eTable. Summary of characteristics of studies included in this meta-analysis

Study source	Ethnicity	*Dura-tion	N P	C	**Age baseline ***	entry ****	% Men	**BMI at entry ****	*****Methods baseline BW ***	T2DM	Study adjustments
		(y)			(y)	(y)	(%)	(kg/m²)			
Chan et al. (1994)[2]	non-specified	5	27,983	272	21	56	100	24.7	S	S	age, gender, FHDM, smoking, baseline BMI
Colditz et al. (1995)[8]	non-specified	13	114,281	1,804	18	42	0	24	S	S	age, gender, baseline BMI
McNeely et al. (2001)[3]	Asian	5	466	49	20	52	52	24.1	S	D/M	none
Oguma et al. (2005)[4]	non-specified	24	20,187	1,223	18.5	46	100	24.4	M	S	age, gender, PA, smoking, HT, FHDM, baseline BMI
Krishman et al. (2007)[5]	Black	3	49,766	2,472	18	[38]	0	[26.7]	S	S	age, gender, baseline BMI, FHDM, PA, smoking, education
Morimoto et al. (2011)[6]	non-specified	14	78,006	8,588	21	59	46	24.9	S	S, R	gender, ethnicity, education BMI at baseline and at entry,
Nanri et al. (2011)[7]	Asian	5	52,014	989	20	56	44.0	23.4	S	S	age, gender, baseline BMI, smoking, PA, HT, FHDM, coffee consumption

Abbreviations: T2DM, type 2 diabetes mellitus; N, number; P, participants; C, cases; BW, body weight; BMI, body mass index; S, self-report; M, measurement; R, registry; D/M, doctor diagnosis or medical record; FHDM, family history of diabetes; HT, hypertension; PA, physical activity
* Follow-up duration during which researchers investigated whether the participants developed T2DM
** Numeral in parenthesis indicates mean value and that in square brackets indicates median value
*** "baseline" means the point when initial BW was assessed
**** " entry" means the point when the cohort was formed

***** Methods for obtaining data on BW at baseline and whether participants developed T2DM.

eFigure

8,253 citations were found in databases using search terms from MEDLINE or EMBASE

→ 8,120 articles were excluded based on title and abstract

133 articles were left for full-paper review

41 studies did not meet inclusion criteria
  4 used cross-sectional design
  1 targeted patients with diabetes
  19 assessed weight change and incident type 2 diabetes concurrently
  2 included participants who were <25 years of age at cohort entry
  12 included data on initial BW retrospectively obtained for participants aged ≥25 years
  2 provided insufficient data (i.e., standard error)
  1 did not have a weight-maintenance group as the referent

84 studies were not relevant to our study topic
  19 were not original articles
  23 did not consider incident type 2 diabetes as study endpoint
  26 did not assess or quantify weight change
  16 did not analyze weight change as an explanatory variable

1 study had the same cohort as another study

7 articles were included in our analysis