

Supplementary file 2: Women's knowledge of the impact of weight gain before and during pregnancy on outcomes for women and babies based on BMI

	Selected outcomes related to a woman's weight BEFORE pregnancy N (%)			Selected outcomes related to a woman's weight gain DURING pregnancy N (%)		
	BMI < 25 n=274	BMI > 25 n=279	P value	BMI < 25 n=245	BMI > 25 n=241	P value
Outcomes for women						
Caesarean section	123 (44.9)	115 (41.2)	0.38	102 (37.2)	113 (40.5)	0.43
Diabetes in pregnancy	204 (74.5)	209 (75)	0.9	197 (71.9)	203 (72.8)	0.82
High blood pressure in pregnancy	195 (71.2)	196 (70.3)	0.82	184 (76)	189 (67.7)	0.88
Sleep disturbance	115 (42)	110 (39.4)	0.54	126 (46)	136 (48.7)	0.52
Back pain	161 (58.8)	159 (57)	0.67	178 (65)	179 (64.2)	0.84
Breastfeeding	51 (18.6)	41 (14.7)	0.22	51 (18.6)	54 (19.4)	0.82
Diabetes later in life	165 (60.2)	168 (60.2)	1.0	137 (50)	137 (49.1)	0.83
*CVD later in life	156 (56.9)	153 (54.8)	0.62	118 (43.1)	117 (41.9)	0.78
None	9 (3.3)	5 (1.8)	0.26	10 (3.6)	6 (2.2)	0.29
Outcomes for babies						
Birthweight	149 (55)	149 (53.4)	0.82	144 (52.6)	150 (53.8)	0.77
Miscarriage	119 (43.4)	111 (39.8)	0.38	81 (29.6)	73 (26.2)	0.37
Stillbirth	102 (37.2)	83 (29.7)	0.062	77 (28.1)	77 (27.6)	0.9
Preterm birth	122 (44.5)	93 (33.3)	0.007	112 (40.9)	102 (36.6)	0.3
Childhood obesity	151 (55.1)	138 (49.5)	0.18	137 (50)	126 (45.2)	0.25
Diabetes later in life	134 (48.9)	137 (49.1)	0.96	130 (47.4)	119 (42.7)	0.26
*CVD later in life	121 (44.2)	109 (39.1)	0.22	99 (36.1)	86 (30.8)	0.19
None	17 (6.2)	12 (4.3)	0.31	33 (12)	22 (7.9)	0.10

Legend: *CVD, cardiovascular disease