| | Excluded (N= 9,020) ^a | | Incl (N=44 | - P-value | |
|-------------------------|-------------------------------------|-------------------|----------------------|-------------------|-----------|
| | Percent ^b | Standard Error | Percent ^b | Standard Error | - r-value |
| Gestational Weight Gain | | | | | |
| Adequacy | | | | | |
| 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 | |
| Pre-Pregnancy BMI | | | | | |
| 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 | |
| Age (years) | | | | | |
| ≤ 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 | |
| \geq 35 | 14.0 | 0.6 | 14.6 | 0.3 | |
| Race/Ethnicity | | | | | |
| 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 | |
| Maternal Education | | | | | |
| < 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 | |
| Parity | | - | | | |
| 0 | 38.5 | 0.9 | 41.7 | 0.4 | 0.01 |

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

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

The authors provided this information as a supplement to their article.

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| ≥ 1 | 61.5 | 0.9 | 58.3 | 0.4 | |
|--------------------------------------|------------------|-----------------------|--------------------|----------------|-------------|
| Marital Status | | | | | |
| Married | 50.5 | 0.9 | 63.7 | 0.4 | < 0.01 |
| Non-married | 49.5 | 0.9 | 36.4 | 0.4 | |
| Enrollment in WIC | | | | | |
| Yes | 64.5 | 0.9 | 47.1 | 0.4 | < 0.01 |
| No | 35.6 | 0.9 | 52.9 | 0.4 | |
| Enrollment in Medicaid | | | | | |
| Yes | 63.7 | 0.9 | 48.0 | 0.4 | < 0.01 |
| No | 36.3 | 0.9 | 52.0 | 0.4 | |
| First Trimester Prenatal | | | | | |
| Care | | | | | |
| Yes | 74.4 | 0.9 | 83.4 | 0.3 | < 0.01 |
| No | 25.6 | 0.9 | 16.6 | 0.3 | |
| Regular Pre-Pregnancy | | | | | |
| Physical Activity | | | | | |
| Yes | 38.7 | 0.9 | 44.0 | 0.4 | < 0.01 |
| No | 61.3 | 0.9 | 56.0 | 0.4 | |
| Alcohol Consumption | | | | | |
| During Pregnancy | | | | | |
| Yes | 5.3 | 0.4 | 7.7 | 0.2 | < 0.01 |
| No | 94.7 | 0.4 | 92.3 | 0.2 | |
| Smoking Status During | | | | | |
| Pregnancy | | | | | |
| 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 | |
| Pre-Pregnancy Depression | | | | | |
| Yes | 11.5 | 0.6 | 11.5 | 0.2 | 0.89 |
| No | 88.5 | 0.6 | 88.6 | 0.2 | |
| Partner Abuse Before or | | | | | |
| During Pregnancy | | | | | |
| Yes | 5.1 | 0.4 | 4.2 | 0.2 | 0.04 |
| No | 94.9 | 0.4 | 95.8 | 0.2 | |
| Number of Stressful Life | | | | | |
| Events | | | | | |
| 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 | |
| Deputy NP Sharma AI Kim SV Hinkle SN | Dravalance and a | haractoristics associ | ated with gestatio | nal waight gai | in adaguagu |

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

The authors provided this information as a supplement to their article.

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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 | |
| | - • • • | | | | |

^aBased on non-weighted data. ^bBased on weighted data.

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

The authors provided this information as a supplement to their article.

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| | - | ate Gain | Adequate Gain (n=14,517 ^a , 32.0% ^b) | | Excessive Gain (n=20,046 ^a , 47.2% ^b) | | P- Value |
|---------------------------------|----------|-------------------------------------|--|-------------------|--|--------------------|-------------|
| | (n=9,858 | ^a , 20.9% ^b) | | | | | |
| | Percent | Standard Error | Percent | Standard Error | Percent | Standar d Error | value |
| 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 | |
| \geq 35 | 22.4 | 0.9 | 34.4 | 1.0 | 43.2 | 1.0 | |
| Race/ Ethnicity Non-Hispanic | | | | | | | |
| White Non-Hispanic | 18.5 | 0.4 | 32.7 | 0.5 | 48.8 | 0.5 | < 0.01 |
| 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 | 0.01 |
| 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 | 0.01 |
| 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 | 0.01 |
| First Trimester | | ÷. i | 2 1.7 | ÷.• | ., | 0.0 | |
| 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 | |

