (Healthy Outcome for Teens): An innovative online intervention for prevention and treatment of obesity and Type 2 diabetes. (3570555 Ph.D.), University of Illinois at Urbana-Champaign, Ann Arbor.  | Not RCT |
| 175 | Muzaffar, H., Castelli, D. M., Scherer, J., & Chapman-Novakofski, K. (2014). The impact of web-based HOT (Healthy Outcomes for Teens) Project on risk for type 2 diabetes: a randomized controlled trial. Diabetes technology & therapeutics, 16(12), 846-852. doi:http://dx.doi.org/10.1089/dia.2014.0073 | No BMI Outcomes Post Intervention |
| 176 | Nct. (2009). Overweighed Children´s Health - Studies of the Effect of Lifestyle and Food Habits. Https://clinicaltrials.gov/show/nct01012206. | Not RCT |
| 177 | Nct. (2011). School Nurse Intervention and After School Exercise Program for Overweight Teens. Https://clinicaltrials.gov/show/nct01463124. | Not C-RCT |
| 178 | Nct. (2014). Aquatic and Land Physical Training Effects on Cardiometabolic Risk Factors in Adolescents With Overweight and Obesity. Https://clinicaltrials.gov/show/nct02309034. | In Portuguese |
| 179 | Nct. (2016). A Behavior Intervention Study on Cardiovascular Health Among Chinese Obese Schoolchildren. Https://clinicaltrials.gov/show/nct02773823. | Publication not out |
| 180 | Nct. (2016). Healthy Families: transforming Care for Obese Children at NYU Lutheran Family Health Centers. Https://clinicaltrials.gov/show/nct02817009. | Conducted in Primary Care Clinic |
| 181 | Nct. (2017). Program of Physical, Nutritional and Psychological Activities With Overweight Schoolchildren. Https://clinicaltrials.gov/show/nct03041142. | Not C-RCT |
| 182 | Nct. (2018). Group Telehealth Weight Management Visits for Adolescents With Obesity. Https://clinicaltrials.gov/show/nct03508622. | Conducted in clinic |
| 183 | Nnam, N., & Oly-Alawuba, N. (2017). Influence of exercise on obese children 6-12 years in enugu south local government area of Enugu State, Nigeria. Annals of nutrition and metabolism. Conference: 21st international congress of nutrition, ICN 2017. Argentina, 71(Supplement 2), 663. doi:10.1159/000480486 | Not C-RCT |
| 184 | Nobre, G. G., de Almeida, M. B., Nobre, I. G., Dos Santos, F. K., Brinco, R. A., Arruda-Lima, T. R., . . . et al. (2017). Twelve Weeks of Plyometric Training Improves Motor Performance of 7- to 9-Year-Old Boys Who Were Overweight/Obese: a Randomized Controlled Intervention. Journal of Strength and Conditioning Research, 31(8), 2091‐2099. doi:10.1519/JSC.0000000000001684 | Not School-based Weight Management |
| 185 | Nowicka, P., Höglund, P., Pietrobelli, A., Lissau, I., & Flodmark, C. E. (2008). Family Weight School treatment: 1-year results in obese adolescents. International journal of pediatric obesity, 3(3), 141‐147. doi:10.1080/17477160802102475 | Conducted in childhood obesity center |
| 186 | Pakpour, A. H., Gellert, P., Dombrowski, S. U., & Fridlund, B. (2015). Motivational Interviewing With Parents for Obesity: An RCT. Pediatrics, 135(3), 1. | Not School-based Weight Management conducted in clinic |
| 187 | Park, T. G., Hong, H. R., Lee, J., & Kang, H. S. (2007). Lifestyle plus exercise intervention improves metabolic syndrome markers without change in adiponectin in obese girls. Annals of Nutrition & Metabolism, 51(3), 197-203. doi:http://dx.doi.org/10.1159/000104137 | Not C-RCT |
| 188 | Perry, R. A., Golley, R. K., Hartley, J., & Magarey, A. M. (2017). The adaptation and translation of the PEACH™ RCT intervention: the process and outcomes of the PEACH™ in the community trial. Public Health, 153, 154. | Not RCT |
