

Table S1. Search strategies per database

Database(s): Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations and Daily
1946 to October 31, 2019

| # | Searches |
|----|---|
| 1 | schools/ or schools, nursery/ |
| 2 | Child Day Care Centers/ |
| 3 | (pre-school* or preschool*).mp. |
| 4 | ((childcare* or child care* or daycare* or day care*) adj (centre* or center* or worksite* or workplace* or work site* or work place*)).mp. |
| 5 | ((high or middle or junior or primary or elementary or senior or prep*) adj school*).mp. |
| 6 | (school* adj3 (worksite* or workplace* or work site* or work place*)).tw,kw. |
| 7 | kindergarten*.tw,kw. |
| 8 | 1 or 2 or 3 or 4 or 5 or 6 or 7 |
| 9 | (teacher* or principal* or teach* assistant* or school director* or teach* aide*).mp. |
| 10 | ((staff or employee* or worker* or workforce or personnel) adj3 (school* or preschool* or pre school* or kinder*)).mp. |
| 11 | 9 or 10 |
| 12 | sleep/ |
| 13 | Sleep Deprivation/ |
| 14 | Sleep*.ti,ab,kw. |
| 15 | exercise/ or gymnastics/ or physical conditioning, human/ or running/ or swimming/ or walking/ |
| 16 | Motor Activity/ |
| 17 | physical fitness/ or cardiorespiratory fitness/ |
| 18 | life style/ or healthy lifestyle/ or healthy aging/ or healthy diet/ or sedentary lifestyle/ |
| 19 | exp sports/ |
| 20 | physical* inactiv*.ti,ab,kw. |
| 21 | physical* activ*.ti,ab,kw. |
| 22 | sedentary.ti,ab,kw. |
| 23 | Exercis*.ti,ab,kw. |
| 24 | Sport*.ti,ab,kw. |
| 25 | ("lifestyle*" or life style*) adj5 activ*).ti,ab,kw. |
| 26 | (fitness adj (class* or regime* or program*)).mp. |
| 27 | exp Diet/ |
| 28 | nutrition*.ti,ab,kw. |
| 29 | Healthy eating.ti,ab,kw. |
| 30 | fruit*.ti,ab,kw. |
| 31 | Fruit/ |
| 32 | Vegetable*.ti,ab,kw. |

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|----|--|
| 33 | Vegetables/ |
| 34 | Canteen*.ti,ab,kw. |
| 35 | Food services/ or food service*.ti,ab,kw. |
| 36 | Menu planning/ or menu*.ti,ab,kw. |
| 37 | calorie*.ti,ab,kw. |
| 38 | Energy intake/ |
| 39 | energy density.ti,ab,kw. |
| 40 | eating/ |
| 41 | Feeding Behavior/ or feeding behavio*.ti,ab,kw. |
| 42 | dietary intake.ti,ab,kw. |
| 43 | food habits.ti,ab,kw. |
| 44 | food/ |
| 45 | Carbonated Beverages/ or soft drink*.ti,ab,kw. |
| 46 | soda.ti,ab,kw. |
| 47 | sweetened drink*.ti,ab,kw. |
| 48 | Dietary Fats, Unsaturated/ or Dietary Fats/ |
| 49 | confectionar*.ti,ab,kw. |
| 50 | (school adj (lunch* or meal*)).ti,ab,kw. |
| 51 | ((feeding or food or nutrition*) adj program*).ti,ab,kw. |
| 52 | cafeteria*.ti,ab,kw. |
| 53 | (food adj2 (purchas* or select*)).ti,ab,kw. |
| 54 | (well being or wellbeing).ti,ab,kw. |
| 55 | health promotion/ or health promotion.tw,kw. |
| 56 | 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43 or 44 or 45 or 46 or 47 or 48 or 49 or 50 or 51 or 52 or 53 or 54 or 55 |
| 57 | 8 and 11 and 56 |
| 58 | animals/ not (humans/ and animals/) |
| 59 | 57 not 58 |
| 60 | limit 59 to english language |
| 61 | infection/ or apnea/ or allergy/ or surgery/ |
| 62 | (infect* or allerg* or apnea* or apnoea* or surger*).tw,kw. |
| 63 | 61 or 62 |
| 64 | 60 not 63 |

