Study or Subgroup	Mean Difference	SE	Participants Total	Weight	Mean Difference IV, Random, 95% CI	Year
1.3.1 Infants (0 to <3 years)						
Speirs (USA)	-0.401	0.134	247	0.3%	-0.40 [-0.66, -0.14]	2014
Zhou - Malay (Singapore)	-0.042	0.0163	237	9.4%	-0.04 [-0.07, -0.01]	2015
Zhou - Chinese (Singapore)	-0.006	0.0036	507	15.1%	-0.01 [-0.01, 0.00]	2015
Zhou - Indian (Singapore)	0.002	0.0012	155	15.5%	0.00 [-0.00, 0.00]	2015
Kupers (The Netherlands)	-0.033	0.011	2475	12.0%	-0.03 [-0.05, -0.01]	2015
Baird (UK)	-0.234	0.0707	587	1.2%	-0.23 [-0.37, -0.10]	2016
Subtotal (95% CI)			**4208**	**53.4%**	**-0.02 [-0.04, -0.00]**	
Heterogeneity: Tau² = 0.00; Chi² = 40.87, df = 5 (P < 0.00001); I² = 88%						
Test for overall effect: Z = 2.25 (P = 0.02)						
1.3.2 Early childhood (3 to <9 years)						
Agras (USA)	-0.706	0.237	150	0.1%	-0.71 [-1.17, -0.24]	2004
Landhuis (New Zealand)	-0.93	0.3112	1037	0.1%	-0.93 [-1.54, -0.32]	2008
Carter (New Zealand)	-0.39	0.1684	244	0.2%	-0.39 [-0.72, -0.06]	2011
Lee gr 1 (South Korea)	-0.463	0.2084	474	0.1%	-0.46 [-0.87, -0.05]	2012
Magee BMI (Australia)	-0.07	0.035	2984	3.9%	-0.07 [-0.14, -0.00]	2014
Butte (USA)	-0.24	0.12	111	0.4%	-0.24 [-0.48, -0.00]	2016
Subtotal (95% CI)			**5000**	**4.8%**	**-0.38 [-0.62, -0.14]**	
Heterogeneity: Tau² = 0.06; Chi² = 21.19, df = 5 (P = 0.0007); I² = 76%						
Test for overall effect: Z = 3.14 (P = 0.002)						
1.3.3 Middle childhood (9 to <12 years)						
Seegers (Canada)	-0.71	0.2908	1916	0.1%	-0.71 [-1.28, -0.14]	2011
Lee gr 4 (South Korea)	0.024	0.1329	1030	0.3%	0.02 [-0.24, 0.28]	2012
Ames - younger boys (Canada)	0.14	0.08	160	0.9%	0.14 [-0.02, 0.30]	2016
Ames - younger girls (Canada)	0.04	0.08	171	0.9%	0.04 [-0.12, 0.20]	2016
Subtotal (95% CI)			**3277**	**2.3%**	**0.00 [-0.18, 0.19]**	
Heterogeneity: Tau² = 0.02; Chi² = 8.14, df = 3 (P = 0.04); I² = 63%						
Test for overall effect: Z = 0.04 (P = 0.97)						
1.3.4 Adolescents (12-18 years)						
Berkey (USA)	-0.034	0.016	4427	9.5%	-0.03 [-0.07, -0.00]	2009
Lytle boys (USA)	-0.091	0.11	320	0.5%	-0.09 [-0.31, 0.12]	2012
Lytle girls (USA)	0.03	0.094	328	0.7%	0.03 [-0.15, 0.21]	2012
Mitchell (USA)	-0.15	0.0459	109	2.5%	-0.15 [-0.24, -0.06]	2013
de Souza boys (Portugal)	-0.037	0.024	3476	6.4%	-0.04 [-0.08, 0.01]	2015
de Souza girls (Portugal)	0.035	0.029	3418	5.1%	0.04 [-0.02, 0.09]	2015
Ames - older boys (Canada)	0.01	0.0061	160	14.2%	0.01 [-0.00, 0.02]	2016
Ames - older girls (Canada)	-0.24	0.109	171	0.5%	-0.24 [-0.45, -0.03]	2016
Subtotal (95% CI)			**12409**	**39.5%**	**-0.03 [-0.07, 0.01]**	
Heterogeneity: Tau² = 0.00; Chi² = 27.34, df = 7 (P = 0.0003); I² = 74%						
Test for overall effect: Z = 1.53 (P = 0.13)						
Total (95% CI)			**24894**	**100.0%**	**-0.03 [-0.04, -0.01]**	
Heterogeneity: Tau² = 0.00; Chi² = 113.72, df = 23 (P < 0.00001); I² = 80%						
Test for overall effect: Z = 3.23 (P = 0.001)						
Test for subgroup differences: Chi² = 9.13, df = 3 (P = 0.03), I² = 67.1%						