| 189 | Pittson, H. (2013). Development of a family-based treatment programme for childhood obesity using intervention mapping methods. (10019175 Ph.D.), Coventry University (United Kingdom), Ann Arbor. Retrieved from http://libproxy1.nus.edu.sg/login?url=https://search.proquest.com/docview/1782840263?accountid=13876 | Not RCT |
| 190 | Pittson, H., & Wallace, L. (2011). Using intervention mapping to develop a family-based childhood weight management programme. Journal of Health Services Research & Policy, 16(s1), 2-7. doi:10.1258/jhsrp.2010.010076 | Not RCT |
| 191 | Poeta, L. S., Duarte Mde, F., Giuliano Ide, C., & Mota, J. (2013). Interdisciplinary intervention in obese children and impact on health and quality of life. Jornal de pediatria, 89(5), 499‐504. doi:10.1016/j.jped.2013.01.007 | Not School-based Weight Management conducted in University Hospital |
| 192 | Pollyanna Fernandes, P., Andrea Rocha, F., Viviane Belucci Pires de, A., Guilherme Aparecido Costa, A., da Silva, C. E., Vivian Fortuna Feres de, C., . . . Sawaya, A. L. (2017). Effectiveness of a 16-month multi-component and environmental school-based intervention for recovery of poor income overweight/obese children and adolescents: study protocol of the health multipliers program. BMC Public Health, 17. doi:http://dx.doi.org/10.1186/s12889-017-4715-8 | Study Protocol |
| 193 | Preciado, L. L. S., Haro, A. L., Rodríguez, C. C., Velarde, E. R., & Castillo, B. F. (2017). EFFICACY OF A COGNITIVE BEHAVIORAL TREATMENT VERSUS A TRADITIONAL INTERVENTION TO REDUCE ADIPOSITY WITHIN A NUTRITIONAL INTERVENTION PROGRAM IN OBESE SCHOOL CHILDREN. Annals of Nutrition & Metabolism, 71, 631. | Not School-based Weight Management |
| 194 | Quinto Romani, A. (2014). Estimating the peer effect on youth overweight and inactivity using an intervention study. Journal of School Health, 84(10), 617‐624. doi:10.1111/josh.12198 | Not RCT |
| 195 | Raman, A., Ritchie, L. D., Lustig, R. H., Fitch, M. D., Hudes, M. L., & Fleming, S. E. (2010). Insulin resistance is improved in overweight African American boys but not in girls following a one-year multidisciplinary community intervention program. Journal of pediatric endocrinology & metabolism : JPEM, 23(1-2), 109-120. | Not RCT |
| 196 | Regina Lai-Tong, L., Leung, C., Chen, H., Louie, L. H. T., Brown, M., Chen, J.-L., . . . Lee, P. H. (2017). The Impact of a School-Based Weight Management Program Involving Parents via mHealth for Overweight and Obese Children and Adolescents with Intellectual Disability: A Randomized Controlled Trial. International journal of environmental research and public health, 14(10), 1178. doi:http://dx.doi.org/10.3390/ijerph14101178 | Recruited students from special school |
| 197 | Reinehr, T., Müller, A., Finne, E., Bucksch, J., & Kolip, P. (2018). 7-Year follow-up of a lifestyle intervention in overweight children: Comparison to an untreated control group. Clinical nutrition, 37(5), 1558-1562. doi:http://dx.doi.org/10.1016/j.clnu.2017.08.017 | Conducted in clinic |
| 198 | Resnick, E. A., Bishop, M., O'Connell, A., Hugo, B., Isern, G., Timm, A., . . . Geller, A. C. (2009). The CHEER study to reduce BMI in Elementary School students: a school-based, parent-directed study in Framingham, Massachusetts. The Journal of school nursing : the official publication of the National Association of School Nurses, 25(5), 361-372. doi:http://dx.doi.org/10.1177/1059840509339194 | Not C-RCT |
| 199 | Rhodes, E. T., Vernacchio, L., Mitchell, A. A., Fischer, C., Giacalone, P., Ludwig, D. S., & Ebbeling, C. B. (2017). A telephone intervention to achieve differentiation in dietary intake: a randomized trial in paediatric primary care. Pediatric obesity, 12(6), 494-501. doi:http://dx.doi.org/10.1111/ijpo.12171 | Not School-based Weight Management |