| # | Searches |
|----|---|
| 1 | school/ or high school/ or kindergarten/ or middle school/ or nursery school/ or primary school/ |
| 2 | (pre-school* or preschool*).mp. |
| 3 | ((childcare* or child care* or daycare* or day care*) adj (centre* or center* or worksite* or workplace* or work site* or work place*)).mp. |
| 4 | ((high or middle or junior or primary or elementary or senior or prep*) adj school*).mp. |
| 5 | (school* adj3 (worksite* or workplace* or work site* or work place*)).tw,kw. |
| 6 | kindergarten*.tw,kw. |
| 7 | 1 or 2 or 3 or 4 or 5 or 6 |
| 8 | school teacher/ |
| 9 | (teacher* or principal* or teach* assistant* or school director* or teach* aide*).mp. |
| 10 | ((staff or employee* or worker* or workforce or personnel) adj3 (school* or preschool* or pre school* or kinder*)).mp. |
| 11 | 8 or 9 or 10 |
| 12 | sleep/ or sleep deprivation/ |
| 13 | Sleep*.ti,ab,kw. |
| 14 | exercise/ |
| 15 | gymnastics.mp. or physical education/ |
| 16 | running/ |
| 17 | swimming/ |
| 18 | walking/ |
| 19 | motor activity/ |
| 20 | fitness/ |
| 21 | cardiorespiratory fitness/ |
| 22 | lifestyle/ |
| 23 | healthy lifestyle/ |
| 24 | healthy aging/ |
| 25 | healthy diet/ |
| 26 | sedentary lifestyle/ |
| 27 | exp sport/ |
| 28 | physical* inactiv*.ti,ab,kw. |
| 29 | physical* activ*.ti,ab,kw. |
| 30 | sedentary.ti,ab,kw. |
| 31 | Exercis*.ti,ab,kw. |
| 32 | Sport*.ti,ab,kw. |
| 33 | ((("lifestyle*" or life style*) adj5 activ*).ti,ab,kw. |

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|----|--|
| 34 | (fitness adj (class* or regime* or program*)).mp. |
| 35 | exp diet/ |
| 36 | nutrition*.ti,ab,kw. |
| 37 | Healthy eating.ti,ab,kw. |
| 38 | fruit*.ti,ab,kw. |
| 39 | fruit/ |
| 40 | Vegetable*.ti,ab,kw. |
| 41 | vegetable/ |
| 42 | Canteen*.ti,ab,kw. |
| 43 | catering service/ |
| 44 | food service*.ti,ab,kw. |
| 45 | menu*.ti,ab,kw. |
| 46 | calorie*.ti,ab,kw. |
| 47 | caloric intake/ |
| 48 | energy density.ti,ab,kw. |
| 49 | eating/ |
| 50 | feeding behavior/ |
| 51 | feeding behavio*.ti,ab,kw. |
| 52 | dietary intake.ti,ab,kw. |
| 53 | food habits.ti,ab,kw. |
| 54 | food/ |
| 55 | carbonated beverage/ |
| 56 | soft drink*.ti,ab,kw. |
| 57 | soda.ti,ab,kw. |
| 58 | sweetened drink*.ti,ab,kw. |
| 59 | Dietary Fats.mp. or fat intake/ |
| 60 | confectionar*.ti,ab,kw. |
| 61 | (school adj (lunch* or meal*)).ti,ab,kw. |
| 62 | ((feeding or food or nutrition*) adj program*).ti,ab,kw. |
| 63 | cafeteria*.ti,ab,kw. |
| 64 | (food adj2 (purchas* or select*)).ti,ab,kw. |
| 65 | (well being or wellbeing).ti,ab,kw. |
| 66 | health promotion/ |
| 67 | health promotion.tw,kw. |
| 68 | 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43 or 44 or 45 or 46 or 47 or 48 or 49 or 50 or 51 or 52 or 53 or 54 or 55 or 56 or 57 or 58 or 59 or 60 or 61 or 62 or 63 or 64 or 65 or 66 or 67 |
| 69 | 7 and 11 and 68 |

