Sensitivity Analysis Outcomes (Figure S1), and the source of heterogeneity is Davis' study

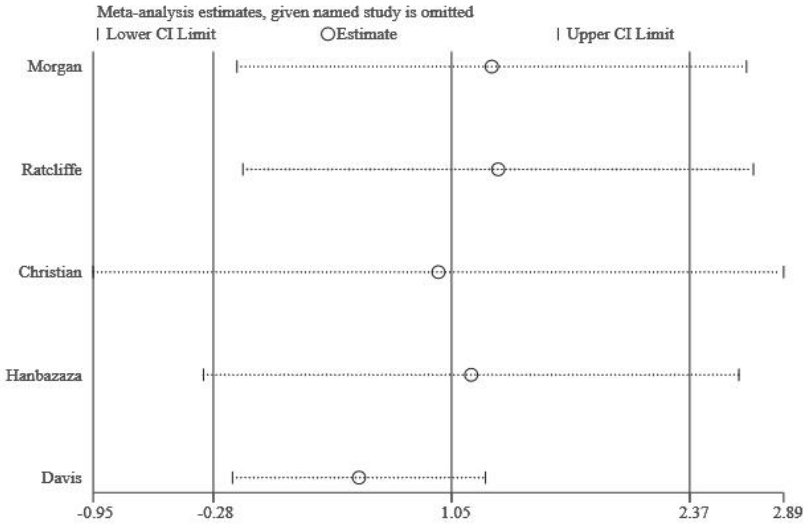


Figure S1. Sensitivity analysis of FVs combined results

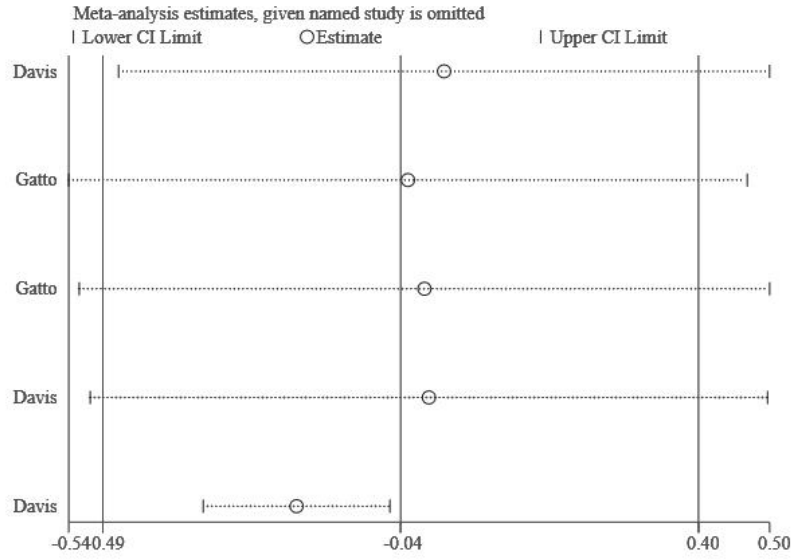


Figure S2: Sensitivity analysis of BMI combined results

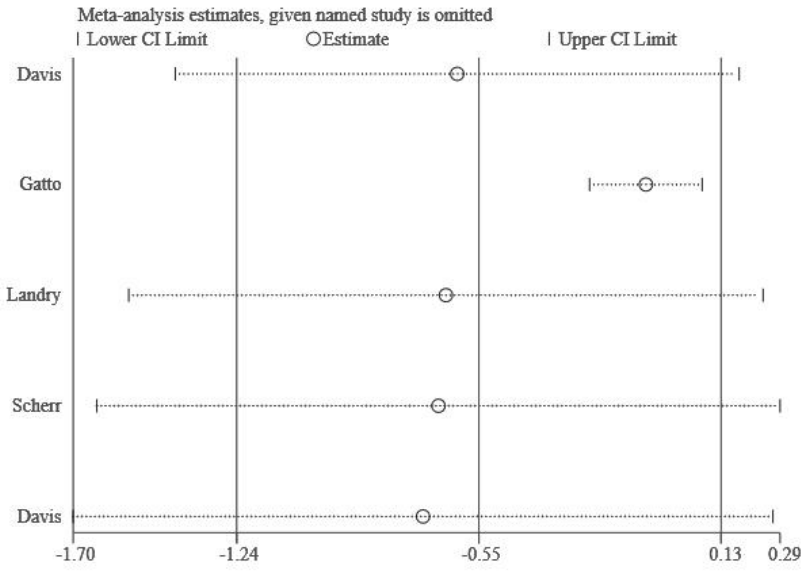


Figure S3: Sensitivity analysis of BMI z-score combined results

We carried out sensitivity analysis on the 6 included studies, and the results showed that Gatto's study was the source of heterogeneity in WC combined results (Figure S4).

