

**Appendix 1. Demographic, Behavioral, Psychosocial, and Medical Characteristics of Women Excluded and Included in the Analytic Sample**

	Excluded (N= 9,020) <sup>a</sup>		Included (N=44,421) <sup>a</sup>		P-value
	Percent <sup>b</sup>	Standard Error	Percent <sup>b</sup>	Standard Error	
<b>Gestational Weight Gain Adequacy</b>					
Inadequate	21.5	1.2	20.9	0.3	0.70
Adequate	32.6	1.4	32.0	0.4	
Excessive	45.9	1.5	47.2	0.4	
<b>Pre-Pregnancy BMI</b>					
Underweight	4.2	0.4	4.2	0.2	0.22
Normal Weight	50.0	1.1	51.7	0.4	
Overweight	24.5	1.0	23.6	0.3	
Obese Class I	13.0	0.8	11.7	0.3	
Obese Class II	4.5	0.5	5.4	0.2	
Obese Class III	3.8	0.5	3.5	0.2	
<b>Age (years)</b>					
≤ 19	13.7	0.7	7.3	0.2	<0.01
20-24	22.6	0.8	22.5	0.3	
25-29	26.5	0.8	29.7	0.4	
30-34	23.3	0.8	26.0	0.3	
≥ 35	14.0	0.6	14.6	0.3	
<b>Race/Ethnicity</b>					
Non-Hispanic White	39.4	0.9	62.1	0.3	<0.01
Non-Hispanic Black	15.5	0.7	12.2	0.2	
Hispanic	35.6	0.9	16.8	0.3	
Asian	5.0	0.3	5.2	0.1	
American Indian	0.5	0.1	0.8	0.1	
Alaskan Native	0.1	0.0	0.1	0.0	
Hawaiian	0.4	0.0	0.3	0.0	
Other	3.5	0.3	2.6	0.1	
<b>Maternal Education</b>					
< 12 years	33.6	0.9	13.9	0.3	<0.01
12 years	27.8	0.9	24.6	0.4	
> 12 years	38.6	0.9	61.5	0.4	
<b>Parity</b>					
0	38.5	0.9	41.7	0.4	0.01

Deputy NP, Sharma AJ, Kim SY, Hinkle SN. Prevalence and characteristics associated with gestational weight gain adequacy. *Obstet Gynecol* 2015;125.

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≥ 1	61.5	0.9	58.3	0.4	
<b>Marital Status</b>					
Married	50.5	0.9	63.7	0.4	<0.01
Non-married	49.5	0.9	36.4	0.4	
<b>Enrollment in WIC</b>					
Yes	64.5	0.9	47.1	0.4	<0.01
No	35.6	0.9	52.9	0.4	
<b>Enrollment in Medicaid</b>					
Yes	63.7	0.9	48.0	0.4	<0.01
No	36.3	0.9	52.0	0.4	
<b>First Trimester Prenatal Care</b>					
Yes	74.4	0.9	83.4	0.3	<0.01
No	25.6	0.9	16.6	0.3	
<b>Regular Pre-Pregnancy Physical Activity</b>					
Yes	38.7	0.9	44.0	0.4	<0.01
No	61.3	0.9	56.0	0.4	
<b>Alcohol Consumption During Pregnancy</b>					
Yes	5.3	0.4	7.7	0.2	<0.01
No	94.7	0.4	92.3	0.2	
<b>Smoking Status During Pregnancy</b>					
Non-smoker	81.4	0.7	75.9	0.3	<0.01
Quitter	9.8	0.6	12.8	0.3	
Smokers	8.9	0.5	11.4	0.3	
<b>Pre-Pregnancy Depression</b>					
Yes	11.5	0.6	11.5	0.2	0.89
No	88.5	0.6	88.6	0.2	
<b>Partner Abuse Before or During Pregnancy</b>					
Yes	5.1	0.4	4.2	0.2	0.04
No	94.9	0.4	95.8	0.2	
<b>Number of Stressful Life Events</b>					
0	35.6	0.9	30.7	0.4	<0.01
1	22.9	0.8	25.1	0.3	
2 or 3	26.4	0.8	28.1	0.4	
≥4	15.1	0.7	16.0	0.3	

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Severe Nausea During Pregnancy					
Yes	29.4	0.9	26.4	0.4	<0.01
No	70.6	0.9	73.6	0.4	
Diabetic Disease					
Yes	13.5	0.6	10.2	0.2	<0.01
No	86.5	0.6	89.8	0.2	
Hypertensive Disease					
Yes	11.6	0.6	11.8	0.3	0.82
No	88.4	0.6	88.3	0.3	

<sup>a</sup>Based on non-weighted data.

<sup>b</sup>Based on weighted data.

