## Supplementary materials

**Figure S1.** Quality assessment of cohort and cross-sectional studies according to the "Study Quality Assessment Tool" issued by the National Heart, Lung, and Blood Institute. Color legend: Green, yes; Yellow, not applicable, not reported, or cannot determine; red, no.

**Figure S2.** Quality assessment of case-control studies according to the "Study Quality Assessment Tool" issued by the National Heart, Lung, and Blood Institute. Color legend: Green, yes; Yellow, not applicable, not reported, or cannot determine; red, no.

**Figure S3.** Quality assessment of pre-post studies according to the "Study Quality Assessment Tool" issued by the National Heart, Lung, and Blood Institute. Color legend: Green, yes; Yellow, not applicable, not reported, or cannot determine; red, no.