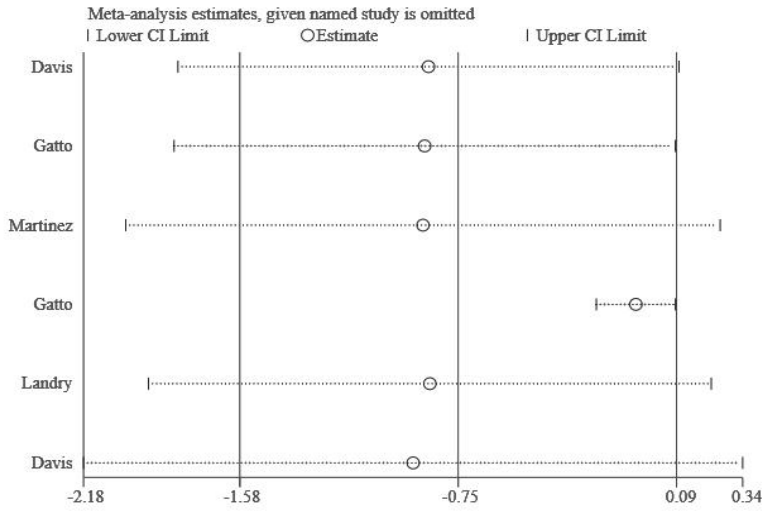


Figure S4: Sensitivity analysis of WC combined results

