

Appendix 2. Maternal and Child Characteristics Within or Outside Recommendations of the Institute of Medicine (IOM), Interquartile and Interdecile Ranges (IQR, IDR) of Gestational Weight Gain Observed in the Dataset*

	Below IOM (n=160,181)	Within IOM (n=260,136)	Above IOM (n=258,243)	Below IQR (n=147,000)	Within IQR (n=380,262)	Above IQR (n=151,298)	Below IDR (n=34,637)	Within IDR (n=584,566)	Above IDR (n=59,357)
Birth weight (kg)	3.1 (0.6)	3.4 (0.5)	3.5 (0.5)	3.2 (0.6)	3.4 (0.5)	3.5 (0.5)	3.0 (0.7)	3.4 (0.5)	3.6 (0.5)
Weight gain in pregnancy (kg)	8.1 (3.9)	12.8 (2.7)	18.2 (4.5)	7.2 (3.7)	13.4 (2.2)	20.8 (3.9)	3.1 (5.5)	13.3 (3.6)	24.0 (4.4)
Maternal BMI at first visit (kg/m ²)	22.8 (4.4)	23.3 (4.3)	25.4 (4.8)	24.3 (5.2)	23.8 (4.5)	23.9 (4.4)	26.1 (6.3)	23.8 (4.5)	24.2 (4.4)
Maternal age (years)	30.8 (5.4)	30.7 (5.2)	29.7 (5.2)	30.8 (5.4)	30.6 (5.1)	29.2 (5.2)	30.5 (5.7)	30.5 (5.2)	28.6 (5.2)
Gestational age (completed weeks)	38.4 (2.5)	39.0 (1.7)	39.2 (1.6)	38.4 (2.6)	39.0 (1.6)	39.3 (1.5)	37.8 (3.4)	38.9 (1.8)	39.3 (1.4)
Female sex (n)	80,684 (50.4)	128,479 (49.4)	123,406 (47.8)	74,358 (50.6)	186,677 (49.1)	71,534 (47.3)	17,740 (51.2)	287,061 (49.1)	27,768 (46.8)
Underweight mothers (n)	12,013 (7.5)	13,123 (5.0)	4,181 (1.6 %)	6,783 (4.6 %)	15,218 (4.0)	7,316 (4.8 %)	1,819 (5.3 %)	25,490 (4.4)	2,008 (3.4 %)

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	Below IOM (n=160,181)	Within IOM (n=260,136)	Above IOM (n=258,243)	Below IQR (n=147,000)	Within IQR (n=380,262)	Above IQR (n=151,298)	Below IDR (n=34,637)	Within IDR (n=584,566)	Above IDR (n=59,357)
Normal-weight mothers (n)	126,812 (79.2)	189,209 (72.7)	126,864 (49.1)	93,146 (63.4)	251,176 (66.1)	98,563 (65.1)	15,313 (44.2)	389,366 (66.6)	38,206 (64.4)
Overweight mothers (n)	12,048 (7.5)	37,817 (14.5)	87,523 (33.9)	30,832 (21.0)	76,244 (20.1)	30,312 (20.0)	12,048 (34.8)	112,476 (19.2)	12,864 (21.7)
Obese mothers (n)	9,308 (5.8)	19,987 (7.7)	39,675 (15.4)	16,239 (11.0)	37,624 (9.9)	15,107 (10.0)	5,457 (15.8)	57,234 (9.8)	6,270 (10.6)

BMI, body mass index.

*Singleton deliveries (n=678,560) in obstetric units in Bavaria from 2000 to 2007. Table contains means (SD) or n (%).

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