| | |
|-----------|---|
| 70 | animal/ not (human/ and animal/) |
| 71 | 69 not 70 |
| 72 | limit 71 to english language |
| 73 | infection/ or apnea/ or allergy/ or surgery/ |
| 74 | (infect* or allerg* or apnea* or apnoea* or surger*).tw,kw. |
| 75 | 73 or 74 |
| 76 | 72 not 75 |

| # | Searches |
|----|--|
| 1 | JUNIOR HIGH SCHOOLS/ or HIGH SCHOOLS/ or MIDDLE SCHOOLS/ or NURSERY SCHOOLS/ or SCHOOLS/ or ELEMENTARY SCHOOLS/ |
| 2 | Child Day Care/ or Nursery Schools/ |
| 3 | (pre-school* or preschool*).tw,id. |
| 4 | ((childcare* or child care* or daycare* or day care*) adj (centre* or center* or worksite* or workplace* or work site* or work place*)).tw,id. |
| 5 | ((high or middle or junior or primary or elementary or senior or prep*) adj school*).tw,id. |
| 6 | (school* adj3 (worksite* or workplace* or work site* or work place*)).tw,id. |
| 7 | kindergarten*.tw,id. |
| 8 | 1 or 2 or 3 or 4 or 5 or 6 or 7 |
| 9 | PRESCHOOL TEACHERS/ or JUNIOR HIGH SCHOOL TEACHERS/ or TEACHERS/ or HIGH SCHOOL TEACHERS/ or STUDENT TEACHERS/ or ELEMENTARY SCHOOL TEACHERS/ or MIDDLE SCHOOL TEACHERS/ |
| 10 | (teacher* or principal* or teach* assistant* or school director* or teach* aide*).tw,id. |
| 11 | ((staff or employee* or worker* or workforce or personnel) adj3 (school* or preschool* or pre school* or kindergarten*)).tw,id. |
| 12 | 9 or 10 or 11 |
| 13 | SLEEP DEPRIVATION/ or SLEEP/ |
| 14 | Sleep*.tw,id. |
| 15 | EXERCISE/ |
| 16 | gymnastics.tw,id. |
| 17 | RUNNING/ |
| 18 | SWIMMING/ |
| 19 | WALKING/ |
| 20 | Motor Activity.tw,id. |
| 21 | Physical Fitness/ |
| 22 | cardiorespiratory fitness.tw,id. |
| 23 | exp Lifestyle/ |
| 24 | healthy diet.tw,id. |
| 25 | healthy aging.mp. |
| 26 | exp SPORTS/ |
| 27 | physical* inactiv*.tw,id. |
| 28 | physical* activ*.tw,id. |
| 29 | sedentary.tw,id. |
| 30 | Exercis*.tw,id. |
| 31 | Sport*.tw,id. |

| | |
|----|--|
| 32 | ("lifestyle*" or life style*) adj5 activ*).tw,id. |
| 33 | (fitness adj (class* or regime* or program*)).tw,id. |
| 34 | exp DIETS/ |
| 35 | nutrition*.tw,id. |
| 36 | Healthy eating.tw,id. |
| 37 | fruit*.tw,id. |
| 38 | Vegetable*.tw,id. |
| 39 | Canteen*.tw,id. |
| 40 | food service*.tw,id. |
| 41 | menu*.tw,id. |
| 42 | calorie*.tw,id. |
| 43 | exp Food Intake/ or Energy intake.tw,id. |
| 44 | energy density.tw,id. |
| 45 | eating.tw,id. |
| 46 | feeding behavio*.tw,id. |
| 47 | dietary intake.tw,id. |
| 48 | food habits.tw,id. |
| 49 | FOOD/ |
| 50 | soft drink*.tw,id. |
| 51 | Carbonated drink*.tw,id. |
| 52 | soda.tw,id. |
| 53 | sweetened drink*.tw,id. |
| 54 | Dietary Fats.tw,id. |
| 55 | confectionar*.tw,id. |
| 56 | (school adj (lunch* or meal*)).tw,id. |
| 57 | ((feeding or food or nutrition*) adj program*).tw,id. |
| 58 | cafeteria*.tw,id. |
| 59 | (food adj2 (purchas* or select*)).tw,id. |
| 60 | (well being or wellbeing).tw,id. |
| 61 | health promotion.mp. or Health Promotion/ |
| 62 | 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43 or 44 or 45 or 46 or 47 or 48 or 49 or 50 or 51 or 52 or 53 or 54 or 55 or 56 or 57 or 58 or 59 or 60 or 61 |
| 63 | 8 and 12 and 62 |
| 64 | limit 63 to (human and english language) |
| 65 | (infect* or allerg* or apnea* or apnoea* or surger*).mp. |
| 66 | 64 not 65 |