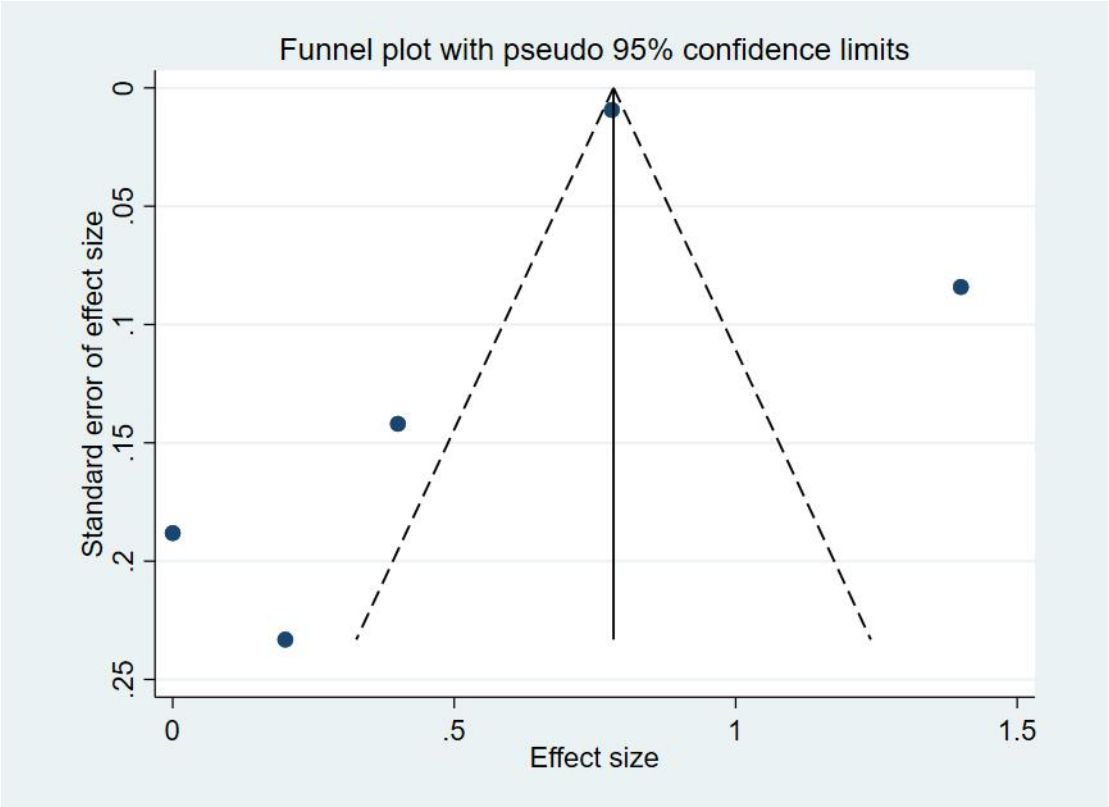
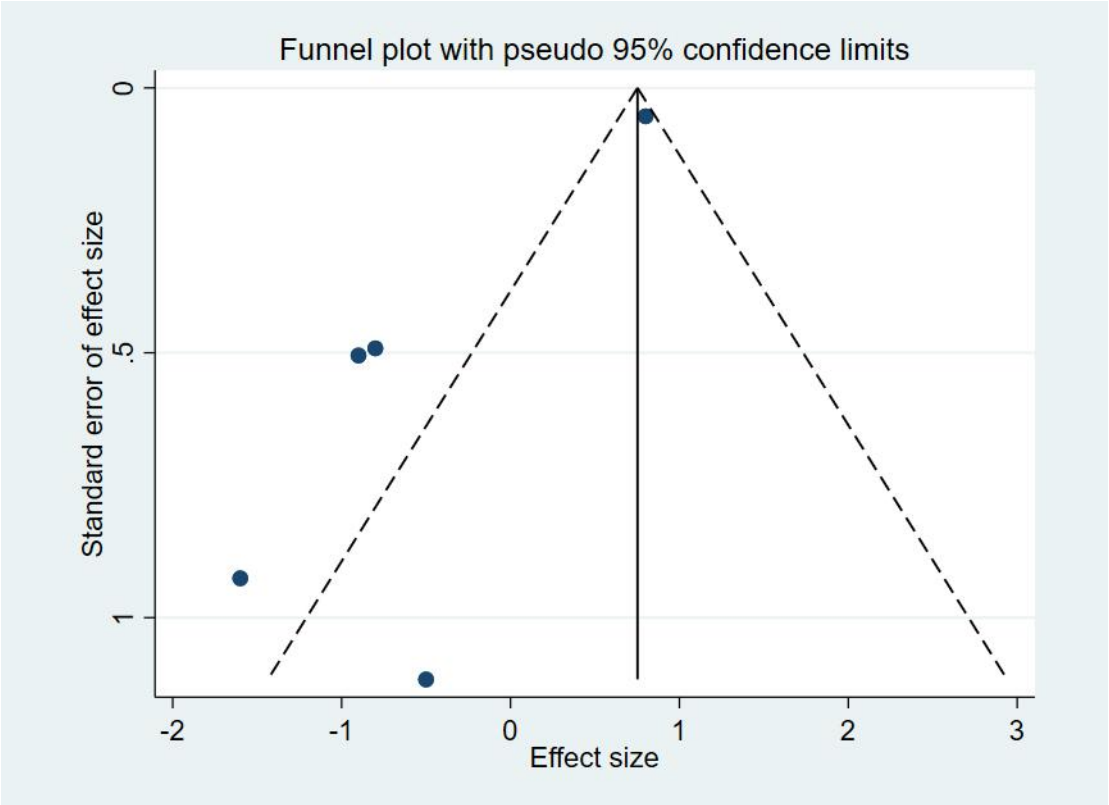


