Study	QA	Odds Ratio	OR	95%−CI	Weight
BMI (SD) on Alzheimer's disease					
Nordestgaard et al. 2017	Low		1.02	[0.86; 1.21]	50.7%
Østergaard et al. 2015	Medium		0.99	[0.81; 1.21]	49.3%
Random effects model			**1.01**	**[0.88; 1.15]**	**100.0%**
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.82					
BMI (SD) on hemorrhagic stroke					
Dale et al. 2017	High		1.51	[0.73; 3.13]	34.6%
Fall et al. 2013	Medium		0.96	[0.66; 1.39]	65.4%
Random effects model			**1.08**	**[0.73; 1.59]**	**100.0%**
Heterogeneity: I^2 = 16%, τ^2 = 0.0165, p = 0.28					
BMI (SD) on ischemic stroke					
Censin et al. 2019	Medium		1.38	[1.20; 1.59]	49.8%
Larsson et al. 2017	Medium		1.11	[0.98; 1.26]	50.2%
Random effects model			**1.24**	**[1.00; 1.53]**	**100.0%**
Heterogeneity: I^2 = 80%, τ^2 = 0.0189, p = 0.03					
Birthweight (SD) on ER− breast cancer					
Gao et al. 2016	Medium		1.01	[0.66; 1.54]	42.0%
Kar et al. 2018	Medium		0.92	[0.74; 1.14]	58.0%
Random effects model			**0.94**	**[0.77; 1.14]**	**100.0%**
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.70					
Birthweight (SD) on breast cancer					
Gao et al. 2016	Medium		1.22	[0.93; 1.60]	46.6%
Kar et al. 2018	Medium		0.86	[0.73; 1.01]	53.4%
Random effects model			**1.01**	**[0.72; 1.42]**	**100.0%**
Heterogeneity: I^2 = 79%, τ^2 = 0.0481, p = 0.03					
Birthweight (SD) on colon cancer					
Gao et al. 2016	Medium		0.69	[0.44; 1.09]	43.8%
Jarvis et al. 2016	Medium		1.22	[0.89; 1.67]	56.2%
Random effects model			**0.94**	**[0.54; 1.64]**	**100.0%**
Heterogeneity: I^2 = 75%, τ^2 = 0.1222, p = 0.04					
BMI (SD) on colorectal cancer					
Gao et al. 2016	Medium		1.39	[1.06; 1.82]	30.3%
Gharahkhani et al. 2019	Medium		1.06	[0.94; 1.19]	36.1%
Jarvis et al. 2016	Medium		1.23	[1.02; 1.49]	33.7%
Random effects model			**1.18**	**[1.01; 1.37]**	**100.0%**
Heterogeneity: I^2 = 52%, τ^2 = 0.0087, p = 0.13					
WHR (SD) on colorectal cancer					
Gao et al. 2016	Medium		1.29	[0.75; 2.22]	43.0%
Jarvis et al. 2016	Medium		1.59	[1.08; 2.34]	57.0%
Random effects model			**1.48**	**[1.08; 2.03]**	**100.0%**
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.54					
BMI (SD) on endometrial cancer					
Gharahkhani et al. 2019	Medium		1.17	[0.93; 1.47]	33.2%
Painter et al. 2016	Medium		2.11	[1.95; 2.29]	38.2%
Yarmolinsky et al. 2019	Medium		1.48	[1.07; 2.05]	28.6%
Random effects model			**1.57**	**[1.11; 2.22]**	**100.0%**
Heterogeneity: I^2 = 92%, τ^2 = 0.0811, p < 0.01					
BMI (SD) on lung cancer					
Censin et al. 2019	Medium		1.33	[1.14; 1.55]	50.1%
Gao et al. 2016	Medium		1.27	[1.09; 1.48]	49.9%
Random effects model			**1.30**	**[1.17; 1.45]**	**100.0%**
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.68					
BMI (SD) on ovarian cancer					
Gao et al. 2016	Medium		1.35	[1.05; 1.73]	47.9%
Gharahkhani et al. 2019	Medium		1.41	[1.18; 1.69]	52.1%
Random effects model			**1.39**	**[1.20; 1.61]**	**100.0%**
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.78					
BMI (SD) on prostate cancer					
Gao et al. 2016	Medium		1.01	[0.84; 1.21]	52.2%
Gharahkhani et al. 2019	Medium		1.21	[0.94; 1.56]	47.8%
Random effects model			**1.08**	**[0.91; 1.28]**	**100.0%**
Heterogeneity: I^2 = 22%, τ^2 = 0.0036, p = 0.26					
WHR (SD) on coronary artery disease					
Censin et al. 2019	Medium		1.74	[1.62; 1.87]	51.8%
Lv et al. 2018	Medium		1.48	[1.25; 1.75]	48.2%
Random effects model			**1.63**	**[1.40; 1.91]**	**100.0%**
Heterogeneity: I^2 = 68%, τ^2 = 0.0089, p = 0.08					
BMI (SD) on hypertension					
Fall et al. 2013	Medium		1.13	[1.07; 1.19]	50.6%
Lyall et al. 2016	Medium		1.65	[1.49; 1.83]	49.4%
Random effects model			**1.36**	**[0.94; 1.98]**	**100.0%**
Heterogeneity: I^2 = 98%, τ^2 = 0.0706, p < 0.01					
BMI (SD) on venous thromboembolism					
Klarin et al. 2017	Low		1.57	[1.16; 2.12]	46.8%
Lindstrom et al. 2017	Medium		1.58	[1.28; 1.95]	53.2%
Random effects model			**1.58**	**[1.33; 1.87]**	**100.0%**
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.97					
BMI (SD) on depression					
Tyrrell et al. 2018	Medium		1.11	[1.02; 1.20]	33.0%
Speed et al. 2019	Medium		1.19	[1.12; 1.26]	33.4%
van den Broek et al. 2018	Medium		1.05	[1.01; 1.09]	33.6%
Random effects model			**1.11**	**[1.04; 1.19]**	**100.0%**
Heterogeneity: I^2 = 82%, τ^2 = 0.0029, p < 0.01					
BMI (SD) on type 2 diabetes					
Censin et al. 2019	Medium		3.18	[2.98; 3.40]	51.7%
Shu et al. 2018	Low		1.92	[1.64; 2.25]	48.3%
Random effects model			**2.48**	**[1.52; 4.07]**	**100.0%**
Heterogeneity: I^2 = 97%, τ^2 = 0.1235, p < 0.01					
BMI (SD) on polycystic ovary syndrome					
Brower et al. 2018	Medium		4.89	[1.46; 16.35]	15.2%
Day et al. 2018	Medium		2.05	[1.78; 2.37]	84.8%
Random effects model			**2.55**	**[1.22; 5.34]**	**100.0%**
Heterogeneity: I^2 = 49%, τ^2 = 0.1838, p = 0.16					
BMI (SD) on asthma					
Palmer et al. 2011	Medium		1.45	[0.67; 3.12]	25.1%
Skaaby et al. 2018	Medium		1.06	[1.03; 1.10]	74.9%
Random effects model			**1.06**	**[1.03; 1.10]**	**100.0%**
Heterogeneity: I^2 = 0%, τ^2 = 0, p = 0.42					
BMI (SD) on arthritis					
Larsson et al. 2018	Medium		2.24	[1.70; 2.95]	44.3%
Richardson et al. 2019	Medium		1.01	[1.00; 1.01]	55.7%
Random effects model			**1.48**	**[0.68; 3.25]**	**100.0%**
Heterogeneity: I^2 = 97%, τ^2 = 0.3112, p < 0.01