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Heterogeneity, Tau* = 10.63; Ch* = 223.15, df = 13 (P < 0.00001); P = 94% Test for overall effect. Z = 3.61 (P = 0.0003) Test for subgroup differences: Ch* = 0.21, df = 2 (P = 0.90), P = 0%	Total (95% CI)	Heterogeneity: $Tau^2 = 0.00$; $Chl^2 = 0.23$, $df = 1$ ($P = 0.63$); $l^2 = 0$ % Test for overall effect: $Z = 3.60$ ($P = 0.0003$)	Lurbe 2006 Subtotal (95% CI)	Klein-Platat 2005	Male and female combined	Test for overall effect $Z = 1.99 (P = 0.05)$	Heterogeneity: Tau*= 17.03; Chi*= 116.18, df= 5 (P < 0.00001); I*= 96%	Subtotal (95% CI)	Musso 2011 F	Kollias 2009 F	Duncan 2011 F	Cobayashi 2010 F	Chiolero 2006 F	Burke 2004 F	Female participants	100x101 0x01a1 0100x N = 4:11 0 = 0:00)	Heterogeneity: Tau ² =14.04; Chi ² =100.88, df=5 (P < 0.00001); i ² =95% Teet for overall effect: 7=217 (P = 0.03)	Subtotal (95% CI)	Musso 2011 M	Kollias 2009 M	Duncan 2011 M	Cobayashi 2010 M	Chiolero 2006 M	Burke 2004 M	Male participants	Study or Subgroup
= 10.63; Chi²= t: Z= 3.61 (P = fferences: Chi²		= 0.00; Chi² = (t: Z = 3.60 (P =	58	65	ile combined	t: Z=1.99 (P=	= 17.03; Chi² =		63	73	74	63	67	67	pants	11	= 14.04; Chi² = - 7 = 2.17 /P =		64	74	71	67	99	67	nts	Mean SD Tot
223.15, o 0.0003) = 0.21, di		1.23, df = 1 0.0003)	00	⇉		0.05)	116.18, 0		9	0	14	00	00	6		0.00)	100.88, 0		10	00	14	00	9	7		SD SD
#=13 (P f=2 (P=	9586	1 (P = 0.6	180 240	60			#=5(P <	4565	360	207	198	80	3198	522			#=5(P<	4781	400	164	254	66	3290	607		Total
< 0.00001); ² 0.90), ² = 0%		3); l² = 0%	61	67			0.00001); F=		69	75	76	71	73	64			0.00001); I²=		70	75	77	71	72	65		Overweight/Obese (OW/Ob) Mean SD To
= 94%				10			96%		9	7	16	10	9	7			95%		10	7	3	9	9	6		Obese (OV SD
	2423		165 225	60				1193	78	72	57	96	812	78				1005	125	115	113	75	504	73		V/Ob) Total
	2423 100.0%		7.6% 13.6%	6.0%				42.5%	7.2%	7.5%	5.3%	6.9%	8.0%	7.6%				43.9%	7.4%	7.5%	6.7%	6.8%	7.9%	7.7%		Weight
	-3.35 [-5.17, -1.53]		-3.00 [-4.69, -1.31] -2.83 [-4.37, -1.29]	-2.00 [-5.76, 1.76]				-3.51 [-6.96, -0.06]	-6.00 [-8.20, -3.80]	-2.00 [-3.81, -0.19]	-2.00 [-6.59, 2.59]	-8.00 [-10.66, -5.34]	-6.00 [-6.68, -5.32]	3.00 [1.36, 4.64]				-3.45 [-6.57, -0.34]	-6.00 [-8.01, -3.99]	-1.00 [-2.77, 0.77]	-6.00 [-8.95, -3.05]	-4.00 [-6.81, -1.19]	-6.00 [-6.84, -5.16]	2.00 [0.52, 3.48]		Total Weight IV, Random, 95% CI
-10 -5 0 5 10 Lower in UW/NW group Lower in OW/Ob group	•		<u> </u>	+				\	,				+	+				♦	+	1			+	+		Wean Difference IV, Random, 95% CI