CINAHL

| # | Query |
|-----|--|
| S1 | (MH "Schools") OR (MH "Schools, Middle") OR (MH "Schools, Secondary") OR (MH "Schools, Nursery") OR (MH "Schools, Elementary") |
| S2 | (MH "Child Day Care") OR (MH "Child Care Providers") |
| S3 | ("pre-school*" or preschool*) |
| S4 | ((childcare* or "child care*" or daycare* or "day care*") n1 (centre* or center* or worksite* or workplace* or "work site*" or "work place*")) |
| S5 | ((high or middle or junior or primary or elementary or senior or prep*) n1 school*) |
| S6 | (school* n3 (worksite* or workplace* or "work site*" or "work place*")) |
| S7 | kindergarten* |
| S8 | S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 |
| S9 | (teacher* or principal* or "teach* assistant*" or "school director*" or "teach* aide*") |
| S10 | ((staff or employee* or worker* or workforce or personnel) n3 (school* or preschool* or "pre school*" or kinder*)) |
| S11 | S9 OR S10 |
| S12 | (MH "Sleep") |
| S13 | TI sleep* OR AB sleep* |
| S14 | (MH "Exercise") |
| S15 | (MH "Gymnastics") |
| S16 | (MH "Running") |
| S17 | (MH "Swimming") |
| S18 | (MH "Walking") |
| S19 | (MH "Motor Activity") |
| S20 | (MH "Physical Fitness") |
| S21 | (MH "Cardiorespiratory Fitness") |
| S22 | (MH "Life Style") OR (MH "Life Style, Sedentary") |
| S23 | ("healthy ag?ing" or healthy diet") |
| S24 | (MH "Sports+") |
| S25 | ("physical* inactiv*" or "physical* activ*") |
| S26 | TI sedentary OR AB sedentary |
| S27 | TI (Exercis* or sport*) OR AB (Exercis* or sport*) |
| S28 | TI (((lifestyle* or "life style*") n5 activ*)) OR AB (((lifestyle* or "life style*") n5 activ*)) |
| S29 | (fitness n1 (class* or regime* or program*)) |
| S30 | (MH "Diet+") |
| S31 | TI nutrition* OR AB nutrition* |
| S32 | TI "Healthy eating" OR AB "Healthy eating" |

