**Supplementary Table S1**. 2018 Physical Activity Guidelines Advisory Committee Grading Criteria

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| **Criteria** | **Strong** | **Moderate** | **Limited** | **Not Assignable** |
| **Applicability** | Study populations, exposures, and outcomes are directly related to the question | Some of the study populations, exposures, or outcomes are directly related to the question | Most of the study populations, exposures, and outcomes relate to the question indirectly | All of the study populations, exposures, and outcomes relate to the question indirectly |
| **Generalizability (to the US population of interest)** | Studied population, exposure, and outcomes are free from serious doubts about generalizability | Minor doubts about generalizability | Serious doubts about generalizability due to narrow or different study population, exposure, or outcomes studied | Highly unlikely that the studied population, exposure, and/or outcomes are generalizable to the US population |
| **Risk of bias or study limitations (as determined by NEL BAT and/or AMSTAREXBP)** | Studies are of strong design; free from methodological concerns, bias, and execution problems | Studies are of strong design with minor methodological concerns OR studies of weaker study design | Studies of weak design OR inconclusive findings due to design flaws, bias, or execution problems | Serious design flaws, bias, or execution problems across the body of evidence |
| **Quantity and Consistency (of the results across the available studies)** | Many studies have been published and the results are highly consistent in direction and approximate size of effect | A moderate number of studies have been published with some inconsistency in direction or size of effect | Few studies have been published with some inconsistency in direction or size of effect | Findings are too disparate to synthesize OR single small study unconfirmed by other studies |
| **Magnitude and precision of effect** | The magnitude and precision of the estimated effect provide considerable confidence in the accuracy of the findings | The magnitude and precision of the estimated effect provide confidence in the accuracy of the findings | The magnitude and precision of the estimated effect provide some but not a lot of confidence in the accuracy of the findings | Magnitude and precision of effect cannot be determined |