	Not overw	eight (UW	Š	Not overweight (UW/NW) Overweight/Obese (OW/Ob)	Obese (OV	/Ob)		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	Total Weight IV, Random, 95% CI	IV, Random, 95% CI
Male participants	3								
Cobayashi 2010 M	4.02	0.66	67	4.16	0.82	75	13.3%	-0.14 [-0.38, 0.10] -	
Jung 2010 M	4.01	0.8	42	4.08	0.75	33	6.7%	-0.07 [-0.42, 0.28] —	
Musso 2011 M	3.79	0.62	399	3.82	0.76	126	34.7%	-0.03 [-0.18, 0.12]	-
Subtotal (95% CI)			508			236	54.7%	-0.06 [-0.18, 0.06]	\
Heterogeneity: $Tau^z = 0.00$; $Chi^z = 0.58$, $df = 2$ ($P = 0.75$); $I^z = 0\%$).00; Chi²=1	0.58, df = 2	? (P = 0.75));					
Test for overall effect: $Z = 1.00$ (P = 0.32)	= 1.00 (P=	0.32)							
Female participants	nts								
Cobayashi 2010 F	4.25	0.77	83	4.14	0.76	98	15.5%	0.11 [-0.11, 0.33]	-
Musso 2011 F Subtotal (95% CI)	3.99	0.8	360 443	3.88 8	0.61	78 174	29.9% 45.3%	0.11 [-0.05, 0.27] 0.11 [-0.02, 0.24]	♦ †
Heterogeneity, Tau²=0.00; Chi²=0.00, df=1 (P=1.00), i²=0% Test for overall effect $Z=1.66$ (P=0.10)).00; Chi [#] =1 := 1.66 (P=	0.00, df = 1 0.10)	(P = 1.00;);					
Total (95% CI)			951			410	410 100.0%	0.02[-0.07, 0.11]	♦
Heterogeneity, $Tau^2 = 0.00$; $Chi^2 = 4.21$, $df = 4$ ($P = 0.38$); $P = 5\%$ Test for overall effect $Z = 0.35$ ($P = 0.72$) Test for subsymmetrifications of $Chi = 3.63$, $df = 4$ ($D = 0.06$); $P = 7.5\%$).00; Chi²=. (= 0.35 (P =	4.21, df = 2 0.72) *= 3.63 df	-1/B-0.38); = 5% 	л ,2			Lowe	-0.2 -0.1 0 0.1 0.2 Lower in UW/NW group Lower in OW/Ob group

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Total (95% CI) 2775 Heterogenety, Tau*= 0.00; Chi*= 24.07, df= 11 ($P=0.01$); i*= 54% Test for overall effect Z = 4.77 ($P<0.00001$) Test for subgroup differences: Chi*= 1.54, df= 2 ($P=0.46$), i*= 0%	Male and female combined Kein-Platat 2005 1.3 0.39 Marlinez-Gomez 2010b 1.59 1.54 Subotal (95% CI) Heterogeneity: Tau*= 0.00; Chi*= 0.13, df = 1 (P Testfor overall effect Z = 2.20 (P = 0.03)	Female participants Alvarez 2006 F Cobayashi 2010 F Manios 2005 F Manios 2005 F Sur 2005 F Sur 2005 F Sur 2005 F Sur 2005 Ci Heterogeneity. Tau² = 0.00; Chi² = 11.25, df = 4 (P Test for overall effect Z = 3.10 (P = 0.002)	wale participants Cobayashi 2010 M 1.23 0.21 Jung 2010 M 1.29 0.22 Manios 2005 M 1.48 0.34 Musso 2011 M 1.06 0.23 Sur 2005 M 1.42 0.65 Subtootal (95% Cl) 1.42 0.65 Heterogeneity: Tau*= 0.00; Chi*= 