Figure S5: funnel plot of FVs



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Figure S6: funnel plot of BMI

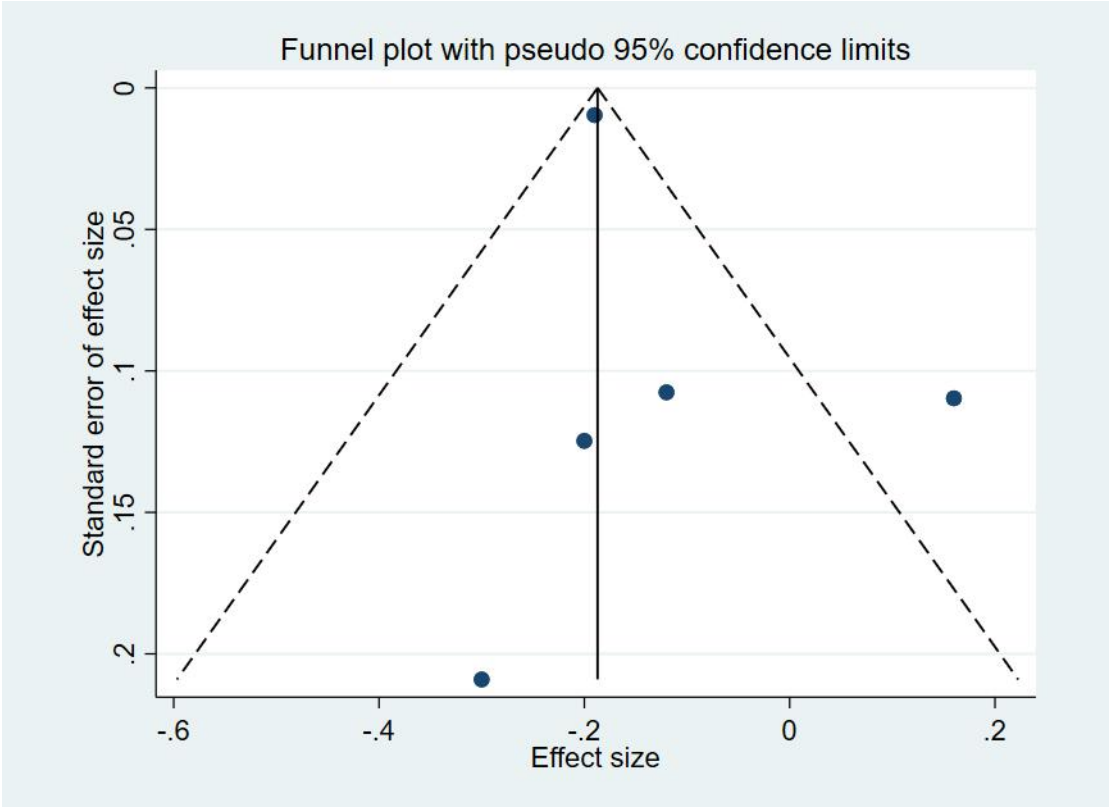


Figure S7: funnel plot of BMI-z

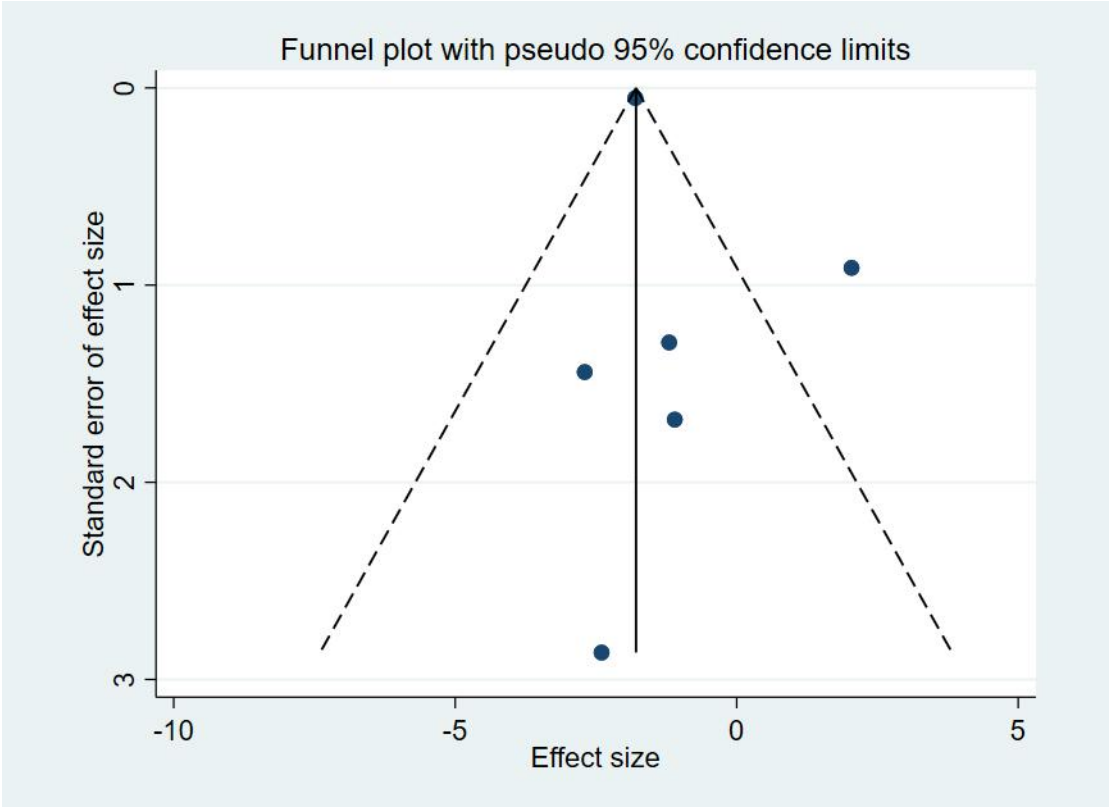


Figure S8: funnel plot of WC

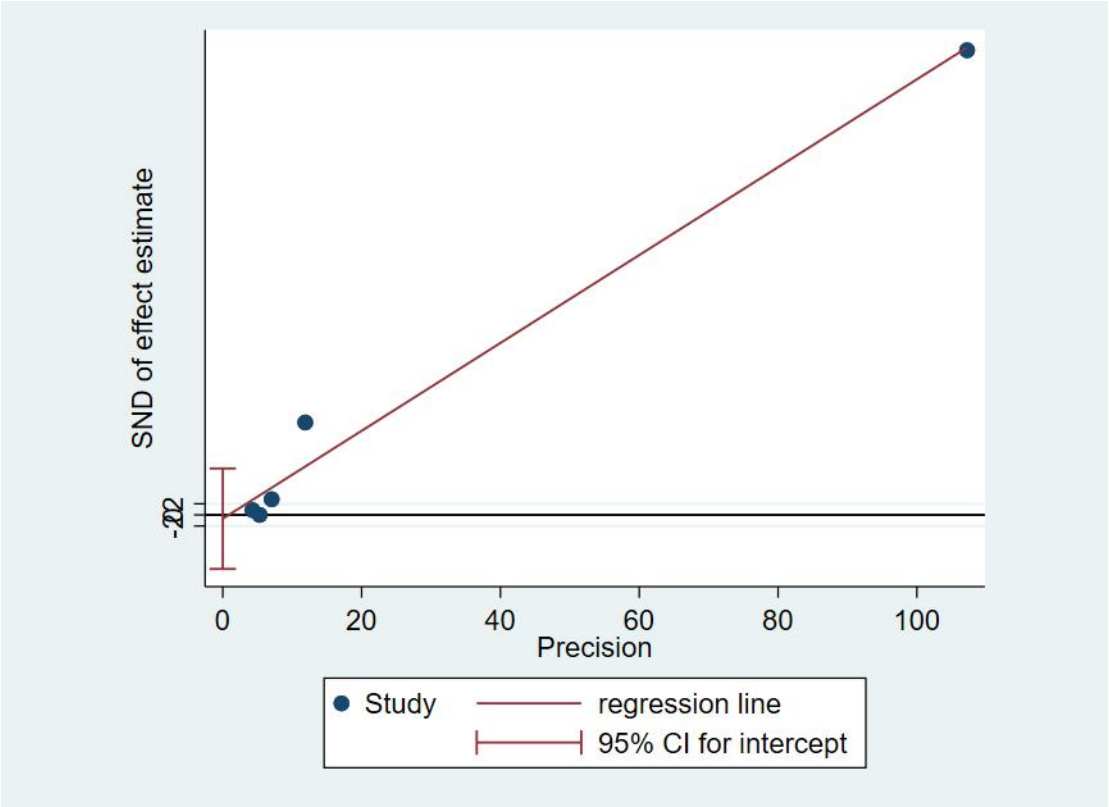


Figure S9: Egger's test of FVs

