Appendix 1. Adjusted predicted risks of 4 adverse perinatal outcomes by gestational weight gain z-score among women with twin gestations with grade 2 or grade 3 obesity (body mass index ≥ 35 kg/m², n=6441), pennsylvania twin birth certificates, 2003–2013.

The solid lines represent the point estimate and dashed lines represent its 95% confidence bands. Outcomes are preterm birth <32 weeks (orange lines), small-for-gestational-age birth (green lines), large-for-gestational-age birth (purple lines), and infant death (blue lines). Risks were set at the population average for maternal race/ethnicity, maternal education, maternal age, marital status, parity, insurance source, smoking during pregnancy, pre-existing diabetes or hypertension, height, prepregnancy weight, infertility treatment, infant sex, neonatal care level of birth facility, year of birth, urban residence, and racial composition of neighborhood.

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Appendix 2. Associations Between Gestational age z score and Select Adverse Twin Birth Outcomes Stratified by Gestational Weight Gain z score and Maternal Prepregnancy Body Mass Index, Pennsylvania Twin Birth Certificates, Limited to Sex-Discordant Twin Pairs, 2003–2013 (n=19,406)

Gestational weight gain z-score	Total gestational weight gain equivalent at 37 weeks, kg	Adjusted ^a number of excess cases ^b per 100 births (95% CI)				
		Small-for-gestational-age birth	Large-for-gestational-age birth	Preterm birth <32 weeks	Cesarean delivery	Infant death
Underweight (n=557) ^c						
-2 SD	9.4	21 (3.7, 39)	-2.3 (-12.0, 7.4)	6.7 (-9.1, 23)	-15 (-33, 2.9)	-2.5 (-5.8, 1.48)
-1 SD	14	8.0 (3.2, 13)	-1.2 (-6.6, 4.2)	2.6 (-2.5, 7.7)	-6.6 (-15, 1.7)	-1.9 (-4.9, 1.0)
0	20	0	0	0	0	0
1 SD	27	-4.3 (-10, 1.5)	0.3 (-4.0, 4.4)	-0.6 (-6.7, 5.4)	-0.6 (-11, 9.9)	2.3 (-2.7, 7.3)
2 SD	37	-7.1 (-17, -3.0)	0.5 (-10.3, 11)	-0.7 (-14, 13)	-3.2 (-27, 20)	4.4 (-11, 20)
Normal weight (n=9,071)						
-2 SD	9.4	5.6 (3.5, 7.7)	-0.8 (-2.1, 0.5)	3.2 (0.9, 5.5)	-4.8 (-8.7, -1.0)	1.0 (0.1, 2.0)
-1 SD	14	3.8 (2.4, 5.2)	-1.3 (-1.9, -0.7)	2.1 (0.8, 3.5)	-2.5 (-4.6, -0.4)	0.9 (0.2, 1.5)
0	20	0	0	0	0	0
1 SD	27	-2.4 (-3.3, -1.5)	3.2 (2.1, 4.3)	0.2 (-0.9, 1.3)	2.6 (0.5, 4.7)	-0.1 (-0.5, 0.2)
2 SD	37	-2.7 (-4.9, -0.6)	6.7 (4.0, 9.4)	4.6 (1.8, 7.4)	5.5 (0.9, 10)	1.1 (0.0, 2.2)
Overweight (n=4,675)						
-2 SD	5.5	2.3 (0.4, 4.2)	-2.0 (-3.3, -0.6)	1.8 (-0.3, 3.9)	-0.3 (-3.5, 2.8)	-0.03 (-0.8, 0.8)
-1 SD	11	1.8 (0.2, 3.5)	-2.0 (-2.9, -1.1)	1.2 (-0.6, 3.0)	-1.2 (-3.8, 1.4)	-0.02 (-0.9, 0.4)
0	18	0	0	0	0	0
1 SD	28	-1.6 (-2.8, -0.3)	5.5 (3.5, 7.6)	0.6 (-1.2, 2.3)	3.9 (1.0, 6.8)	0.7 (-0.2, 1.6)
2 SD	41	-0.6 (-4.5, 3.2)	9.2 (4.5, 14)	5.9 (-0.02, 12)	7.5 (-0.1, 15)	1.0 (-1.7, 3.6)

Grade 1 Obese (n=2,625)