10.36, df= 4 (P= Test for overall effect Z = 2.63 (P=0.009)	Study or Subgroup	Total (95% CI) 2775 Heterogeneily, Tau* = 0.00; Chi* = 14.01, df = 11 (P = 0.23); F = 21% Test for overall effect Z = 7.25 (P < 0.00001) Test for subgroup differences; Chi* = 7.66, df = 2 (P = 0.02), F = 73.9%	Male and female combined Klein-Platat 2005 0.8 0.2 60 (Martinez-Gomez 2010b 0.71 1.91 326 (Subtotal (95% CI) 386 Heterogenelly, Tau'= 0.00; Chi ² = 0.24, df= 1 (P = 0.63); i ² = 0% Test for overall effect Z = 3.15 (P = 0.002)	Female participants Alvarez 2006 F 0.87 0.51 305 1 Cobayashi 2010 F 0.91 0.37 83 Manios 2005 F 1.06 0.57 191 1 Musso 2011 F 0.87 0.32 358 0 Sur 2005 F 1.07 0.52 407 Subtotal (95% CI) 1.07 0.52 407 Heterogeneity: Tau*= 0.00; Chi*= 1.49, df = 4 (P = 0.83); F = 0% Testfor overall effect Z = 3.89 (P = 0.0001)	Male participants 0.36 Cobayashi 2010 M 0.98 0.56 Jung 2010 M 0.93 0.44 Manios 2005 M 0.93 0.44 Musso 2011 M 0.8 0.34 Sur 2005 M 0.93 0.43 Subtotal (95% CI) 0.93 0.43 Subtotal (95% CI) 0.00 Chi² = 4.29, df = 4 (P = Test for overall effect Z = 6.96 (P < 0.00001)	Study or Subgroup
; Chi² = 24.0 .77 (P < 0.0 bes: Chi² = 1	nbined 1.3 1.59 ; Chi ² = 0.13	1.21 1.47 1.52 1.13 1.4 ;Chl ² =11.2	1.23 1.29 1.48 1.06 1.42 1.42 ; Chi ^a = 10.36, 0	Not overweight (UW/NW) Mean SD To	; Chi² = 14.0 :25 (P < 0.0 :es: Chi² = 7	nbined 0.8 0.71 ; Chi² = 0.24 : (15 (P = 0.0	0.87 0.91 1.06 0.87 1.07 1.07 ; Chi≅=1.49	0.86 0.98 0.93 0.8 0.93 ; Chi²= 4.29	Not overweight (UW/NW) Mean SD Tot
)7, df = 11 i 0001) .54, df = 2	0.39 1.54 df=1 (P	0.69 0.32 0.33 0.25 0.36 0.36	0.21 0.22 0.34 0.23 0.65 0.65 0.67 0.69	eight (UW/ SD)1, df = 11। 0001) '.66, df = 2	0.2 1.91 1, df = 1 (P :	0.51 0.37 0.57 0.52 0.52 0.52 0.62	0.33 0.56 0.44 0.34 0.43 0.43), df = 4 (P:	eight (UW/ SD
2775 (P = 0.01); (P = 0.46).	60 326 386 = 0.72); *=	305 83 191 358 407 1344 1344	67 42 179 398 359 1045 1045	tal	2775 (P = 0.23); (P = 0.02).	60 326 386 = 0.63); [f=	305 83 191 358 407 1344 = 0.83); F=	67 1 42 1 179 1 398 1 359 1 1045 = 0.37); = 7%	a
² = 54% ² = 0%	1.09 1.44	1.23 1.25 1.38 1.07 1.3	1.14 1.09 1.53 0.99 1.36	Overweigh: Mean	== 21% == 73.9%	0.98 0.81	1.04 1 1.24 0.96 1.24	1.14 1.12 1.43 1.03 1.31	Overweigh: Mean
	0.77 0.92	0.54 0.28 0.29 0.25 0.28	0.24 0.22 0.31 0.22 0.31	Overweight/Obese (OW/Ob) Mean SD Total		0.4 1.11	0.55 0.47 0.58 0.61 0.56	0.59 0.73 1.03 0.52 0.76	Overweight/Obese (OW/Ob) Mean SD To
