



Key Question 1 (KQ1). Do behavioral weight control interventions lead to **BMI reduction or stabilization** in children and adolescents who are obese ( $\geq 95$ th BMI percentile) or overweight (85-95th BMI percentile) compared with minimal or no treatment?

Key Question 2 (KQ2). Do behavioral weight control interventions help children and adolescents who were initially obese ( $\geq 95$ th BMI percentile) or overweight (85-95<sup>th</sup> percentile) **maintain BMI improvements** after the completion of an active intervention compared with minimal or no treatment?

Key Question 3 (KQ3). Are there **harms** associated with behavioral weight control interventions to help children and adolescents reduce or stabilize BMI who are obese ( $\geq 95$ th BMI percentile) or overweight (85-95th BMI percentile) (i.e., injuries from increased exercise or eating disorder pathology)?

Key Question 4 (KQ4). Are there **other beneficial outcomes** to weight control programs in children and adolescents who are obese ( $\geq 95$ th BMI percentile) or overweight (85-95th BMI percentile) (i.e., improvements in diet or physical activity or reduction in risk factors, such as lipid level, insulin resistance, etc.)?