

Supplementary 1. Checklist for Documentation of Google Trends research. Modified from Nuti et al.

Section/Topic

Checklist item

Search Variables

Date of Access

01 April 2023

Location Searched

All European countries

Time Period Searched

From 1 January 2004 to 31 December 2022

Query Category

All query categories were used

Search Input Variables

Search terms used

Weight loss, diet, nutrition, healthy diet, healthy food, physical activity, sports

Combination (Yes / No)

Yes

Combination used terms

Weight loss + "diet" / "nutrition" / "healthy diet" / "healthy nutrition" / "optimum nutrition" / "healthy food" / "physical activity"

Rationale for Search Strategy

Diet and physical activity are reported to be the easiest choices for preventing obesity and overweight (WHO, 2021) (<https://www.who.int/news-room/fact->

[sheets/detail/obesity-and-overweight](#)).

For Search Input The searched topics are diet, nutrition, healthy diet, healthy food, and physical activity.

For Setting Chosen We chose the all categories to not limit the output.

Supplementary 2. Google Trends search query for selected terms

Turkey	Kilo verme, diyet, beslenme, optimum beslenme, sağlıklı beslenme, sağlıklı diyet, sağlıklı besin, fiziksel aktivite, kilo verme + diyet, beslenme, optimum beslenme, sağlıklı beslenme, sağlıklı diyet, sağlıklı besin + fiziksel aktivite
United Kingdom	Weight loss, diet, nutrition, optimum nutrition, healthy nutrition, healthy diet, healthy food, physical activity, weight loss + diet, nutrition, optimum nutrition, healthy nutrition, healthy diet, healthy food, physical activity
Ireland	Weight loss, diet, nutrition, optimum nutrition, healthy nutrition, healthy diet, healthy food, physical activity, weight loss + diet, nutrition, optimum nutrition, healthy nutrition, healthy diet, healthy food, physical activity
Germany	Gewichtsverlust, Diät, Ernährung, optimale Ernährung, gesunde Ernährung, gesundes Essen, körperliche Aktivität, Gewichtsverlust + Diät, Ernährung, gesunde Ernährung, gesunde Ernährung, optimale Ernährung, gesundes Essen, körperliche Aktivität
Denmark	Vægttab, diæt, ernæring, optimal ernæring, Sund diæt, sund ernæring, sund mad, fysisk aktivitet, Vægttab + diæt, ernæring, Sund diæt, sund ernæring, optimal ernæring, sund mad, fysisk aktivitet
Finland	Painonpudotus, ruokavalio, ravitseemus, optimaalinen ravitseemus, terveellinen ravitseemus, terveellinen dieetti, terveellinen ruoka, liikunta, Painonpudotus + ruokavalio, ravitseemus, terveellinen dieetti, terveellistä ravintoa, optimaalinen ravitseemus, terveellinen ruoka, liikunta
France	perte de poids, régime, nutrition, nutrition optimale, alimentation saine, régime équilibré, la nourriture saine, activité physique, perte de poids + régime, nutrition, régime équilibré, alimentation saine, nutrition optimale, la nourriture saine, activité physique
Netherlands	Gewichtsverlies, eetpatroon, voeding, optimale voeding, gezonde voeding, gezond dieet, gezond eten, fysieke activiteit, Gewichtsverlies + eetpatroon, voeding, gezond dieet, gezonde voeding, optimale voeding, gezond eten, fysieke activiteit
Spain	pérdida de peso, dieta, nutrición, nutrición óptima, nutrición

	saludable, dieta saludable, comida sana, actividad física, pérdida de peso + dieta, nutrición, dieta saludable, nutrición saludable, nutrición óptima, comida sana, actividad física
Sweden	Viktninskning, diet, näring, optimal näring, hälsosam näring, hälsosam kost, hälsosam mat, fysisk aktivitet, Viktninskning + diet, näring, hälsosam kost, hälsosam näring, optimal näring, hälsosam mat,
Switzerland	perte de poids, régime, nutrition, nutrition optimale, alimentation saine, régime équilibré, la nourriture saine, activité physique, perte de poids + régime, nutrition, régime équilibré, alimentation saine, nutrition optimale, la nourriture saine, activité physique
Italy	perdita di peso, dieta, nutrizione, alimentazione ottimale, alimentazione sana, dieta sana, cibo salutare, attività fisica, perdita di peso + dieta, nutrizione, dieta sana, alimentazione sana, alimentazione ottimale, cibo salutare, attività fisica
Norway	Vekttap, kosthold, ernæring, optimal ernæring, sunn ernæring, sunn diett, sunn mat, fysisk aktivitet, Vekttap + kosthold, ernæring, sunn diett, sunn ernæring, optimal ernæring, sunn mat, fysisk aktivitet
Poland	utrata wagi, dieta, odżywianie, optymalne żywienie, zdrowe odżywianie, zdrowa dieta, zdrowe jedzenie, aktywność fizyczna, utrata wagi + dieta, odżywianie, zdrowa dieta, zdrowe odżywianie, optymalne żywienie, zdrowe jedzenie
Portugal	perda de peso, dieta, nutrição, nutrição ideal, nutrição saudável, dieta saudável, comida saudável, atividade física, perda de peso + dieta, nutrição, dieta saudável, nutrição saudável, nutrição ideal, comida saudável, atividade física
Russia	потеря веса, диета, питание, оптимальное питание, здоровое питание, Здоровая диета, здоровая пища, физическая активность, потеря веса + диета, питание, Здоровая диета, здоровое питание, оптимальное питание, здоровая пища, потеря веса
Ukraine	втрата ваги, дієта, харчування, оптимальне харчування, здорове харчування, здорова дієта, здорова їжа, фізична активність, втрата ваги + дієта, харчування, здорова дієта, здорове харчування, оптимальне харчування, здорова їжа, втрата ваги

References

Nuti SV, Wayda B, Ranasinghe I, Wang S, Dreyer RP, Chen SI, Murugiah K. 2014. The use of google trends in health care research: a systematic review. *PloS One*. 9(10): e109583.

World Health Organization. 2021. Obesity and overweight. [cited 2023 April 12]. Available from: <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>.