830	60 99	57 96 33 77 69 332	75 35 29 125 75 339	N/Ob) Total	830	60 99 159	57 96 33 77 69 332	75 35 29 125 75 339	<u>a</u>
100.0%	2.8% 2.3% 5.2%	4.7% 9.5% 7.7% 12.5% 45.3%	11.1% 8.6% 6.6% 14.5% 49.5%	Weight	830 100.0%	13.8% 2.7% 16.5 %	8.8% 12.3% 5.1% 10.2% 46.5%	8.7% 2.9% 1.8% 16.7% 7.0% 37.0%	Weight
0.10 [0.06, 0.14] - - -	0.21 [-0.01, 0.43] 0.15 [-0.10, 0.40] 0.18 [0.02, 0.35]	-0.02 [-0.18, 0.14] 0.22 [0.13, 0.31] 0.14 [0.03, 0.25] 0.06 [-0.00, 0.12] 0.10 [0.03, 0.17] 0.11 [0.04, 0.18]	0.09 [0.02, 0.16] 0.20 [0.10, 0.30] -0.05 [-0.17, 0.07] 0.07 [0.03, 0.11] 0.06 [-0.04, 0.16] 0.08 [0.02, 0.14]	Mean Difference IV, Random, 95% CI	-0.19 [-0.24, -0.14] -	-0.18 [-0.29,-0.07] -0.10 [-0.40, 0.20] -0.47 [-0.28,-0.06]	-0.17 [-0.32, -0.02] -0.09 [-0.21, 0.03] -0.18 [-0.39, 0.03] -0.09 [-0.23, 0.05] -0.17 [-0.31, -0.03] -0.13 [-0.20, -0.06]	-0.28 [-0.44, -0.12] -0.14 [-0.44, 0.16] -0.50 [-0.88, -0.12] -0.28 [-0.33, -0.13] -0.38 [-0.56, -0.20] -0.27 [-0.35, -0.20]	Mean Difference Weight IV, Random, 95% CI
-0.2 -0.1 0 0.1 0.2 Lower in UW/NW group Lower in OW/Ob group		♦ †††	♦ +	Mean Difference IV, Random, 95% CI	-0,5 -0,25 0 0,25 0,5 Lower in UW/NW group Lower in OW/Ob group	♦ 	◆ † †	◆ [†] † †	Mean Difference IV, Random, 95% CI

Total (95% CI) 678 Helerogeneity. Tau*= 0.00°, ${\rm Chi}^2$ = 3.22°, ${\rm df}$ = 2 (${\rm P}$ = 0.20°), ${\rm P}$ = 38% Test for overall effect Z = 4.20° (${\rm P}$ < 0.0001°) Test for subgroup differences: ${\rm Chi}^2$ = 0.28°, ${\rm df}$ = 1 (${\rm P}$ = 0.60°), ${\rm P}$ = 0.9%	Female participants Musso 2011 F 1.15 0.26 Subtotal (95% Ct) Heterogeneity: Not applicable Test for overall effect Z = 3.27 (P = 0.001)	Normal weight (NW) Overweightlob
= 0.00; Chi : Z = 4.20 (f ferences: C	ipants 1.15 pplicable :Z=3.27 (Normal Mean 1.3 1.06 =0.00; Chi ^a : Z = 2.23 (
= 3.22, 0.000 % 0.000	0.26	weight (SD 0.23 0.24 = 3.21,1
678 df = 2 (P:)1))8, df = 1	283 283))	sight (NW) SD Total 0.23 34 0.24 361 395 3.21, df=1 (P
= 0.20); = 3((P = 0.60), ==	1.07	Mean SD Total Mean SD To s 1.3 0.23 34 1.13 0.22 1.06 0.24 361 0.99 0.21 1 1.07; FF 68% 2 2 2
8	0.23	00 1 0
349	147 147	WOb) Total 43 159 202
349 100.0%	39.7% 39.7%	Weight 13.7% 46.6% 60.3%
0.09 [0.05, 0.13]	0.08 [0.03, 0.13] 0.08 [0.03, 0.13]	se (OW/Ob) Mean Difference SD Total Weight IV, Random, 95% CI
-0.2 -0.1 0 0.1 0.2 Lower in NW group Lower in OW/Ob group	+ +	Mean Difference IV, Random, 95% CI