| | |
|-----|---|
| S33 | TI fruit* OR AB fruit* |
| S34 | (MH "Fruit") |
| S35 | TI Vegetable* OR AB Vegetable* |
| S36 | TI Canteen* OR AB Canteen* |
| S37 | (MH "Food Services") |
| S38 | TI food service* OR AB Food service* |
| S39 | (MH "Menu Planning") |
| S40 | TI calorie* OR AB calorie* |
| S41 | (MH "Energy Intake") |
| S42 | (MH "Energy Density") |
| S43 | (MH "Eating") OR (MH "Eating Behavior") |
| S44 | TI feeding behavio* OR AB feeding behavio* |
| S45 | TI dietary intake OR AB dietary intake |
| S46 | (MH "Food Habits") |
| S47 | (MH "Food") |
| S48 | (MH "Carbonated Beverages") |
| S49 | TI "soft drink*" OR AB "soft drink" |
| S50 | TI soda OR AU soda |
| S51 | TI "sweetened drink*" OR AB "sweetened drink" |
| S52 | (MH "Dietary Fats") |
| S53 | TI confectionar* OR AB confectionar* |
| S54 | TI ((school n1 (lunch* or meal*))) OR AB ((school n1 (lunch* or meal*))) |
| S55 | TI (((feeding or food or nutrition*) n1 program*)) OR AB (((feeding or food or nutrition*) n1 program*)) |
| S56 | TI cafeteria* OR AB cafeteria* |
| S57 | TI ((food n2 (purchas* or select*))) OR AB ((food n2 (purchas* or select*))) |
| S58 | TI (("well being" or wellbeing)) OR AB (("well being" or wellbeing)) |
| S59 | (MH "Health Promotion") |
| S60 | TI "health promotion" OR AB "health promotion" |
| S61 | S12 OR S13 OR S14 OR S15 OR S16 OR S17 OR S18 OR S19 OR S20 OR S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31 OR S32 OR S33 OR S34 OR S35 OR S36 OR S37 OR S38 OR S39 OR S40 OR S41 OR S42 OR S43 OR S44 OR S45 OR S46 OR S47 OR S48 OR S49 OR S50 OR S51 OR S52 OR S53 OR S54 OR S55 OR S56 OR S57 OR S58 OR S59 OR S60 |
| S62 | S8 AND S11 AND S61 |
| S63 | (MH "Infection") |
| S64 | (MH "Apnea") |
| S65 | (MH "Allergy and Immunology") |

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|-----|--|
| S66 | (MH "Hypersensitivity") |
| S67 | (MH "Surgery, Operative") |
| S68 | TI ((infect* or allerg* or hypersensitivit* or apnea* or apnoea* or surger*)) OR AB ((infect* or allerg* or hypersensitivit* or apnea* or apnoea* or surger*)) |
| S69 | S63 OR S64 OR S65 OR S66 OR S67 OR S68 |
| S70 | S62 not S69 english and humans |

EBSCO MegaFile Ultimate – search in title and subject terms fields

Preschool* or “pre school*” or ((childcare* or “child care*” or daycare* or “day care*”) n1 (centre* or center* or worksite* or workplace* or “work site*” or “work place*”)) or ((high or middle or junior or primary or elementary or senior or prep*) n1 school*) or (school* n3 (worksite* or workplace* or work site* or work place*)) or kindergarten*

teacher* or principal* or “teach* assistant*” or “school director*” or “teach* aide*” or ((staff or employee* or worker* or workforce or personnel) n3 (school* or preschool* or “pre school*” or kinder*))

sleep* or exercis* or gymnastic* or running or swimming or walking or “motor activity” or “physical fitness” or “cardiorespiratory fitness” or “life style” or lifestyle or “healthy ag?ing” or “healthy diet” or sport* or “physical activit*” or “physical inactivit*” or sedentary or “fitness class*” or “fitness regime*” or “fitness program*” or diet or nutrition* or “healthy eating” or fruit* or vegetable* or canteen* or “food service*” or menu* or calorie* or “energy intake” or “energy density” or eating or “feeding behavio*” or “dietary intake” or food or “carbonated drink*” or “soft drink*” or soda or “sweetened drink*” or “dietary fat*” or confectionar* or “school lunch*” or “school meal*” or ((feeding or food or nutrition*) n1 program*) or cafeteria* or (food n2 (purchas* or select*)) or wellbeing or “well being” or “health promotion”