Egger's test for small-study effects:
Regress standard normal deviate of intervention
effect estimate against its standard error

Number of studies = **5** Root MSE = **5.263**

Std_Eff	Coef.	Std. Err.	t	P>|t|	[95% Conf.	Interval]
slope	**.7910224**	**.0586582**	**13.49**	**0.001**	**.6043457**	**.9776991**
bias	**-.6876996**	**2.842081**	**-0.24**	**0.824**	**-9.732471**	**8.357072**

Test of H0: no small-study effects P = **0.824**

Figure S10: Egger's test's data of FVs

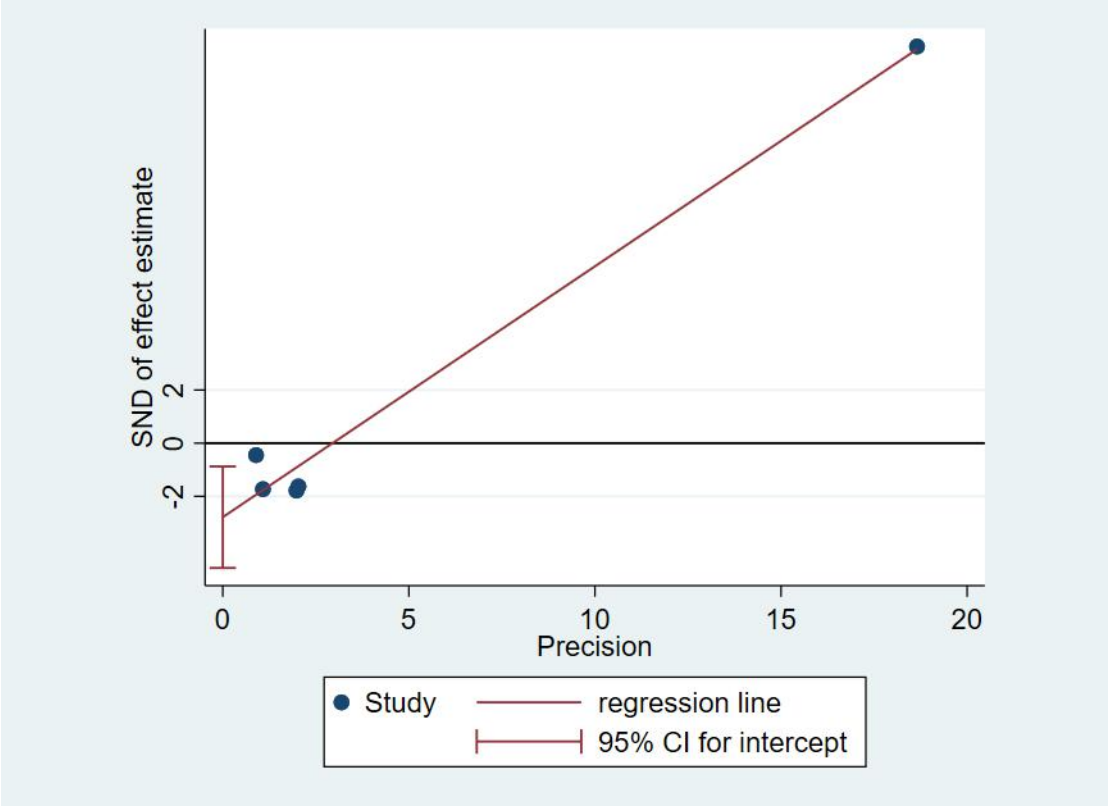


Figure S11: Egger's test of BMI

Egger's test for small-study effects:
Regress standard normal deviate of intervention
effect estimate against its standard error