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-2 SD	0.9	2.1 (1.2, 2.9)	-3.3 (-6.1, -0.4)	1.2 (-0.3, 2.6)	0.7 (-2.2, 3.6)	-0.2 (-1.5, 1.2)
-1 SD	6.4	1.0 (0.5, 1.5)	-1.9 (-3.6, -0.2)	0.4 (-0.2, 1.1)	0.09 (-1.3, 1.5)	-0.1 (-0.8, 0.5)
0	14	0	0	0	0	0
1 SD	26	-0.9 (-2.9, 1.0)	3.3 (1.8, 4.8)	1.1 (-0.9, 3.1)	3.0 (-0.03, 6.1)	0.6 (-0.4, 1.6)
2 SD	43	-1.8 (-6.3, 2.7)	8.7 (2.1, 15)	3.5 (-2.7, 9.8)	8.3 (-0.14, 17)	1.8 (-1.7, 5.3)
Grade 2 Obese (n=1,429)						
-2 SD	0.9	1.1 (-1.0, 3.2)	-1.9 (-5.3, 1.4)	1.2 (-0.6, 3.1)	-4.8 (-11, 1.8)	0.9 (-0.6, 2.3)
-1 SD	6.4	0.8 (-0.4, 2.0)	-1.4 (-3.0, 0.2)	0.5 (-0.7, 1.6)	-2.1 (-5.0, 0.9)	0.5 (-0.3, 1.3)
0	14	0	0	0	0	0
1 SD	26	-2.0 (-4.9, 1.0)	5.0 (2.6, 7.4)	0.3 (-3.2, 3.9)	-0.1 (5.2, 5.0)	-0.7 (-2.2, 0.9)
2 SD	43	-3.9 (-9.2, 1.4)	15 (5.0, 25)	1.0 (-7.6, 9.5)	-0.9 (-13, 11)	-1.1 (-3.9, 1.6)
Grade 3 Obese (n=1,049)						
-2 SD	0.9	2.8 (0.1, 5.4)	-3.7 (-6.6, -0.8)	-0.6 (-2.5, 1.2)	-1.3 (-4.4, 1.8)	-0.04 (-0.9, 0.1)
-1 SD	6.4	1.9 (-0.2, 4.0)	-2.6 (-4.0, -1.2)	-0.8 (-2.2, 0.6)	-0.4 (-2.7, 1.9)	-0.5 (-0.9, -0.1)
0	14	0	0	0	0	0
1 SD	26	-2.5 (-5.1, 0.2)	5.7 (2.6, 8.8)	2.3 (-1.3, 5.8)	-0.3 (-4.8, 4.3)	1.8 (0.3, 3.2)
2 SD	43	-4.6 (-8.8, -0.4)	16 (4.5, 28)	5.9 (-4.4, 16)	-0.8 (-11, 9.3)	5.7 (-0.4, 11.7)

SD, standard deviation

^a Adjusted for maternal race/ethnicity, maternal education, maternal age, marital status, parity, insurance source, smoking during pregnancy, pre-existing diabetes or hypertension, height, prepregnancy weight, infertility treatment, infant sex, neonatal care level of birth facility, year of birth, urban residence, and Black racial composition of neighborhood.

^b When the estimate is a negative value, it is the adjusted number of prevented cases per 100 births.

^c Underweight (<18.5 kg/m²), normal weight (18.5–24.9 kg/m²), overweight (25–29.9 kg/m²), grade 1 obese (30–34.9 kg/m²), grade 2 obese (35–39.9 kg/m²), or grade 3 obese (≥40 kg/m²)

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Appendix 3. Associations Between Gestational age z Score and Select Adverse Twin Birth Outcomes Stratified by Gestational Weight Gain z Score and Maternal Prepregnancy Body Mass Index, Pennsylvania Twin Birth Certificates, Limited to Twins Without of Congenital Malformations, 2003–2013 (n=54,048)

