

Supplemental table 1: Methodological quality score, study size score and effect of physical activity intervention studies aimed at children and adolescents. References refer to main study paper and studies are controlled trials unless specified (*).

Study ref	A	B	C	D	E	F	G	H	I	J	Score [§]	Size [†]	Effect [‡]
CHILDREN													
Educational													
Christodoulos '06 ^{w1}	+	?	-	+	?	+	?	-	+	-	4*	-	++
Fitzgibbon '06 ^{w2}	+	?	+	-	+	-	?	+	+	-	5*	+	+
Harrison '06 ^{w3}	+	-	+	+	+	+	?	-	+	-	6	+	++
Manios '06 ^{w4}	-	-	+	+	?	+	?	-	+	+	5	+	++
Fairclough '05 ^{w8}	+	?	-	+	-	+	-	-	+	+	5*	-	++
Fitzgibbon '05 ^{w10}	-	?	+	-	-	+	-	+	+	-	4*	+	0
French '05 ^{w11}	+	?	+	+	+	+	?	-	+	+	7*	+	+
Kelder '05 ^{w12}	?	-	-	+	-	+	?	-	+	?	3	+	++
Palmer '05 ^{w13}	?	-	+	+	-	+	-	-	+	-	4	-	0
Saakslanti '04 ^{w14}	-	-	+	+	+	-	-	+	+	+	6	-	+
Baranowski '03 ^{w15}	+	+	+	+	+	+	?	-	+	-	7*	-	0
Beech '03 ^{w16}	+	?	+	+	+	+	?	-	+	-	6*	-	+
Harvey-Berino '03 ^{w17}	-	?	+	+	+	+	+	-	+	-	6*	-	-
Pangrazi '03 ^{w18}	-	-	-	+	?	+	?	-	+	-	3	+	++
Story '03 ^{w19}	?	?	+	+	+	+	?	-	+	?	5*	-	+
Warren '03 ^{w20}	+	?	+	-	+	+	-	-	+	-	5*	-	0
Harrell '96 ^{w21}	+	?	+	?	?	+	?	-	+	+	5*	+	+
Howard '96 ^{w22}	?	?	-	-	?	+	?	+	+	-	3	-	-
Baranowski '90 ^{w23}	+	?	+	+	+	+	?	-	+	-	6*	-	--
Environmental													
Verstraete '06 ^{w24}	?	?	-	+	+	+	+	-	+	-	5*	-	++
Stratton '05 ^{w25}	+	-	-	+	+	+	+	-	+	+	7	-	++
Stratton '02 ^{w26}	?	-	-	+	-	+	?	-	+	+	4*	-	++
Stratton '00 ^{w27}	-	-	-	+	-	+	+	-	+	-	4	-	+
Multi-component													
Jurg '06 ^{w28}	+	-	+	-	+	+	?	-	+	+	6	+	++
Reilly '06 ^{w29}	?	?	+	+	+	+	+	-	+	+	7*	+	0
Coleman '05 ^{w30}	-	-	-	+	+	+	?	-	+	-	4	+	++
Paradis '05 ^{w31}	-	-	-	?	+	+	?	-	+	+	4	+	0
Caballero '03 ^{w33}	?	?	+	-	+	+	?	-	+	-	4*	+	++
Pate '03 ^{w37}	-	-	-	+	+	+	?	-	+	-	4	+	-
Van Beurden '03 ^{w38}	-	?	-	+	?	+	?	-	+	+	4	+	++

Study ref	A	B	C	D	E	F	G	H	I	J	Score [§]	Size [†]	Effect [‡]
Sahota '01 ^{w39}	+	+	+	-	+	+	-	-	+	+	7*	+	0
Sallis '97 ^{w41}	?	?	+	+	-	+	?	-	+	+	5*	+	0
McKenzie '96 ^{w44,,§}	-	?	+	+	+	+	-	+	+	+	7*	+	++
ADOLESCENTS													
Educational													
Jago '06 ^{w48}	+	?	+	+	+	+	+	+	+	+	9*	+	0
Patrick '06 ^{w49}	+	?	+	+	?	+	?	-	?	+	5*	+	+
Robbins '06 ^{w50}	+	+	-	+	+	+	-	-	+	?	6*	-	+
Frenn '05 ^{w51}	+	?	-	+	-	+	?	-	-	-	3	-	+
Schofield '05 ^{w52}	+	-	-	+	-	+	-	-	-	-	3	-	++
Tsorbatzoudis '05 ^{w53}	?	-	-	-	?	+	-	-	+	-	2	+	++
Wilson '05 ^{w54}	+	-	-	+	+	+	+	-	+	+	7	-	++
Bayne-Smith '04 ^{w55}	-	?	-	?	?	+	?	-	+	-	2*	+	-
Hsu '04 ^{w56}	+	?	-	-	+	+	-	-	+	-	4*	+	+
Ortega-Sanchez '04 ^{w57}	?	?	+	-	+	+	-	+	+	-	5*	+	++
Prochaska '04 ^{w58}	+	?	-	+	+	+	+	-	+	+	7*	+	++
Frenn '03 ^{w59}	?	-	?	+	-	+	-	-	+	?	3	+	++
Gortmaker '99 ^{w60}	+	+	+	+	+	+	-	-	+	+	8*	+	0
Perry '94 ^{w61}	+	-	+	-	-	+	?	+	+	+	6	+	++
Nader '92 ^{w63}	+	?	+	+	+	+	?	+	+	?	7*	+	0
Killen '88 ^{w64}	+	?	-	-	-	+	?	-	+	?	3*	+	++
Perry '87 ^{w66}	?	?	-	?	+	+	?	-	+	-	3*	+	0
Environmental													
Sallis '03 ^{w67}	+	?	-	+	?	+	?	-	+	-	4*	+	++
Multi-component													
Young '06 ^{w69}	?	?	+	+	+	+	?	-	+	+	6*	+	0
Haerens '05 ^{w70}	?	?	+	+	-	+	-	-	+	+	5*	+	++
Pate '05 ^{w72}	+	?	+	+	-	+	?	-	+	+	6*	+	++
Jamner '04 ^{w75}	+	-	-	?	+	+	?	-	?	+	4	-	++
Simon '04 ^{w76}	-	?	+	+	+	+	?	-	+	+	6*	+	++
Neumark-Sztainer '03 ^{w77}	+	?	+	?	+	+	-	+	+	-	6*	-	0

NOTES: Description of columns: A: Groups comparable; B: Randomisation; C: Unit of analysis; D:PA measure; E: Drop out; F: Timing; G: Blinding; H: Follow-up; I: Intention-to-treat; J: Confounders. Possible scores obtained: '+': positive; '?': not or insufficiently described; '-': negative.