Number of studies = **5** Root MSE = **1.091**

Std_Eff	Coef.	Std. Err.	t	P>|t|	[95% Conf.	Interval]
slope	**.9438275**	**.0709091**	**13.31**	**0.001**	**.7181632**	**1.169492**
bias	**-2.784353**	**.5999996**	**-4.64**	**0.019**	**-4.69382**	**-.8748864**

Test of H0: no small-study effects P = **0.019**

Figure S12: Egger's test's data of BMI

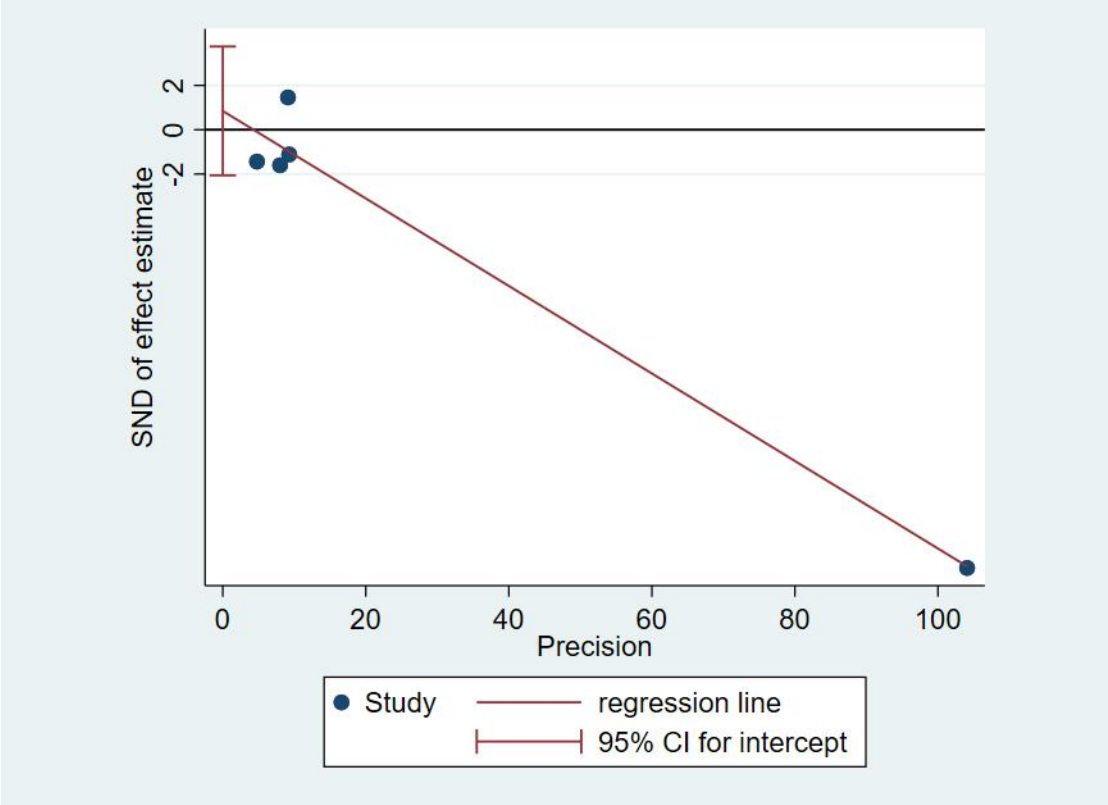


Figure S13: Egger's test of BMI-z

Egger's test for small-study effects:
Regress standard normal deviate of intervention
effect estimate against its standard error

