

Web Table 1. Lactation history in relation to 4-year weight gain (uniparous women only) in the Black Women's Health Study, 1995–2011

	<i>N</i>	Unadjusted Mean Weight Gain (kg)	Unadjusted Mean Difference in Weight Gain (kg)	Multivariable Mean Difference in Weight Gain (kg) ^a	95% CI	<i>P</i> trend
Ever lactation						
No	475	5.85	Reference	Reference		
Yes	1296	5.64	-0.21	-0.004	-0.77, 0.76	
Lactation duration						
<3 months	318	5.63	-0.22	-0.22	-1.24, 0.79	
3-5 months	304	5.88	0.03	0.17	-0.86, 1.20	
6-11 months	450	5.95	0.10	0.34	-0.59, 1.27	
≥12 months	224	4.71	-1.14	-0.65	-1.81, 0.51	0.89
Age <30 at time of birth^b						
No	104	8.05	Reference	Reference		
Yes	294	6.73	-1.32	-1.07	-2.84, 0.69	
Lactation duration						
<3 months	78	6.20	-1.85	-1.71	-4.00, 0.57	
3-5 months	72	6.46	-1.59	-1.52	-3.88, 0.84	
6-11 months	105	7.39	-0.66	-0.24	-2.37, 1.89	
≥12 months	39	6.53	-1.52	-1.11	-4.02, 1.81	0.82
Age ≥30 at time of birth^b						
No	371	5.23	Reference	Reference		
Yes	1002	5.32	0.09	0.28	-0.57, 1.13	
Lactation duration						
<3 months	240	5.44	0.21	0.25	-0.89, 1.38	
3-5 months	232	5.70	0.47	0.61	-0.55, 1.76	
6-11 months	345	5.51	0.28	0.51	-0.53, 1.54	
≥12 months	185	4.33	-0.90	-0.57	-1.83, 0.70	0.93
Prepregnancy BMI <30^c						
No	346	6.34	Reference	Reference		
Yes	1002	5.65	-0.69	-0.53	-1.34, 0.28	
Lactation duration						
<3 months	221	6.03	-0.31	-0.37	-1.48, 0.73	
3-5 months	226	6.13	-0.21	-0.09	-1.19, 1.01	
6-11 months	372	5.91	-0.43	-0.23	-1.20, 0.73	
≥12 months	183	4.09	-2.25	-1.93	-3.12, -0.75	0.02
Prepregnancy BMI ≥30^c						
No	128	4.55	Reference	Reference		
Yes	291	5.65	1.10	1.29	-0.65, 3.22	
Lactation duration						
<3 months	96	4.69	0.14	0.13	-2.30, 2.56	
3-5 months	78	5.15	0.60	0.90	-1.67, 3.47	
6-11 months	76	6.39	1.84	1.89	-0.68, 4.46	
≥12 months	41	7.50	2.95	3.94	0.63, 7.25	0.01

^a Adjusted for age, gestational weight gain, preterm birth, vigorous physical activity, dietary pattern, and years of education.

^b *P* for interaction by age at time of birth = 0.66.

^c *P* for interaction by prepregnancy BMI < 0.01.

BMI = body mass index; CI = confidence interval.

Web Table 2. Lactation history in relation to 8-year weight gain (uniparous women only) in the Black Women's Health Study, 1995–2011

	<i>N</i>	Unadjusted Mean Weight Gain (kg)	Unadjusted Mean Difference in Weight Gain (kg)	Multivariable Mean Difference in Weight Gain (kg) ^a	95% CI	<i>P</i> trend
Ever lactation						
No	403	7.74	Reference	Reference		
Yes	1083	8.10	0.36	0.62	-0.40, 1.64	
Lactation duration						
<3 months	279	8.55	0.81	0.91	-0.43, 2.25	
3-5 months	251	7.93	0.19	0.41	-0.98, 1.80	
6-11 months	394	8.15	0.41	0.68	-0.56, 1.92	
≥12 months	159	7.46	-0.28	0.24	-1.40, 1.89	0.59
Age <30 at time of birth^b						
No	117	10.53	Reference	Reference		
Yes	306	9.35	-1.18	-1.34	-3.40, 0.73	
Lactation duration						
<3 months	80	10.19	-0.34	-0.67	-3.41, 2.06	
3-5 months	78	9.36	-1.17	-1.16	-3.89, 1.57	
6-11 months	109	9.50	-1.03	-1.37	-3.90, 1.16	
≥12 months	39	7.21	-3.32	-2.99	-6.47, 0.49	0.09
Age ≥30 at time of birth^b						
No	286	6.60	Reference	Reference		
Yes	777	7.61	1.01	1.38	0.21, 2.54	
Lactation duration						
<3 months	199	7.89	1.29	1.65	0.11, 3.18	
3-5 months	173	7.29	0.69	1.04	-0.57, 2.65	
6-11 months	285	7.63	1.03	1.41	-0.002, 2.82	
≥12 months	120	7.54	0.94	1.32	-0.54, 3.17	0.11
Prepregnancy BMI <30^c						
No	291	8.88	Reference	Reference		
Yes	848	8.04	-0.84	-0.59	-1.68, 0.49	
Lactation duration						
<3 months	193	8.57	-0.31	-0.15	-1.61, 1.31	
3-5 months	196	8.61	-0.27	-0.03	-1.49, 1.44	
6-11 months	329	7.94	-0.94	-0.78	-2.07, 0.50	
≥12 months	130	6.66	-2.22	-1.71	-3.40, -0.03	0.05
Prepregnancy BMI ≥30^c						
No	110	4.51	Reference	Reference		
Yes	232	8.27	3.76	3.93	1.39, 6.47	
Lactation duration						
<3 months	85	8.41	3.90	3.88	0.76, 7.00	
3-5 months	55	5.54	1.03	1.64	-1.92, 5.21	
6-11 months	64	9.20	4.69	4.90	1.52, 8.29	
≥12 months	28	11.04	6.53	7.04	2.33, 11.75	<0.01

^a Adjusted for age, gestational weight gain, preterm birth, vigorous physical activity, dietary pattern, and years of education.

^b *P* for interaction by age at time of birth = 0.59.

^c *P* for interaction by prepregnancy BMI < 0.01.

BMI = body mass index; CI = confidence interval.