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**Appendix 2. Prevalence of Inadequate, Adequate and Excessive Gestational Weight Gain by Demographic, Behavioral, Psychosocial and Medical Characteristics**

	Inadequate Gain (n=9,858 <sup>a</sup> , 20.9% <sup>b</sup> )		Adequate Gain (n=14,517 <sup>a</sup> , 32.0% <sup>b</sup> )		Excessive Gain (n=20,046 <sup>a</sup> , 47.2% <sup>b</sup> )		P-Value
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	
Age (years)							
≤ 19	24.4	1.3	27.0	1.4	48.5	1.5	<0.01
20-24	21.9	0.7	29.2	0.8	48.9	0.9	
25-29	19.5	0.6	31.6	0.7	49.0	0.7	
30-34	19.8	0.6	34.8	0.7	45.4	0.8	
≥ 35	22.4	0.9	34.4	1.0	43.2	1.0	
Race/ Ethnicity							
Non-Hispanic White	18.5	0.4	32.7	0.5	48.8	0.5	<0.01
Non-Hispanic Black	25.3	1.0	27.0	1.0	47.7	1.1	
Hispanic	24.4	1.0	31.0	1.1	44.6	1.2	
Asian	27.3	1.3	39.8	1.4	32.8	1.4	
American Indian	23.3	2.6	28.0	2.7	48.7	2.9	
Alaskan Native	25.9	2.7	29.9	2.8	44.3	3.1	
Hawaiian	20.6	2.4	32.5	2.7	47.0	2.9	
Other	21.4	1.9	28.4	2.0	50.2	2.3	
Maternal Education							
< 12 years	28.8	1.1	28.4	1.0	42.8	1.1	<0.01
12 years	22.0	0.7	30.2	0.8	47.8	0.8	
> 12 years	18.7	0.4	33.5	0.5	47.9	0.5	
Parity							
0	17.8	0.5	30.8	0.6	51.4	0.6	<0.01
≥ 1	23.1	0.5	32.8	0.5	44.1	0.5	
Marital Status							
Married	19.4	0.4	34.4	0.5	46.2	0.5	<0.01
Non-married	23.4	0.6	27.7	0.6	48.9	0.7	
WIC Enrollment							
Yes	23.8	0.5	29.1	0.6	47.1	0.6	<0.01
No	18.3	0.4	34.5	0.5	47.2	0.5	
Medicaid Enrollment							
Yes	23.8	0.5	29.0	0.5	47.3	0.6	<0.01
No	18.2	0.4	34.7	0.5	47.1	0.5	
First Trimester Prenatal Care							
Yes	19.8	0.3	32.8	0.4	47.4	0.4	<0.01
No	26.5	0.9	27.8	0.9	45.8	1.0	

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Regular Pre-Pregnancy Physical Activity							
Yes	17.7	0.4	32.8	0.5	49.5	0.6	<0.01
No	23.4	0.5	31.3	0.5	45.3	0.5	
Alcohol Consumption During Pregnancy							
Yes	16.9	1.1	37.8	1.4	45.2	1.4	<0.01
No	21.2	0.3	31.5	0.4	47.3	0.4	
Smoking Status During Pregnancy							
Never	21.1	0.4	33.3	0.4	45.6	0.5	<0.01
Quitter	16.8	0.8	27.0	1.0	56.2	1.1	
Smoker	24.4	1.0	28.5	1.1	47.2	1.2	
Pre-Pregnancy Depression							
Yes	21.2	0.9	29.8	1.0	49.0	1.1	0.08
No	20.8	0.4	32.2	0.4	46.9	0.4	
Partner Abuse Before or During Pregnancy							
Yes	22.4	1.6	27.7	1.7	49.8	2.0	0.04
No	20.8	0.3	32.2	0.4	47.0	0.4	
Number of Stressful Life Events							
0	20.6	0.6	34.9	0.7	44.5	0.7	<0.01
1	20.4	0.6	32.3	0.7	47.3	0.8	
2 or 3	20.4	0.6	30.6	0.7	49.1	0.7	
≥4	23.1	0.9	28.4	0.9	48.6	1.0	
Severe Nausea During Pregnancy							
Yes	23.7	0.7	30.0	0.7	46.2	0.8	<0.01
No	19.9	0.4	32.7	0.4	47.5	0.5	
Diabetic Disease							
Yes	27.3	1.1	29.9	1.1	42.9	1.2	<0.01
No	20.2	0.3	32.2	0.4	47.6	0.4	
Hypertensive Conditions							
Yes	16.0	0.9	24.3	1.0	59.8	1.1	<0.01
No	21.5	0.4	33.0	0.4	45.5	0.4	

<sup>a</sup>Based on non-weighted data.

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