Gestational weight gain z-score	Total gestational weight gain equivalent at 37 weeks, kg	Adjusted ^a number of excess cases ^b per 100 births (95% CI)				
		Small-for-gestational-age birth	Large-for-gestational-age birth	Preterm birth <32 weeks	Cesarean delivery	Infant death
Underweight (n=1,826) ^c						
-2 SD	9.4	18 (9.3, 26)	-3.1 (-5.9, -0.5)	6.7 (0.01, 13)	-11 (-22, -1.1)	0.8 (-2.0, 3.6)
-1 SD	14	7.2 (4.8, 9.5)	-1.9 (-3.8, -0.04)	1.5 (-0.5, 3.6)	-5.2 (-9.9, -0.6)	-0.03 (-1.0, 0.9)
0	20	0	0	0	0	0
1 SD	27	-4.7 (-7.8, -1.6)	1.9 (-0.1, 3.9)	4.5 (2.1, 6.9)	1.6 (-2.9, 6.2)	2.1 (0.7, 3.5)
2 SD	37	-7.9 (-14, -2.3)	3.9 (-2.4, 10)	15 (6.2, 24)	1.7 (-9.5, 13)	8.0 (0.8, 15)
Normal weight (n=25,643)						
-2 SD	9.4	7.0 (5.8, 8.3)	-1.1 (-1.9, -0.3)	3.8 (2.6, 5.1)	-3.4 (-5.6, -1.2)	1.1 (0.5, 1.6)
-1 SD	14	4.2 (3.3, 5.0)	-1.2 (-1.6, -0.8)	2.2 (1.3, 3.1)	-2.4 (-3.6, -1.2)	0.6 (0.2, 0.9)
0	20	0	0	0	0	0
1 SD	27	-2.4 (-2.9, -1.8)	3.1 (2.4, 3.8)	0.2 (-0.6, 0.9)	3.9 (2.5, 5.3)	0.06 (-0.3, 0.4)
2 SD	37	-1.8 (-3.3, -0.3)	6.2 (4.7, 7.6)	5.0 (3.1, 6.9)	7.9 (5.2, 11)	1.3 (0.4, 2.2)
Overweight (n= 13,188)						
-2 SD	5.5	4.0 (2.7, 5.2)	-1.6 (-2.5, -0.8)	2.6 (1.2, 4.0)	-0.7 (-2.6, 1.3)	0.6 (0.02, 1.2)
-1 SD	11	2.8 (1.8, 3.8)	-1.6 (-2.2, -1.0)	1.6 (0.5, 2.7)	-1.0 (-2.5, 0.4)	0.3 (-0.1, 0.8)
0	18	0	0	0	0	0
1 SD	28	-2.0 (-2.9, -1.2)	4.4 (3.2, 5.7)	0.3 (-0.8, 1.5)	3.2 (1.4, 5.0)	0.4 (-0.2, 0.9)
2 SD	41	-0.7 (-2.9, 1.5)	8.1 (5.2, 11)	5.8 (2.6, 8.9)	6.3 (2.1, 10)	2.5 (0.9, 4.2)

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Grade 1 Obese (n= 7,042)						
-2 SD	0.9	2.1 (1.5, 2.7)	-3.4 (-5.9, -0.8)	1.1 (0.3, 2.0)	-1.8 (-4.6, 1.0)	0.2 (-0.3, 0.8)
-1 SD	6.4	1.1 (0.7, 1.4)	-2.0 (-3.5, -0.5)	0.4 (-0.03, 0.8)	-1.2 (-2.5, 0.1)	0.04 (-0.2, 0.3)
0	14	0	0	0	0	0
1 SD	26	-1.5 (-2.7, -0.2)	3.3 (2.3, 4.3)	1.1 (-0.2, 2.6)	3.7 (1.7, 5.6)	0.7 (0.03, 1.4)
2 SD	43	-2.9 (-5.6, -0.2)	8.5 (4.4, 13)	3.4 (-0.6, 7.4)	8.9 (3.7, 14)	2.1 (-0.1, 4.4)
Grade 2 Obese (n= 3,633)						
-2 SD	0.9	1.2 (0.1, 2.4)	-1.5 (-2.9, -0.1)	0.8 (-0.02, 1.7)	-2.5 (-5.0, -0.07)	0.3 (-0.2, 0.8)
-1 SD	6.4	1.0 (0.2, 1.8)	-1.2 (-1.9, -0.6)	0.2 (-0.5, 0.8)	-1.8 (-3.0, -0.6)	0.1 (-0.3, 0.5)
0	14	0	0	0	0	0
1 SD	26	-2.4 (-4.3, -0.5)	4.5 (2.8, 6.2)	0.9 (-1.2, 3.1)	4.4 (1.4, 7.4)	0.2 (-1.0, 1.4)
2 SD	43	-4.6 (-7.9, -1.3)	13 (6.5, 19)	2.4 (-3.0, 7.7)	10 (2.8, 17)	0.6 (-2.4, 3.6)
Grade 3 Obese (n= 2,716)						
-2 SD	0.9	3.2 (1.4, 5.0)	-2.4 (-3.2, -1.6)	1.0 (-0.7, 2.7)	-2.1 (-4.1, -0.1)	0.05 (-0.7, 0.8)
-1 SD	6.4	2.3 (0.9, 3.7)	-2.1 (-2.7, -1.5)	0.5 (-0.9, 1.9)	-1.3 (-2.8, 0.3)	-0.1 (-0.7, 0.4)
0	14	0	0	0	0	0
1 SD	26	-3.0 (-4.5, -1.5)	5.3 (3.1, 7.5)	-0.4 (-2.9, 2.0)	1.7 (-1.3, 4.7)	0.5 (-0.7, 1.8)
2 SD	43	-5.1 (-7.3, -3.0)	14 (7.0, 21)	-0.8 (-5.7, 4.1)	3.6 (-2.8, 10)	1.3 (-1.9, 4.4)

SD, standard deviation

^a Adjusted for maternal race/ethnicity, maternal education, maternal age, marital status, parity, insurance source, smoking during pregnancy, pre-existing diabetes or hypertension, height, prepregnancy weight, infertility treatment, infant sex, neonatal care level of birth facility, year of birth, urban residence, and Black racial composition of neighborhood.