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

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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| Activity Yes 17.7 0.4 32.8 0.5 49.5 0.6 <0.1 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 46.9 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 20.0 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 | Regular Pre- Pregnancy Physical | | | | | | | |
|--|------------------------------------|------|-----|------|-----|------|-----|--------|
| Yes17.70.432.80.549.50.6<0.01No23.40.531.30.545.30.5AlcoholConsumption DuringPregnancy781.6.91.137.81.445.21.4<0.01 | | | | | | | | |
| Alcohol Consumption During Pregnancy Yes 16.9 1.1 37.8 1.4 45.2 1.4 <0.01 | • | 17.7 | 0.4 | 32.8 | 0.5 | 49.5 | 0.6 | < 0.01 |
| $\begin{array}{c c c c c c c c c c c c c c c c c c c $ | No | 23.4 | 0.5 | 31.3 | 0.5 | 45.3 | 0.5 | |
| $\begin{array}{c c c c c c c c c c c c c c c c c c c $ | Alcohol | | | | | | | |
| $\begin{array}{c c c c c c c c c c c c c c c c c c c $ | Consumption During | | | | | | | |
| Yes16.91.137.81.445.21.4<0.01No21.20.331.50.447.30.4Smoking Status0.433.30.445.60.5<0.01 | | | | | | | | |
| Smoking Status During Pregnancy Never 21.1 0.4 33.3 0.4 45.6 0.5 <0.01 | | 16.9 | 1.1 | 37.8 | 1.4 | 45.2 | 1.4 | < 0.01 |
| $\begin{array}{c ccccccccccccccccccccccccccccccccccc$ | No | 21.2 | 0.3 | 31.5 | 0.4 | 47.3 | 0.4 | |
| 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 32.3 0.7 44.5 0.7 <0.01 | Smoking Status | | | | | | | |
| $\begin{array}{c ccccccccccccccccccccccccccccccccccc$ | | | | | | | | |
| $\begin{array}{c ccccccccccccccccccccccccccccccccccc$ | Never | 21.1 | 0.4 | 33.3 | 0.4 | 45.6 | 0.5 | < 0.01 |
| $\begin{array}{c c c c c c c c c c c c c c c c c c c $ | Quitter | 16.8 | 0.8 | 27.0 | 1.0 | 56.2 | 1.1 | |
| $\begin{array}{c c c c c c c c c c c c c c c c c c c $ | Smoker | 24.4 | 1.0 | 28.5 | 1.1 | 47.2 | 1.2 | |
| $\begin{array}{c c c c c c c c c c c c c c c c c c c $ | Pre-Pregnancy | | | | | | | |
| Yes21.20.929.81.049.01.10.08No20.80.432.20.446.90.4Partner AbuseBefore or DuringPregnancyYes22.41.627.71.749.82.00.04No20.80.332.20.447.00.4Number of StressfulLife Events020.60.634.90.744.50.7<0.01 | | | | | | | | |
| 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 11 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 $2 \text{ or } 3$ 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 24 23.1 0.9 28.4 0.9 48.6 1.0 Severe NauseaDuring PregnancyYes 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 DiseaseYes 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 | | 21.2 | 0.9 | 29.8 | 1.0 | 49.0 | 1.1 | 0.08 |
| Before or During Pregnancy Yes22.41.627.71.749.82.00.04No20.80.332.20.447.00.4Number of Stressful Life Events V V V V 020.60.634.90.744.50.7120.40.632.30.747.30.82 or 320.40.630.60.749.10.7 ≥ 4 23.10.928.40.948.61.0Severe NauseaDuring PregnancyYes23.70.730.00.746.20.8<0.01 | No | 20.8 | 0.4 | 32.2 | 0.4 | 46.9 | 0.4 | |
| $\begin{array}{c ccccccccccccccccccccccccccccccccccc$ | Partner Abuse | | | | | | | |
| Yes22.41.627.71.749.82.00.04No20.80.332.20.447.00.4Number of Stressful120.80.332.20.447.00.4Life Events020.60.634.90.744.50.7<0.01 | Before or During | | | | | | | |
| No20.80.332.20.447.00.4Number of Stressful Life Events 0 20.60.634.90.744.50.7<0.01 | Pregnancy | | | | | | | |
| Number of Stressful Life Events 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 NauseaDuring PregnancyYes 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 <0.01 Diabetic DiseaseYes 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 | Yes | 22.4 | 1.6 | 27.7 | 1.7 | 49.8 | 2.0 | 0.04 |
| Life Events020.60.634.90.744.50.7<0.01120.40.632.30.747.30.82 or 320.40.630.60.749.10.7 ≥ 4 23.10.928.40.948.61.0Severe NauseaDuring PregnancyYes23.70.730.00.746.20.8<0.01 | No | 20.8 | 0.3 | 32.2 | 0.4 | 47.0 | 0.4 | |
| $ \begin{array}{c ccccccccccccccccccccccccccccccccccc$ | Number of Stressful | | | | | | | |
| $\begin{array}{c ccccccccccccccccccccccccccccccccccc$ | Life Events | | | | | | | |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | 0 | 20.6 | 0.6 | 34.9 | 0.7 | 44.5 | 0.7 | < 0.01 |
| $\begin{array}{c ccccccccccccccccccccccccccccccccccc$ | 1 | 20.4 | 0.6 | 32.3 | 0.7 | 47.3 | 0.8 | |
| Severe Nausea During Pregnancy Yes23.70.730.00.746.20.8<0.01No19.90.432.70.447.50.50.5Diabetic Disease Yes27.31.129.91.142.91.2<0.01 | 2 or 3 | 20.4 | 0.6 | 30.6 | 0.7 | 49.1 | 0.7 | |
| 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 | ≥4 | 23.1 | 0.9 | 28.4 | 0.9 | 48.6 | 1.0 | |
| 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 | Severe Nausea | | | | | | | |
| 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 | During Pregnancy | | | | | | | |
| Diabetic Disease Yes 27.3 1.1 29.9 1.1 42.9 1.2 <0.01 | Yes | 23.7 | 0.7 | 30.0 | 0.7 | 46.2 | 0.8 | < 0.01 |
| 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 | 19.9 | 0.4 | 32.7 | 0.4 | 47.5 | 0.5 | |
| 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 | Diabetic Disease | | | | | | | |
| Hypertensive Conditions Yes 16.0 0.9 24.3 1.0 59.8 1.1 <0.01 | Yes | 27.3 | 1.1 | 29.9 | 1.1 | 42.9 | 1.2 | < 0.01 |
| Conditions Yes 16.0 0.9 24.3 1.0 59.8 1.1 <0.01 | No | 20.2 | 0.3 | 32.2 | 0.4 | 47.6 | 0.4 | |
| Conditions Yes 16.0 0.9 24.3 1.0 59.8 1.1 <0.01 | Hypertensive | | | | | | | |
| | | | | | | | | |
| | 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 | |

^aBased on non-weighted data. ^bBased on weighted data.

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

The authors provided this information as a supplement to their article.

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