Number of studies = **5** Root MSE = **1.671**

Std_Eff	Coef.	Std. Err.	t	P>|t|	[95% Conf.	Interval]
slope	**-.1974798**	**.0193923**	**-10.18**	**0.002**	**-.2591949**	**-.1357647**
bias	**.8494904**	**.9132788**	**0.93**	**0.421**	**-2.05697**	**3.755951**

Test of H0: no small-study effects P = **0.421**

Figure S14: Egger's test's data of BMI-z

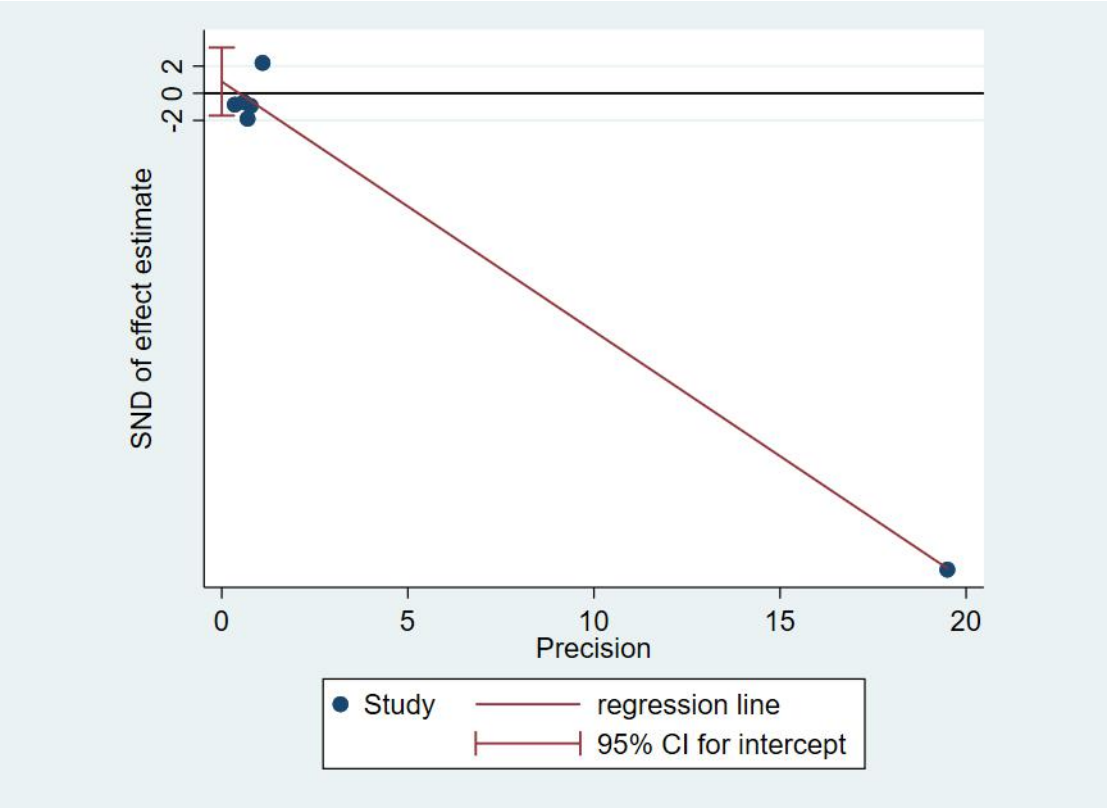


Figure S15: Egger's test's of WC

Egger's test for small-study effects:
Regress standard normal deviate of intervention
effect estimate against its standard error

Number of studies = **5** Root MSE = **1.091**

Std_Eff	Coef.	Std. Err.	t	P>|t|	[95% Conf.	Interval]
slope	**.9438275**	**.0709091**	**13.31**	**0.001**	**.7181632**	**1.169492**
bias	**-2.784353**	**.5999996**	**-4.64**	**0.019**	**-4.69382**	**-.8748864**

Test of H0: no small-study effects P = **0.019**

Figure S16: Egger's test's data of WC