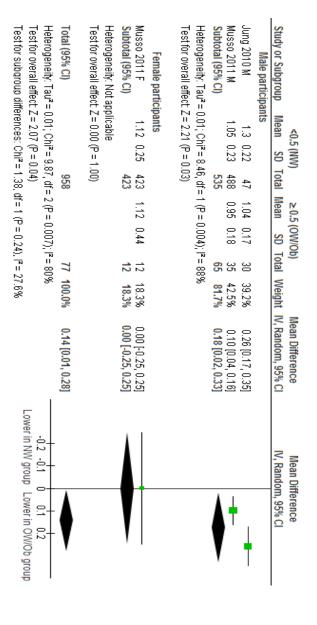
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Not overweight (UW/NW)

Overweight/Obese (OW/Ob)

Mean Difference

Mean Difference



235 0.7 35 0.7 35 0.65 125 235 235 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1 408 1	Heterogenety: Tau*= 205.22; Chr*= 31.97; df = 5 (P < 0.00001); f*= 84% Toot for example affect 7 = 4.54 (P > 0.00004)
0.7 35 4.9% -0.17 [-0.46, 0.27] 0.65 125 36.6% 0.02 [-0.11, 0.15] 235 54.0% -0.02 [-0.13, 0.08] 235 54.0% -0.02 [-0.13, 0.08] 236 16.2% -0.02 [-0.13, 0.08] 237 29.8% 0.10 [-0.04, 0.24] 173 46.0% 0.06 [-0.05, 0.17] 0.53 77 29.8% 0.10 [-0.06, 0.09] 408 100.0% 0.01 [-0.06, 0.09] 408 100.0% 0.01 [-0.06, 0.09] 60 17.3% -52.85 [-68.95, -36.75] 41.6 74 18.0% -22.43 [-32.56, -12.30] 41.6 74 18.0% -22.43 [-32.56, -12.30] 44.59 96 17.8% -42.93 [-53.64, -32.21] 44.59 96 17.8% -42.93 [-53.64, -32.22] 44.59 96 17.8% -42.93 [-53.64, -32.23] 35.9 64 18.2% -13.61 [-23.23, -3.99] 213 49.3% -22.02 [-44.58, 0.55] 36.4 60 17.3% -35.70 [-47.54, -23.86] 60 17.3% -35.70 [-47.54, -23.86]	
0.7 35 4.9% -0.17 [-0.24, 0.10] 0.7 35 4.9% -0.12 [-0.46, 0.22] 0.65 125 38.6% 0.02 [-0.11, 0.15] 235 54.0% -0.02 [-0.21, 0.17] 0.62 96 16.2% -0.02 [-0.21, 0.17] 173 46.0% 0.06 [-0.05, 0.17] 0.53 77 29.8% 0.10 [-0.06, 0.09] 408 100.0% 0.01 [-0.06, 0.09] 408 100.0% 0.01 [-0.06, 0.09] 60 10 10 10 10 10 10 10 10 10 10 10 10 10	
0.7 35 4.9% -0.17 [-0.46, 0.2] 0.85 125 38.6% 0.02 [-0.11, 0.15] 235 54.0% -0.02 [-0.13, 0.08] 235 54.0% -0.02 [-0.21, 0.17] 0.62 96 16.2% -0.02 [-0.21, 0.17] 173 46.0% 0.06 [-0.05, 0.17] 0.53 77 29.8% 0.10 [-0.04, 0.24] 173 46.0% 0.06 [-0.05, 0.17] 0.53 77 29.8% 0.10 [-0.06, 0.09] 408 100.0% 0.01 [-0.06, 0.09] 60 10 10 10 10 10 10 10 10 10 10 10 10 10	u²=346.56; Chi²=19.09, df= ect Z=1.91 (P=0.06)
0.7 35 4.9% -0.17[-0.46, 0.22] 0.65 125 36.6% 0.02[-0.11, 0.15] 235 54.0% -0.02[-0.21, 0.17] 0.62 96 16.2% -0.02[-0.21, 0.17] 77 29.8% 0.10[-0.04, 0.24] 173 46.0% 0.06[-0.05, 0.17] 0.53 77 29.8% 0.10[-0.06, 0.09] 408 100.0% 0.01[-0.06, 0.09] 408 100.0% 0.01[-0.06, 0.09] 80 Total Weight IV, Random, 95% CI SD Total Weight IV, Random, 95% CI 67.23 74 15.3% -52.85[-68.95, -36.75] 41.6 74 18.0% -22.43[-32.56, -12.30] 148 33.4% -36.97[-66.75, -7.19]	