SportDiscus – search in title, abstract and subject fields

Preschool* or “pre school*” or ((childcare* or “child care*” or daycare* or “day care*”) n1 (centre* or center* or worksite* or workplace* or “work site*” or “work place*”)) or ((high or middle or junior or primary or elementary or senior or prep*) n1 school*) or (school* n3 (worksite* or workplace* or work site* or work place*)) or kindergarten*

teacher* or principal* or “teach* assistant*” or “school director*” or “teach* aide*” or ((staff or employee* or worker* or workforce or personnel) n3 (school* or preschool* or “pre school*” or kinder*))

sleep* or exercis* or gymnastic* or running or swimming or walking or “motor activity” or “physical fitness” or “cardiorespiratory fitness” or “life style” or lifestyle or “healthy ag?ing” or “healthy diet” or sport* or “physical activit*” or “physical inactivit*” or sedentary or “fitness class*” or “fitness regime*” or “fitness program*” or diet or nutrition* or “healthy eating” or fruit* or vegetable* or canteen* or “food service*” or menu* or calorie* or “energy intake” or “energy density” or eating or “feeding behavio*” or “dietary intake” or food or “carbonated drink*” or “soft drink*” or soda or “sweetened drink*” or “dietary fat*” or confectionar* or “school lunch*” or “school meal*” or ((feeding or food or nutrition*) n1 program*) or cafeteria* or (food n2 (purchas* or select*)) or wellbeing or “well being” or “health promotion”

Dissertations and Theses – anywhere except Fulltext

Preschool* or "pre school*" or ((childcare* or "child care*" or daycare* or "day care*") near/1 (centre* or center* or worksite* or workplace* or "work site*" or "work place*")) or ((high or middle or junior or primary or elementary or senior or prep*) near/1 school*) or (school* near/3 (worksite* or workplace* or work site* or work place*)) or kindergarten*

teacher* or principal* or "teach* assistant*" or "school director*" or "teach* aide*" or ((staff or employee* or worker* or workforce or personnel) near/3 (school* or preschool* or "pre school*" or kinder*))

sleep* or exercis* or gymnastic* or running or swimming or walking or "motor activity" or "physical fitness" or "cardiorespiratory fitness" or "life style" or lifestyle or "healthy ag?ing" or "healthy diet" or sport* or "physical activit*" or "physical inactivit*" or sedentary or "fitness class*" or "fitness regime*" or "fitness program*" or diet or nutrition* or "healthy eating" or fruit* or vegetable* or canteen* or "food service*" or menu* or calorie* or "energy intake" or "energy density" or eating or "feeding behavio*" or "dietary intake" or food or "carbonated drink*" or "soft drink*" or soda or "sweetened drink*" or "dietary fat*" or confectionar* or "school lunch*" or "school meal*" or ((feeding or food or nutrition*) near/1 program*) or cafeteria* or (food near/2 (purchas* or select*)) or wellbeing or "well being" or "health promotion"

ERIC

Preschool* or "pre school*" or ((childcare* or "child care*" or daycare* or "day care*") near/1 (centre* or center* or worksite* or workplace* or "work site*" or "work place*")) or ((high or middle or junior or primary or elementary or senior or prep*) near/1 school*) or (school* near/3 (worksite* or workplace* or "work site*" or "work place*")) or kindergarten*

teacher* or principal* or "teach* assistant*" or "school director*" or "teach* aide*" or ((staff or employee* or worker* or workforce or personnel) near/3 (school* or preschool* or "pre school*" or kinder*))

sleep* or exercis* or gymnastic* or running or swimming or walking or "motor activity" or "physical fitness" or "cardiorespiratory fitness" or "life style" or lifestyle or "healthy ag?ing" or "healthy diet" or sport* or "physical activit*" or "physical inactivit*" or sedentary or "fitness class*" or "fitness regime*" or "fitness program*" or diet or nutrition* or "healthy eating" or fruit* or vegetable* or canteen* or "food service*" or menu* or calorie* or "energy intake" or "energy density" or eating or "feeding behavio*" or "dietary intake" or food or "carbonated drink*" or "soft drink*" or soda or "sweetened drink*" or "dietary fat*" or confectionar* or "school lunch*" or "school meal*" or ((feeding or food or nutrition*) near/1 program*) or cafeteria* or (food near/2 (purchas* or select*)) or wellbeing or "well being" or "health promotion"