| 200 | Riiser, K., Loendal, K., Ommundsen, Y., Smastuen, M. C., Misvaer, N., & Helseth, S. (2014). The Outcomes of a 12-Week Internet Intervention Aimed at Improving Fitness and Health-Related Quality of Life in Overweight Adolescents: The Young & Active Controlled Trial: e114732. PLoS ONE, 9(12). doi:http://dx.doi.org/10.1371/journal.pone.0114732 | Not RCT |
| 201 | Riiser, K., et al., Active play in ASP -a matched-pair cluster-randomized trial investigating the effectiveness of an intervention in after-school programs for supporting children's physical activity. BMC Public Health, 2020. 20(1): p. 1-12. | Not School-based Weight Management |
| 202 | Robinson, T. N., Matheson, D., Desai, M., Wilson, D. M., Weintraub, D. L., Haskell, W. L., . . . Killen, J. D. (2013). Family, community and clinic collaboration to treat overweight and obese children: Stanford GOALS-A randomized controlled trial of a three-year, multi-component, multi-level, multi-setting intervention. Contemporary clinical trials, 36(2), 421-435. doi:10.1016/j.cct.2013.09.001 | Not RCT |
| 203 | Rosenbaum, M., Nonas, C., Weil, R., Horlick, M., Fennoy, I., Vargas, I., & Kringas, P. (2007). School-based intervention acutely improves insulin sensitivity and decreases inflammatory markers and body fatness in junior high school students. Journal of Clinical Endocrinology and Metabolism, 92(2), 504‐508. doi:10.1210/jc.2006-1516 | Include Normal Weight |
| 204 | Sabet Sarvestani, R., Jamalfard, M. H., Kargar, M., Kaveh, M. H., & Tabatabaee, H. R. (2009). Effect of dietary behaviour modification on anthropometric indices and eating behaviour in obese adolescent girls. Journal of Advanced Nursing, 65(8), 1670‐1675. | Not School-based Weight Management |
| 205 | Sacher, P. M. (2013). Randomised controlled trial of the mend programme: a family-based community intervention for childhood obesity. (10023397 Ph.D.), University of London, University College London (United Kingdom), Ann Arbor. | Not C-RCT |
| 206 | Sacher, P. M., Kolotourou, M., Chadwick, P. M., Cole, T. J., Lawson, M. S., Lucas, A., . . . Singhal, A. (2010). Randomized controlled trial of the MEND program: a family-based community intervention for childhood obesity. Obesity (19307381), 18, S62-68. doi:10.1038/oby.2009.433 | Not C-RCT |
| 207 | Saez, L., Langlois, J., Legrand, K., Quinet, M.-H., Lecomte, E., Omorou, A. Y., . . . Group, P.-I. T. (2018). Reach and Acceptability of a Mobile Reminder Strategy and Facebook Group Intervention for Weight Management in Less Advantaged Adolescents: Insights From the PRALIMAP-INÈS Trial. JMIR mHealth and uHealth, 6(5), 1. doi:http://dx.doi.org/10.2196/mhealth.7657 | Not RCT |
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| 217 | Sgambato, M.R., et al., Effectiveness of school-home intervention for adolescent obesity prevention: parallel school-randomized study. British journal of nutrition, 2019. | Include Normal Weight |
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| 233 | Taveras, E. M., Marshall, R., Horan, C. M., Gillman, M. W., Hacker, K., Kleinman, K. P., . . . Simon, S. R. (2014). Improving children's obesity-related health care quality: process outcomes of a cluster-randomized controlled trial. Obesity (Silver Spring, Md.), 22(1), 27‐31. doi:10.1002/oby.20612 | Not School-based Weight Management |