^b When the estimate is a negative value, it is the adjusted number of prevented cases per 100 births.

^c Underweight (<18.5 kg/m²), normal weight (18.5–24.9 kg/m²), overweight (25–29.9 kg/m²), grade 1 obese (30–34.9 kg/m²), grade 2 obese (35–39.9 kg/m²), or grade 3 obese (≥40 kg/m²)

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Appendix 4. Associations Between Gestational Age *z* Score and Select Adverse Twin Birth Outcomes Stratified by Gestational Weight Gain *z* Score and Maternal Prepregnancy Body Mass Index, Pennsylvania Twin Birth Certificates, Limited to Twins With Complete Data, 2003–2013 (n=43,668)

Gestational weight gain z-score	Total gestational weight gain equivalent at 37 weeks, kg	Adjusted ^a number of excess cases ^b per 100 births (95% CI)				
		Small-for-gestational-age birth	Large-for-gestational-age birth	Preterm birth <32 weeks	Cesarean delivery	Infant death
Underweight (n=1,380) ^c						
-2 SD	9.4	24 (14, 35)	-4.1 (-6.1, -2.1)	7.6 (0.2, 15)	-13 (-25, -0.8)	1.4 (-1.6, 4.4)
-1 SD	14	9.2 (6.5, 12)	-2.9 (-4.7, -1.0)	1.9 (-0.2, 4.1)	-5.8 (-11, -0.4)	0.4 (-0.5, 1.2)
0	20	0	0	0	0	0
1 SD	27	-5.4 (7.9, 14)	2.5 (-0.4, 5.5)	3.2 (0.8, 5.7)	1.6 (-4.1, 7.2)	0.5 (-0.3, 1.4)
2 SD	37	-9.3 (-15, -4.2)	5.7 (-4.5, 16)	10 (1.6, 19)	2.2 (-12, 16)	1.8 (-1.4, 5.0)
Normal weight (n=21,200)						
-2 SD	9.4	7.0 (5.7, 8.2)	-0.8 (-1.6, -0.02)	4.0 (2.5, 5.5)	-2.4 (-4.6, -0.07)	0.7 (0.1, 1.3)
-1 SD	14	4.2 (3.3, 5.1)	-1.2 (-1.6, -0.8)	2.8 (1.9, 3.8)	-2.1 (-3.5, -0.8)	0.6 (0.2, 1.0)
0	20	0	0	0	0	0
1 SD	27	-2.3 (-2.9, -1.8)	3.2 (2.5, 3.9)	-0.4 (-1.1, 0.3)	4.3 (3.0, 5.7)	-0.2 (-0.4, 0.1)
2 SD	37	-2.2 (-3.7, -0.7)	7.1 (5.6, 8.6)	3.8 (2.0, 5.6)	9.4 (6.4, 12)	0.6 (-0.2, 1.4)
Overweight (n=10,538)						
-2 SD	5.5	3.6 (2.3, 4.9)	-1.8 (-2.6, -1.0)	2.5 (1.0, 4.0)	-0.04 (-2.0, 1.9)	0.5 (-0.1, 1.1)
-1 SD	11	2.8 (1.7, 3.9)	-1.8 (-2.4, -1.2)	1.6 (0.4, 2.9)	-0.7 (-2.5, 1.0)	0.2 (-0.30, 0.8)
0	18	0	0	0	0	0
1 SD	28	-1.9 (-2.7, -1.1)	4.5 (3.3, 5.6)	-0.2 (-1.3, 0.9)	3.2 (1.4, 5.0)	0.1 (-0.3, 0.6)
2 SD	41	-0.7 (-2.9, 1.6)	8.2 (5.3, 11)	3.2 (-0.2, 6.7)	7.7 (2.9, 12)	1.0 (-0.8, 2.9)

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Grade 1 Obese (n=5,535)

