**Supplementary Table 2.** Quality assessment of controlled studies

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| --- | --- | --- |
| **Author** | Albanese 2019 [24] | Sajoux 2019 [35] |
| **Selection** |
| Represents cases with independent validation | 1 | 1 |
| Cases are consecutive or obviously representative | 1 | 0 |
| Controls are from clinical setting | 1 | 1 |
| Controls have no history of Obesity | 0 | 1 |
| **Comparability** |
| Controls are comparable for the most important factors. | 0 | 0 |
| Control for any additional factor | 1 | 0 |
| **Ascertainment of exposure** |
| Secured record or structured interview where blind to case/control status | 0 | 0 |
| Same method of ascertainment for cases and controls | 1 | 1 |
| Cases and controls have completed follow up | 1 | 1 |
| **Total score** | **6** | **5** |

Newcastle-Ottawa Scale (NOS) for longitudinal case control studies. Yes = 1, No (not reported, not available) = 0; Studies with scores of 0–3, 4–6, 7–9 were considered as low, moderate and high quality, respectively.