

Online Table 1: Descriptive characteristics of participants, among the cohort\* and for those who were eligible but not in the cohort

	3-months Postpartum					12-months Postpartum				
	Cohort* (n=80)		Eligible but not in the cohort (n=236)		p-value^	Cohort* (n=80)		Eligible but not in the cohort (n=331)		p-value^
	n	%	n	%		n	%	n	%	
<u>Age in years</u>										
17-29	32	40	102	43	0.62	29	36	95	29	0.19
>=30	48	60	134	57		51	64	236	71	
<u>Marital status</u>										
Not married	7	9	51	22	0.01	9	11	48	15	0.45
Married	73	91	185	78		71	89	283	85	
<u>Race/Ethnicity (assessed once during pregnancy)</u>										
Nonhispanic White	64	80	171	72	0.37	64	80	257	78	0.87
Nonhispanic Black	8	10	41	17		8	10	41	12	
Other	8	10	24	10		8	10	31	9	
<u>Education in years (assessed once during pregnancy)</u>										
<=12	11	14	41	17	0.42	11	14	45	14	0.71
13-15	16	20	49	21		16	20	56	17	
>=16	53	66	146	62		53	66	230	69	
<u>General health (assessed once during pregnancy)</u>										
Excellent	26	33	86	36	0.25	26	33	122	37	0.09
Very Good	31	39	97	41		31	39	145	44	
Good	18	23	44	19		18	23	53	16	
Fair/Poor	5	6	9	4		5	6	10	3	
<u>Body mass index (kg/m^2)</u>										
Low or Normal (<25.0)	34	43	101	42	0.95	39	49	181	58	0.12
Overweight (25.0 to <30.0)	23	29	68	29		20	25	76	24	

Obese ( $\geq 30.0$ )	23	29	67	28		21	26	60	19	
<u>Parity (assessed once during pregnancy)</u>					0.94					0.53
0	38	48	112	47		38	48	163	49	
1	27	34	82	35		27	34	119	36	
2	11	14	26	11		11	14	35	11	
3+	4	5	16	7		4	5	14	4	
<u>Number of children in home</u>					0.92					0.64
1	37	46	108	46		37	46	154	47	
2	29	36	90	38		28	35	128	39	
3+	14	18	38	16		15	19	49	15	
<u>Working status</u>					0.74					0.95
Not employed	40	50	113	48		28	35	117	35	
Employed	40	50	123	52		52	65	214	65	
<u>Breastfeeding</u>					0.07					0.07
No	21	26	88	37		52	65	248	75	
Yes	59	74	148	63		28	35	83	25	
	<u>Mean</u>	<u>Median (IQR)</u>	<u>Mean</u>	<u>Median (IQR)</u>	<u>p-value#</u>	<u>Mean</u>	<u>Median (IQR)</u>	<u>Mean</u>	<u>Median (IQR)</u>	<u>p-value#</u>
<u>Self-reported physical activity #</u>										
Total moderate to vigorous physical activity (hours/week)	3.3	1.3 (0.0-3.9)	2.9	1.1 (0.0-4.5)	0.83	2.6	1.0 (0.0-3.9)	3.3	1.7 (0.0-4.0)	0.09
Total physical activity (hours/week)	6.4	4.0 (1.7-7.6)	6.3	4.1 (1.7-8.3)	0.97	7.1	3.5 (1.2-7.6)	7.0	4.6 (2.2-9.0)	0.08

^ p-values on categorical measures are from chi-squared tests.

# p-values on continuous measures are from nonparametric Mann-Whitney tests.

\*The cohort was defined as participants that completed the accelerometer portion of the study at both 3- and 12-months postpartum.

At 3-months postpartum, those eligible but did not participate was (316-80=236) and at 12-months postpartum was (411-80=331).

IQR=interquartile range

Online Table 2: Accelerometry results for compliant participants at 3- and 12-months postpartum, with and without imputation

	3-months Postpartum						12-months Postpartum					
	Compliant* (n=153)			Compliant Data with Imputation* (n=153)			Compliant Data* (n=185)			Compliant Data with Imputation* (n=185)		
	Mean	Median	IQR	Mean	Median	IQR	Mean	Median	IQR	Mean	Median	IQR
<u>Counts per minute</u>	304	290	230-362	365	357	322-405	335	320	250-402	388	381	333-436
<u>Absolute values (minutes per day):</u>												
<u>Troiano et al cutpoints</u>												
Light	793	799	725-858	1122	1126	1116-1131	812	815	754-871	1118	1121	1111-1129
Moderate	16	13	8-21	17	14	9-22	19	17	10-26	20	18	11-26
Vigorous	1	0	0-1	1	0	0-0	2	0	0-1	2	0	0-1
<u>Swartz et al cutpoints</u>												
Light	678	684	612-741	871	874	842-910	682	685	621-746	858	865	821-903
Moderate	130	122	97-153	267	263	229-297	148	143	111-173	280	272	236-316
Vigorous	2	0	0-2	2	0	0-1	3	0	0-3	2	0	0-3
<u>Sedentary</u>	459	454	404-519	561	567	518-606	445	450	379-501	537	536	485-586
<u>Steps per day - uncensored<sup>^</sup></u>	10726	8423	7158-10414	24766	22030	19731-25187	10600	9895	8081-11803	23413	22261	19454-25735
Light	9283	7359	6182-8368	23243	20451	18252-23382	8839	8075	6785-9812	21589	20503	17686-23751
Moderate	1332	975	521-1675	1378	1018	642-1746	1559	1220	684-2153	1604	1308	776-2079
Vigorous	388	0	0-166	379	0	0-148	519	0	0-164	497	0	0-163
<u>Steps per day - censored<sup>^#</sup></u>	6646	5417	4275-6996	13799	12559	11359-14582	7060	6558	5088-8404	13805	13272	11506-15367
Light	5203	4171	3477-5051	12276	11060	9894-12677	5299	4633	3821-6098	11981	11561	9745-13337

\*A standard measurement day was defined as the length of time in which  $\geq 70\%$  of the sample was wearing the accelerometer, separately for weekdays and weekends. Participants were classified as having compliant accelerometry data if they had nonmissing counts over at least 70% of a standard measurement day for at least 3 compliant weekdays and 1 compliant weekend.

^ Intensity levels defined using Troiano et al cutpoints

# Steps taken at <500 counts/minute were censored; this did not affect steps taken at moderate or vigorous levels.

The cutpoints on accelerometer counts per minute were defined as follows:

Swartz et al: 574-4944 (moderate);  $\geq 4945$  (vigorous)

Troiano et al: 2020-5998 (moderate);  $\geq 5999$  (vigorous)

Sedentary behavior:  $\leq 100$  per Matthews et al.

IQR = interquartile range