

Appendix 2. Low-risk lifestyle factors and population attributable risk percentage of gestational diabetes according to prevalence of risk factors among women ages 18-45 years old in the US National Health and Nutrition Examination Survey (2007-2010) data [posted as supplied by authors]

Low-risk factors	Percent of US women[†] in low-risk group	Population attributable risk percentage (95% confidence interval)[‡]
Current non-smoker	79.0	6.1 (2.3 to 10.2)
body mass index < 25 kg/m ²	40.5	33.0 (27.8 to 39.3)
Alternate Healthy Eating Index-2010 diet score in upper 2 quintiles	40.1	11.4 (3.4 to 19.1)
Moderate/vigorous exercise ≥ 150 minutes/week	27.5	10.9 (6.8 to 20.6)
3 factors in low-risk category (current non-smoker, moderate/vigorous physical activity ≥ 150 min/week, Alternate Healthy Eating Index-2010 diet score in upper 2 quintiles)	9.1	37.3 (25.8 to 48.3)
All 4 factors in low-risk category (current non-smoker, body mass index < 25.0, moderate/vigorous physical activity ≥ 150 min/week, Alternate Healthy Eating Index-2010 diet score in upper 2 quintiles)	5.4	49.2 (36.2 to 60.0)

[†] Distribution of low-risk factors based on National Health and Nutrition Examination Survey (2007-2010).