-2 SD	0.9	2.0 (1.4, 2.6)	-4.9 (-6.7, -3.1)	-0.02 (-1.2, 1.2)	-0.8 (-3.5, 1.8)	-1.0 (-2.0, 0.02)
-1 SD	6.4	1.0 (0.6, 1.3)	-3.0 (-4.3, -1.7)	-0.1 (-0.7, 0.4)	-0.7 (-2.0, 0.5)	-0.6 (-1.1, 0.03)
0	14	0	0	0	0	0
1 SD	26	-1.1 (-2.5, 0.2)	3.4 (2.2, 4.7)	1.4 (-0.01, 2.9)	3.9 (1.7, 6.1)	0.6 (-0.1, 1.3)
2 SD	43	-2.2 (-5.2, 0.7)	7.4 (2.9, 12)	3.9 (-0.4, 8.3)	9.7 (3.9, 16)	1.2 (-0.9, 3.3)

Grade 2 Obese (n=2,881)

-2 SD	0.9	1.0 (-0.3, 2.2)	-4.4 (-7.1, -1.6)	0.4 (-0.7, 1.4)	-2.0 (-4.9, 0.8)	-0.1 (-0.6, 0.4)
-1 SD	6.4	1.0 (0.1, 2.0)	-2.6 (-4.0, -1.2)	-0.01 (-0.7, 0.7)	-1.7 (-3.0, -0.3)	-0.1 (-0.5, 0.3)
0	14	0	0	0	0	0
1 SD	26	-2.7 (-4.7, -0.7)	4.3 (2.4, 6.3)	0.8 (-1.4, 3.1)	4.5 (1.0, 7.9)	0.3 (-0.9, 1.5)
2 SD	43	-5.1 (-8.3, -2.0)	11 (4.4, 18)	2.1 (-3.6, 7.7)	10 (1.9, 19)	0.6 (-2.4, 3.7)

Grade 3 Obese (n=2,134)

-2 SD	0.9	2.3 (0.6, 4.0)	-2.5 (-3.4, -1.7)	-0.1 (-2.0, 1.8)	-0.9 (-3.2, 1.3)	-0.4 (-1.0, 0.3)
-1 SD	6.4	1.6 (0.3, 3.0)	-2.2 (-2.8, -1.6)	0.08 (-1.5, 1.7)	-0.7 (-2.5, 1.1)	-0.4 (-0.9, 0.1)
0	14	0	0	0	0	0
1 SD	26	-2.3 (-4.0, -0.5)	6.2 (3.7, 8.6)	-0.4 (-3.4, 2.6)	1.2 (-2.3, 4.8)	1.0 (-0.5, 2.6)
2 SD	43	-4.2 (-6.9, -1.4)	18 (8.7, 27)	-1.0 (-7.1, 5.2)	2.7 (-5.1, 10)	2.7 (-1.8, 7.1)

SD, standard deviation

^a Adjusted for maternal race/ethnicity, maternal education, maternal age, marital status, parity, insurance source, smoking during pregnancy, pre-existing diabetes or hypertension, height, prepregnancy weight, infertility treatment, infant sex, neonatal care level of birth facility, year of birth, urban residence, and Black racial composition of neighborhood.

^b When the estimate is a negative value, it is the adjusted number of prevented cases per 100 births.

^c Underweight (<18.5 kg/m²), normal weight (18.5–24.9 kg/m²), overweight (25–29.9 kg/m²), grade 1 obese (30–34.9 kg/m²), grade 2 obese (35–39.9 kg/m²), or grade 3 obese (≥40 kg/m²)

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Appendix 5. Comparison of estimates yielded by the conventional analysis (white boxes) and the probabilistic bias analysis (black boxes) of the association between gestational weight gain z-score and risk of small-for-gestational-age birth (Panel A), large-for-gestational-age birth (Panel B), cesarean delivery (Panel C), preterm birth <32 weeks (Panel D), and infant death (Panel E) among women with twin gestations who are underweight (n=1858), normal weight (n=26,011), overweight (n=13,373), grade 1 obese (n=7153), grade 2 obese (n=3684), or grade 3 obese (n=2757), Pennsylvania twin birth certificates, 2003–2013.

All results were adjusted for maternal race or ethnicity, maternal education, maternal age, marital status, parity, insurance source, smoking during pregnancy, pre-existing diabetes or hypertension, height, prepregnancy weight, infertility treatment, infant sex, neonatal care level of birth facility, year of birth, urban residence, and racial composition of neighborhood. Underweight (<18.5 kg/m²), normal weight (18.5–24.9 kg/m²), overweight (25–29.9 kg/m²), grade 1 obese (30–34.9 kg/m²), grade 2 obese (35–39.9 kg/m²), or grade 3 obese (≥40 kg/m²). SD, standard deviation

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