Table A. Inclusion/Exclusion Criteria

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| **Category** | **Inclusion/Exclusion Criteria** | **Notes/Rationale** |
| **Publication Language** | **Include:*** Studies published with full text in English
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| **Publication Status** | **Include:*** Studies published in peer-reviewed journals
* Reports determined to have appropriate suitability and quality by PAGAC

**Exclude:*** Grey literature, including unpublished data, manuscripts, abstracts, conference proceedings
 |  |
| **Research Type** | **Include:*** Original research
* Meta-analyses
* Systematic reviews
* Reports determined to have appropriate suitability and quality by PAGAC
 |  |
| **Study Subjects** | **Include:*** Human subjects
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| **Age of Study Subjects**  | **Include:*** Children ages 0–6
* Studies of preschool children
* When data are analyzed by age groups, only data with upper age range of 5 may be included (e.g., in a study with individuals 0–18 where data are presented for multiple age groups, only data for 5 and younger may be included). Note one exception to this: studies can be included if data have an upper age range of 6 AND are collected in the preschool setting.

**Exclude:*** Studies that only present data for children in grades K-12 regardless of age (studies that present data for preschool and K-12 are ok)
 | Focus must be on children ages 0–6 to be relevant to this question |
| **Health Status of Study Subjects** | **Include:** * Healthy children
* Overweight or obese children

**Exclude:*** Children with disabilities
* Children with chronic conditions
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| **Date of Publication** | **Include:*** Original research published whenever
* Systematic reviews and meta-analyses published 2006–present
 |  |
| **Study Design** | **Include:*** Randomized trials
* Non-randomized trials
* Prospective cohort studies
* Retrospective cohort studies
* Case-control studies
* Before-After studies
* Time series
* Systematic reviews
* Meta-analyses
* Reports

**Exclude:*** Narrative reviews
* Commentaries
* Editorials
* Cross-sectional studies
* Study protocol
 |  |
| **Intervention/ Exposure** | **Include studies in which the exposure or intervention is:** * All types and intensities of physical activity

**Exclude:*** Studies that do not include physical activity (or the lack thereof) as the primary exposure variable or used solely as a confounding variable
* Studies of a specific therapeutic exercise delivered by a medical professional (e.g., physical therapist)
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| **Outcome** | **Include studies in which the outcome is:*** Adiposity
* Asthma
* Blood pressure
* Body composition
* Bone, bone mineral content, bone geometry, bone mineral density
* Cardiometabolic risk factors
* Fatness
* Gross motor movement
* Gross motor skill development
* Growth
* Motor skill competence
* Muscle mass, lean mass
* Musculoskeletal development and fitness
* Physical fitness
* Weight (underweight, normal, overweight, obese)
* Weight Status
* Weight trajectory change
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