Scopus

TITLE-KEY (preschool* OR "pre school*" OR ((childcare* OR "child care*" OR daycare* OR "day care*") AND (centre* OR center* OR worksite* OR workplace* OR "work site*" OR "work place*")) OR ((high OR middle OR junior OR primary OR elementary OR senior OR prep*) AND school*) OR (school* AND (worksite* OR workplace* OR work AND site* OR work AND place*)) OR kindergarten*) AND TITLE-KEY (teacher* OR principal* OR "teach* assistant*" OR "school director*" OR "teach* aide*" OR ((staff OR employee* OR worker* OR workforce OR personnel) W/3 (school* OR preschool* OR "pre school*" OR kinder*))) AND TITLE-KEY (sleep* OR exercis* OR gymnastic* OR running OR swimming OR walking OR "motor activity" OR "physical fitness" OR "cardiorespiratory fitness" OR "life style" OR lifestyle OR "healthy ag?ing" OR "healthy diet" OR sport* OR "physical activit*" OR "physical inactivit*" OR sedentary OR "fitness class*" OR "fitness

regime*" OR "fitness program*" OR diet OR nutrition* OR "healthy eating" OR fruit* OR vegetable* OR canteen* OR "food service*" OR menu* OR calorie* OR "energy intake" OR "energy density" OR eating OR "feeding behavio*" OR "dietary intake" OR food OR "carbonated drink*" OR "soft drink*" OR soda OR "sweetened drink*" OR "dietary fat*" OR confectionar* OR "school lunch*" OR "school meal*" OR ((feeding OR food OR nutrition*) W/1 program*) OR cafeteria* OR (food W/2 (purchas* OR select*)) OR wellbeing OR "well being" OR "health promotion") AND (LIMIT-TO (LANGUAGE , "English")) AND (LIMIT-TO (EXACTKEYWORD , "Human") OR LIMIT-TO (EXACTKEYWORD , "Humans"))

Table S2.
Overview of intervention characteristics

| | Chen, 2009 | Kupolati, 2019 | O'Loughlin, 1996 | Resnicow, 1998 | Siegel, 2010 | Wang, 2016 |
|------------------------------|------------------------------------|--|--|---|---|--|
| Theoretical framework | Health promoting schools framework | Social cognitive theory, Meaningful learning model | NR | The Gimme-5 curriculum (administered to both groups) was based on Social Cognitive Theory. No theoretical model was stated for the teacher wellness program (administered to the intervention group). | Social cognitive theory | Health promoting schools framework |
| Materials | NR | Nutrition education (NE) materials including a manual, picture book, learner's workbook (for students), and posters. | Educational materials were provided to support desired behaviour change. | The Johnson and Johnson Live for Life Program included promotional materials, printed educational materials, and a series of interactive health workshops. | Formation of worksite wellness committees, interschool competitions, newsletters, cooking classes, and walking clubs. | Educational resources, formation of school nutrition groups and leaders (facilitators), school nutrition group meetings, nutrition training for teachers, promotional resources, posters, peer support activities. |
| Procedures | NR | Teachers were trained to use the contextual NE materials in a 1-day workshop at the end of the 2014 school year, | Four screening stations were set up in the school gymnasium or conference room, including: (a) a | In year 1, teachers were offered 36 health workshops, addressing topics such as weight loss, | Intervention schools were asked to conduct brief written surveys of employees to identify the types of | The HPS School implemented a wide range of health promotion activities using the |

