Supplemental Table 2: Baseline Characteristics of 1,333 CARDIA Participants and Subpopulations of Participants

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|  | **Study Population****(N=1,333)** | **Sub-population with complete covariate data for Fitness/PA analyses** **(N=1250)** | **Sub-population with complete covariate data for TV analyses****(N=709)** |
| **Prepregnancy Characteristics** | **N (%) or Mean ± SD or Median [IQR]** |
| Age (years) | 24.0 ± 3.7 | 24.0 ± 3.7 | 23.6 ± 3.5 |
| Black (%)  | 673 (50.5) | 623 (49.8) | 324 (45.6) |
| High school education or less (%) | 472 (35.4) | 432 (34.6) | 216 (30.4) |
| Family history of diabetes (%) | 201 (15.1) | 185 (14.8) | 98 (13.8) |
| Nulliparous (%) | 903 (67.7) | 852 (68.2) | 561 (78.9) |
| Past or current smoker (%)  | 520 (39.2) | 484 (38.7) | 278 (39.1) |
| Alcohol (ml/day) | 2.4 [0.0, 9.6] | 2.4 [0.0, 9.5] | 2.4 [0.0, 9.7] |
| Diet quality score\* | 64.0 ± 13.6 | 64.0 ± 13.6 | 64.4 ± 13.2 |
| Saturated fat (% of total kcals) | 14.2 ± 3.1 | 14.2 ± 3.1 | 14.2 ± 2.9 |
| Physical activity (exercise units) |  |  |  |
| Total  | 295.0 [154.0, 477.0] | 296.0 [156.0, 480.0] | 304.0 [175.0, 492.0] |
| Moderate  | 108.0 [48.0, 180.0] | 108.0 [48.0, 180.0] | 108.0 [51.0, 184.0] |
| Vigorous  | 166.0 [72.0, 317.0] | 170.0 [72.0, 317.0] | 186.0 [84.0, 328.0] |
| Cardiorespiratory fitness (METS) | 10.1 [9.2, 12.0] | 10.2 [9.2, 12.0] | 10.8 [9.4, 12.0] |
| Body mass index (kg/m2) | 22.3 [20.4, 25.4] | 22.3 [20.5, 25.3] | 22.1 [20.4, 24.9] |
| Waist circumference (cm) | 69.9 [65.8, 76.0] | 69.8 [65.8, 76.0] | 69.0 [65.5, 75.5] |
| Fasting glucose (mg/dL) | 79.0 [74.0, 84.0] | 79.0 [74.0, 84.0] | 79.0 [74.0, 84.0] |
| Impaired fasting glucose (%)† | 15 (1.1) | 15 (1.2) | 8 (1.1) |
| Fasting insulin (μU/mL) | 7.4 [6.2, 9.1] | 7.4 [6.2, 9.1] | 7.5 [6.2, 9.1] |
| HOMA-IR | 25.7 [21.1, 32.6]  | 25.6 [21.1, 32.4] | 26.0 [21.1, 32.9] |
| Low HDL-C (%)‡ | 250 (18.8) | 223 (17.8) | 124 (17.4) |

Abbreviations: METS = metabolic equivalents; HOMA-IR = homeostasis model assessment of insulin resistance; HDL-C = high density lipoprotein cholesterol

\*Higher scores indicate better diet quality (possible score range 0-132). Smaller sample size across populations due to missing data.

†Impaired fasting glucose defined as > 100 mg/dl.

‡Low HDL-Cholesterol defined as < 40 mg/dl.