| 234 | Ten Hoor, G.A., et al., Strength exercises during physical education classes in secondary schools improve body composition: a cluster randomized controlled trial. Int J Behav Nutr Phys Act, 2018. 15(1): p. 92. | Include Normal Weight |
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| 236 | Toulabi, T., Khosh Niyat Nikoo, M., Amini, F., Nazari, H., & Mardani, M. (2012). The influence of a behavior modification interventional program on body mass index in obese adolescents. Journal of the Formosan Medical Association / Taiwan yi zhi, 111(3), 153‐159. doi:10.1016/j.jfma.2011.05.007 | Not C-RCT |
| 237 | Vicky Van, S., et al., Effect of integrating a video intervention on parenting practices and related parental self-efficacy regarding health behaviours within the Feel4Diabetes-study in Belgian primary schoolchildren from vulnerable families: A cluster randomized trial. PLoS One, 2019. 14(12). | Include Normal Weight |
| 238 | Vissers, D., De Meulenaere, A., Vanroy, C., Vanherle, K., Van de Sompel, A., Truijen, S., & Van Gaal, L. (2008). Effect of a multidisciplinary school-based lifestyle intervention on body weight and metabolic variables in overweight and obese youth. E-spen, 3(5), e196‐e202. doi:10.1016/j.eclnm.2008.05.002 | Not C-RCT |
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| 242 | Weintraub, D. L., Tirumalai, E. C., Haydel, K., Fujimoto, M., Fulton, J. E., & Robinson, T. N. (2008). Team Sports for Overweight Children: The Stanford Sports to Prevent Obesity Randomized Trial (SPORT). Archives of pediatrics & adolescent medicine, 162(3), 232-237. | Not C-RCT |
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| 244 | Wilfley, D. E. P., Saelens, B. E. P., Stein, R. I. P., Best, J. R. P., Kolko, R. P. P., Schechtman, K. B. P., . . . Epstein, L. H. P. (2017). Dose, Content, and Mediators of Family-Based Treatment for Childhood Obesity: A Multisite Randomized Clinical Trial. JAMA Pediatrics, 171(12), 1151. | Not School-based Weight Management |
| 245 | Williams, S. L., Wendy Van, L., Magarey, A., Moores, C. J., Croyden, D., Esdaile, E., & Daniels, L. (2017). Parent engagement and attendance in PEACH™ QLD - an up-scaled parent-led childhood obesity program. BMC Public Health, 17. doi:http://dx.doi.org/10.1186/s12889-017-4466-6 | Not RCT |
| 246 | Wong, P. C., Chia, M. Y., Tsou, I. Y., Wansaicheong, G. K., Tan, B., Wang, J. C., . . . Lim, D. (2008). Effects of a 12-week exercise training programme on aerobic fitness, body composition, blood lipids and C-reactive protein in adolescents with obesity. Annals of the academy of medicine, singapore, 37(4), 286‐293. | Not C-RCT |
| 247 | Wright, J. A., Phillips, B. D., Watson, B. L., Newby, P. K., Norman, G. J., & Adams, W. G. (2013). Randomized trial of a family-based, automated, conversational obesity treatment program for underserved populations. Obesity (Silver Spring, Md.), 21(9), E369‐378. doi:10.1002/oby.20388 | Not School-based Weight Management |
| 248 | y8f8r, R.B.R., Effect of Self-chosen Intensity of Aerobic Exercise on continuity and pleasure in practice, and factors associated with the health of adolescents with Obesity. http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-2y8f8r, 2018. | Not School-based Weight Management |
| 249 | Yu, C. C., Sung, R. Y., So, R. C., Lui, K. C., Lau, W., Lam, P. K., & Lau, E. M. (2005). Effects of strength training on body composition and bone mineral content in children who are obese. Journal of Strength and Conditioning Research, 19(3), 667‐672. doi:10.1519/14994.1 | Not School-based Weight Management |