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|---|--|--|---|--|
| followed by a re-orientation session for teachers to refresh their understanding on how to use the manual. | registration area where subjects signed a consent form and completed a self-administered questionnaire; (b) a diet, physical activity, and smoking history assessment station where subjects completed an interviewer-administered dietary assessment adapted from the “Rate Your Plate” program of the Pawtucket Heart Health Program, as well as questions on current smoking and exercise behaviour; (c) a blood pressure and blood cholesterol measurement station; and (d) a counselling station where the results were reviewed and interpreted by a physician or nurse. | blood pressure control, and stress management, each approximately 30 minutes in length. | wellness activities that interested them and their preferred scheduling. | HPS framework. The core component of the intervention in the HPS School was determined using the 2011 Chinese Residents Dietary Guidelines (National Health and Family Planning Commission of China, 2011), which includes the definition and importance of a balanced diet, the functions of nutrients, nutrient deficiencies and their effects, how to supplement necessary nutrients reasonably, good hygienic practices and food safety. |
| The developed NE materials were implemented in the allotted periods and time set out for different topics in the school curriculum, starting in February and ending in October 2015. In total, teachers taught five nutrition topics. | For Grade 6, nutrition topics were taught for 5 weeks in February and March in 32 classes and for 2 weeks in October in nine classes. For Grade 5, nutrition topics were taught for 2 weeks in July and August in six classes. The duration of each class was 30 minutes. | In year 2, 18 workshops were offered. An exercise program was also offered at each school. In most schools, teachers requested walking or low impact aerobics programs after school. | Each intervention school formed a worksite wellness committee of volunteers to develop and implement health promotion activities for its employees. These committees (3–10 people) met about every 2 months (3–9 meetings in academic year) and primarily comprised teachers, but also included administrative staff (principal, assistant principal), other academic staff (teacher aides), and support staff (office and food service personnel, custodians). | |
| While the topics were being taught, we visited the school to supply foods and materials for class demonstrations. | | In addition, during year 2, in weeks when participation in classes was expected to be low (e.g., between Thanksgiving and winter break), wellness counsellors conducted schoolwide campaigns instead of workshops; for example, they offered health risk appraisals at a centrally located station or conducted highly visible health activities during which health education materials were distributed. | A school liaison (employed by the research study) attended committee meetings, recorded minutes, followed up on action items, and offered technical assistance to the committees in carrying out their activities. | |
| Teachers received feedback (via telephone) as implementation progressed. | | Participants also received personalised feedback incorporating their baseline physiologic results, and they were offered | Contingent on providing school-level data to the researchers, each intervention | |

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| The principal of the treatment school ensured an enabling atmosphere for the implementation. | felt were achievable. Simple, graded steps to achieve these objectives were described by the screening counsellor. | incentives (e.g., T-shirts) for attending TeachWell classes and increasing exercise as well. | school was given a stipend of \$3500 per year (for 3 years) to subsidize its wellness activities. Each control school was given an unrestricted stipend of \$1000 at baseline and follow-up. |
| | | | <p>Most of the health promotion activities developed by the wellness committees were directed at improving diet (e.g., healthy snacks at meetings) or increasing physical activity (e.g., walking clubs), but others were more broadly focused, such as stress management or training in cardiopulmonary resuscitation (CPR) and first aid.</p> |
| | | | <p>In the second year of the intervention, the research study sponsored an interschool competition and awarded cash prizes for high levels of participation in wellness activities. In addition, the study sponsored several programs for employees at all intervention schools, such as a healthy cooking class and a quarterly newsletter.</p> |

Intervention delivery

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| Who? | NR | NR | School nurses (no details reported) | Workshops were delivered by wellness counsellors trained by Johnson and Johnson staff | Research staff (no details reported) | NR |
| How? | NR | Face-to-face; group-based training; followed up via telephone | Face-to-face; individual screening and counselling | Face-to-face; group-based workshops | Face-to-face; group-based activities | Face-to-face; group-based activities |
| Where? | Participating elementary schools | Participating elementary schools | Participating elementary schools | Participating elementary schools | Participating elementary schools | Participating middle schools |
| When? | NR | One single workshop | One single screening and counselling occasion | Weekly after-school workshops. Exercise activities were generally held 2 to 3 times per week after school. | Ongoing activities for 2 years | One single nutrition training occasion for teachers (90 minutes) Monthly peer support activities (30 minutes each) Monthly meetings of the school nutrition groups |
| Comparator condition | 1) HPS not aiming at dietary intervention (HP-ND) 2) Usual practice, i.e., non-health-promoting (NHP) schools | No intervention control group | No intervention control group | Comparison group schools received the Gimme-5 program, a health education curriculum designed to increase students' consumption of fruit and vegetables. | No intervention control group | No intervention control group |

Note. This table includes excerpts from the published articles; the selection of items for which data were extracted was based to the TIDIER checklist; NR = not reported.