**Supplementary Table 1: List of search terms**

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| **Cochrane Database (April 2011 to May 2016)** **673 studies** | **ClinicalTrials.gov (April 2011 to May 2016)****100 studies**  |
| #1 "Overweight/prevention & control"[Mesh] #2 "Obesity/prevention & control"[Mesh] #3 "Glucose Intolerance"[Mesh] #4 "Prediabetic State"[Mesh]#5 "Diabetes Mellitus/prevention & control" [Mesh] #6 "Diabetes Mellitus, Type 2/prevention & control"[Mesh] #7 "Prediabetic State/prevention & control"[Mesh] #8 "Metabolic Syndrome X/prevention & control"[Mesh] #9 "Prediabetic State/therapy"[Mesh] #10 "Diabetes Prevention" #11 "Diabetes risk reduction" #12 OR / 1 -11#13 Weight Loss#14 Lifestyle #15 OR/ 13-14#18 12 AND 15Limits: English, Humans, Publication Date from 2011 to 2016, product type: trials  | #1 overweight prevention #2 obesity prevention #3 glucose intolerance #4 impaired glucose tolerance #5 impaired fasting glucose #6 impaired fasting glycemia #7 metabolic syndrome prevention #8 diabetes prevention #9 diabetes risk reduction Limits: Studies with results, Interventional Studies, English, adults/seniors |

**Supplementary Table 1 (continued)**

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| **Medline via PubMed (April 2011 to May 2016)****4,653 studies**  | **EMBASE (April 2011 to May 2016)****3,617studies** |
| #1 "Overweight/prevention & control"[Mesh] #2 "Obesity/prevention & control"[Mesh] #3 "Glucose Intolerance"[Mesh] #4 "Prediabetic State"[Mesh]#5 "Diabetes Mellitus/prevention & control" [Mesh] #6 "Diabetes Mellitus, Type 2/prevention & control"[Mesh] #7 "Prediabetic State/prevention & control"[Mesh] #8 "Metabolic Syndrome X/prevention & control"[Mesh] #9 "Prediabetic State/therapy"[Mesh] #10 "Diabetes Prevention" #11 "Diabetes risk reduction" #12 OR / 1 -11#13 Weight Loss#14 Lifestyle #15 Preventive Health Services#16 Program evaluation #17 OR/ 13-10#18 12 AND 18Limits: English, Humans, Publication Date from 2011/04/01 to 2013/04/01  | #1 overweight prevention #2 obesity prevention #3 glucose intolerance #4 impaired glucose tolerance #5 impaired fasting glucose #6 impaired fasting glycemia #7 metabolic syndrome prevention #8 diabetes prevention #9 diabetes risk reduction # 10 OR/ 1-9#11 weight loss #12 lifestyle # 13 OR/ 11 12 #14 10 AND 13 Limits: English, Publication Date from 2011 to 2016/05/01  |