**Table S4**: GRADE summary of evidence for school-based weight management interventions on BMI outcomes

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Certainty assessment | Overall certainty of evidence |  |  | Effect Size (95% CI) |
| No of studies | Risk of bias | Inconsistency | Indirectness | Imprecision | Other considerations | Intervention | Control |
| 12 Cluster RCTs | Serious a | Serious b | Not serious | Not serious | None | ⨁⨁◯◯LOW | 867 | 888 | SMD 0·52(-0·81, -0·22) |
| CI: Confidence interval; SMD: Standardised mean difference**Explanations**a Six of the studies had high-risk in the overall biasb Substantial inconsistency between studies, *I*2 of 88·9% |

**Table S5**: Components of school-based weight management interventions

| Name (Year)State, Country | Intervention Name, Theoretical Framework, Type of Curriculum | Counselling | Nutrition Education | Physical Activity | Parental Involvement | Other Components  | Professional Support |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Amini (2016) (51)Tehran, Iran | NA, NA, after school curriculum | NA | *Group Session:* 1 session/week, 15 - 45 mins/session, 12 sessions  | *Group Session,* sports and games, 2hrs/week, 18-36 sessions | *Parental education on obesity*, *Group session*, 1 session/month, 4 sessions | *Improvements to canteens*, discontinue sale of unhealth foods | Nutrition education instructors, physical activity coaches, & researchers |
| Bagherniya et al (2017, 2018) (52,53)Shahinshahr, Iran | NA, Social Cognitive Theory, after school curriculum | *Counselling sessions* (IS)*,* once/month, 7 sessions with parents | *Group Session*, twice/month, 14 sessions; *Healthy cooking workshops* (GpS,), 2 sessions with participants and parents | *Sport workshop* (GpS), twice/month, 14 sessions*Exercise sessions* (GpS,), 2 session/week, 90mins/session, 60 sessions & additional community gym activities  | *Parents Newsletter*, monthly update on intervention progress | *Family physical activities, group*, 3 sessions with parents*SMS text messages* (IS)*,* weekly test to participants and parents | Researcher, sports expert (counselling), & physical trainer |
| Freira (2018) (54)Lisbon, Portugal | IMAGINE, Motivational Interview, during school curriculum | *Lifestyle counselling*, individual session, 3 sessions, 30mins/session  | NA | *Supervised physical activity*, *Individual Session*, frequency dependent on participants agreement with physical education teacher | NA | NA | Dietitians, pediatrician, & physical education teacher |
| Graf (2006) (55) Cologne, Germany | StEP TWO (NR), after school curriculum | NA | *Group Session*, cooking session with nutritionist, 2 sessions/week, 60-90mins/session | *Group Session*, 2 sessions/week, 60-90mins/session | *Parental education,Group Session,* 6 sessions and 2 family events | NA | Nutritionist, gymnasts, & medical doctor |
| Grey (2004) (56)New Haven, USA | NA, Coping Skills Training, after school curriculum | NA | *Nutrition education, Family Session*, 16 sessions, 45mins/week with parents | *Group Session*, type of physical activity decided by participant, 32 sessions, 45mins/session | NA | *Telephone support* (IS), weekly calls over holidays | Dietitian, exercise interventionist, & research coordinator |
| Grey (2009) (57)New Haven, USA | NA, Coping Skills Training, during school curriculum | NA | *Group Session,* 13 sessions | *Group Session,* type of physical activity decided by participant, 13 sessions  | NA | *Telephone health coaching*, weekly, 10mins/session | Teachers |
| Mayurachat (2013) (58)Chiang Mai, Thailand | NA, Theory of Planned Behaviour, during school curriculum | NA | *Individual Session,* 4 session/week, 20 sessions, 1hr/session |  | NA | NA | Research assistant |
