**Reasons for Selection of Articles**

The selection of the article by Ling, Robbins & Wen (2016) was based on the fact that it provided a systematic literature reviews in the forms of views of scholars in understanding the relevance of physical activity and healthier eating on prevention of obesity.  It enables comparisons of arguments and views presented by different scholar in the PICOT question.

The article by Foltz et al., (2012) is important in establishing the effectiveness and limitations of previously conducted studies in understanding the PICOT question. It provides a guide on the measures that can be implemented to address the limitations of previous studies in the context of the PICOT question.

The article by Alharbi et al., (2016) is important in this study because it provides a synopsis of the methods of conducting research, analyzing the findings, and their interpretations in accordance with the objective of the PICOT question.

The article by Honisett et al., (2009) has been selected because it provides an understanding of the programs focusing on healthy eating and physical activities in reducing obesity among children. This is an important material because it provides a guide on prevention of obesity among children who demographic groups that are highly affected by obesity.

A study by Ling, Robbins & Wen (2016) has a high significance due to its relevance in providing an insight on interventions for managing weight according to systematic reviews which provides methods and procedures that have been conducted in the past to investigate the topic.

The article by Munsters & Saris (2014) was selected for this study because of its effectiveness in providing an understanding of the relevance of dietary techniques of preventing obesity in order to improve metabolic profile. It provides a review of previously conducted study on methods of preventing obesity which can be implemented in practical satiation to promote the health of people.
**References**

Alharbi, M., Gallagher, R., Kirkness, A., Sibbritt, D., & Tofler, G. (2016). Long-term outcomes from Healthy Eating and Exercise Lifestyle Program for overweight people with heart disease and diabetes. *European Journal of Cardiovascular Nursing*, *15*(1), 91-99.

Dietz, W. H., & Gortmaker, S. L. (2001). Preventing obesity in children and adolescents. *Annual*  *review of public health*, *22*(1), 337-353.

Foltz, J. L., May, A. L., Belay, B., Nihiser, A. J., Dooyema, C. A., & Blanck, H. M. (2012). Population-level intervention strategies and examples for obesity prevention in children. *Annual review of nutrition*, *32*, 391-415.

Honisett, S., Woolcock, S., Porter, C., & Hughes, I. (2009). Developing an award program for children's settings to support healthy eating and physical activity and reduce the risk of overweight and obesity. *BMC Public Health*, *9*(1), 345.

Ling, J., Robbins, L. B., & Wen, F. (2016). Interventions to prevent and manage overweight or obesity in preschool children: A systematic review. *International journal of nursing studies*, *53*, 270-289. (level 1, Systematic Literature review)

Munsters, M. J. M., & Saris, W. H. M. (2014). Body weight regulation and obesity: dietary strategies to improve the metabolic profile. *Annual review of food science and*  *technology*, *5*, 39-51.