0.7 35 4.9% -0.12[-0.46, 0.2] 0.65 125 36.6% 0.02[-0.11, 0.15] 235 54.0% -0.02[-0.13, 0.08] 235 54.0% -0.02[-0.13, 0.08] 236 16.2% -0.02[-0.21, 0.17] 0.62 96 16.2% -0.02[-0.21, 0.17] 173 46.0% 0.06[-0.05, 0.17] 173 46.0% 0.06[-0.05, 0.17] 0.53 77 29.8% 0.10[-0.04, 0.24] 173 46.0% 0.06[-0.05, 0.17] 0.54 173 46.0% 0.07[-0.06, 0.09] 175 408 100.0% 0.01[-0.06, 0.09] 176 100 Weight V, Random, 95% CI 177 20 100 Weight V, Random, 95% CI 177 20 100 Weight V, Random, 95% CI 177 20 100 Weight V, Random, 95% CI 178 20 Total Weight V, Random, 95% CI 179 20 100 100 100 100 100 100 100 100 100	Heterogenelly: $Tau^2 = 415.59$; $Chi^2 = 9.82$, $df = 1$ ($P = 0.002$); $I^2 = 90\%$ Test for overall effect: $Z = 2.43$ ($P = 0.01$)
0.7 35 4.9% -0.12 [-0.46, 0.22] 0.65 125 36.6% 0.02 [-0.11, 0.15] 235 54.0% -0.02 [-0.13, 0.08] 235 54.0% -0.02 [-0.21, 0.17] 0.62 96 16.2% -0.02 [-0.21, 0.17] 0.53 77 29.8% 0.10 [-0.04, 0.24] 173 46.0% 0.06 [-0.05, 0.17] 408 100.0% 0.01 [-0.06, 0.09] 408 100.0% 0.01 [-0.06, 0.09] 50 Total Weight IV, Random, 95% CI	67.23 41.6
0.7 35 4.9% -0.12[-0.46, 0.22] 0.65 125 36.6% 0.02[-0.11, 0.15] 235 54.0% -0.02[-0.13, 0.08] 0.62 96 16.2% -0.02[-0.21, 0.17] 0.53 77 29.8% 0.10[-0.04, 0.24] 173 46.0% 0.06[-0.05, 0.17] 174 46.0% 0.06[-0.05, 0.17]	Not overweight (UW/NW) Overweight/Obese (OW/ Mean SD Total Mean SD
0.7 35 4.9% -0.12[-0.46],0.22] 0.65 125 36.6% 0.02[-0.11],0.15] 235 54.0% -0.02[-0.13],0.08] 0.62 96 16.2% -0.02[-0.21],0.17] 0.53 77 29.8% 0.10[-0.04],0.24] 408 100.0% 0.06[-0.05],0.17]	Test for subgroup differences: $Ch^2 = 1.07$, $df = 1$ ($P = 0.30$), $P = 6.7\%$
0.7 35 4.9% 0.85 125 36.6% 235 54.0% 0.62 96 16.2% 0.53 77 29.8% 173 46.0% 408 100.0%	Heterogeneity: Tau* = 0.00; Chi*= 3.49, df = 4 (P = 0.48); i*= 0% Tootfor exercil affect 7 = 0.37 /0 = 0.74)
0.7 35 4.9% - 0.65 125 36.6% 235 54.0% - 0.62 96 16.2% - 0.53 77 29.8% 173 46.0%	Total (95% CI) 948
0.7 35 4.9% - 0.65 125 36.6% 235 54.0% - 0.62 96 16.2% - 0.53 77 29.8% 173 46.0%	Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 1.01$, $df = 1$ ($P = 0.32$); $I^2 = 1\%$ Test for overall effect. $Z = 1.01$ ($P = 0.31$)
0.7 35 4.9% - 0.65 125 36.6% 235 54.0% - 0.62 96 16.2% -	
0.7 35 4.9% 0.65 125 36.6% 235 54.0%	0.66 83 2.43
2.56 0.7 35 4.9% - 2.35 0.65 125 36.6% 235 54.0%	Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 1.40$, $df = 2$ ($P = 0.50$); $I^2 = 0$ % Test for overall effect $Z = 0.44$ ($P = 0.66$)
2.56 0.7 35 4.9% -	507
0.11	2.44 0.83 42 2.56
251 071 75 125%	10 M 2.4 0.59 67 2.51 (
	Male participants

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