| Nayak et al (2016) (59)Udupi, India | NA, NA, during and after school curriculum | NA | *Lifestyle modification education*, *Group Session*, 2 session | *Group Session*, aerobic exercise every school day and DVD | *Parental education* (GpS)*,* 1 session | NA | Physical activity instructor |
| Pbert (2013) (61)Massachusetts, USA | Lookin’ Good Feelin’ Good, Social Cognitive Theory, during school curriculum | *Individual session*, 6 sessions | NA | NA | NA | NA | Nurse |
| Pbert (2016) (60)Massachusetts, USA | Lookin’ Good Feelin’ Good, Social Cognitive Theory, during and after school curriculum | *Individual Session*, 6 weekly sessions followed by monthly session, 30mins/session,  | NA | *Group session, sports and games,* 3 sessions/week | NA | NA | Nurse, and school staff |
| Toruner (2010) (62)Ankara, Turkey | NA, Social Cognitive Theory, during school curriculum | NA | *Group Session,* 7 sessions, 1-2hrs/session | *Group Session,* 7 sessions, 1-2hrs/session | *Parental education, Group Session,* 2 sessions*Parental counselling*, *Individual Session,* 1 session, 30-50mins/session | NA | Researchers |
| Trost (2014) (63)Massachusetts, Rhode Island & Texas, USA | Join for ME, Family-based Treatment for Childhood Obesity, after school curriculum | NA | *Family Session*, 16 group sessions with parents, 60mins/session | *Family Session*, 16 group sessions with parents, 60min/session*Physical activity*, game console for active gaming | Involve in family sessions | NA | Trained facilitators |

Hr – Hour; Min – Minute; NA – Not Applicable

**Table S6**: Secondary outcomes of school-based weight management

| Secondary Outcomes | Number of studies (Ref) | Sample size | MD(95% CI) | Heterogeneityp-value for *X*2 (*I*2) |
| --- | --- | --- | --- | --- |
| Blood Pressure | Diastolic blood pressure MC | 2 (55,61) | 322 | -1.98 (-4.71, 0.74) | 0.34 (0%) |
| Systolic blood pressure MC | 2 (55,61) | 322 | -4.72 (-10.20, 0.76) | 0.11 (60.6%) |
| Nutrition related outcomes | Energy intake, 24hr recall (Kcals) | 4 (51-53,56,60) | 651 | -50.09 (-79.3, -20.9) | 0.30 (0%) |
|  | Energy intake, 24hr recall (Kcals) MC | 2 (51,61) | 409 | 16.38 (-284.6, 317.38) | 0.05 (73.0%) |
| Physical activity | Duration of MVPA MC | 2 (61,63) | 157 | -0.24 (-12.14, 11.65) | 0.01 (86.1%) |
| Sedentary behaviour | Computer (hr/day) | 2 (51,60) | 438 | 0.01 (-0.04, 0.06) | 0.97 (0%) |
| Secondary Outcomes | Number of studies (Ref) | Sample size | *g* (95% CI) | Heterogeneityp-value for *X*2 (*I*2) |
| Nutrition related outcomes | Outcomes in carbohydrates intake | 2 (51,56) | 368 | -0.14 (-0.24, 0.07) | 0.90 (0%) |
|  | Outcomes of servings of fruits and vegetables | 2 (52,53,60) | 283 | 2.55 (0.97, 4.13) | <0.01 (95.4%) |
|  | Outcomes of fat intake | 2 (51-53) | 499 | -0.62 (-1.89, 0.65) | <0.01 (97.6%) |
|  | Outcomes of fat intake MC | 2 (51,61) | 409 | 0.18 (-0.02, 0.38) | 0.31 (2.8%) |
|  | Outcomes of junk food intake | 2 (52,53,60) | 283 | -1.05 (-1.30, -0.80) | 0.87 (0%) |
| Psychosocial related outcomes | Dietary self-efficacy | 2 (52,53,56) | 213 | 0.86 (0.47, 1.31) | 0.19 (40.1%) |
|  | Physical Activity self-efficacy | 2 (52,53,56) | 213 | 0.63 (-0.95, 2.21) | <0.01 (95.2%) |

MC – Outcomes in Mean Change; MD – Mean Difference; MVPA – Moderate-Vigorous Physical Activity; SMD – Standardised Mean Difference



**Figure S1**: Funnel plot of studies of school-based weight management on change in BMI outcomes



**Figure S2**: Cumulative meta-analysis for school-based weight management intervention and control groups