

# **Exercise in pregnancy: 1-year and 7-year follow-ups of mothers and offspring after a randomized controlled trial**

## **Supplementary Tables**

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## Supplementary Table 1

Dietary intake and physical activity levels at 7-year follow-up among mothers with completed questionnaires who either exercised in pregnancy or were controls. Data are means  $\pm$  standard deviations.

		<b>Control</b>	<b>Exercise</b>	<b>p-value</b>
<b>Dietary intake</b>	n (proportion of group assessed)	18 (75%)	23 (70%)	
	Energy (kJ)	7255 $\pm$ 2472	7114 $\pm$ 1849	0.84
	Fat (g)	66 $\pm$ 26	70 $\pm$ 21	0.59
	Sugar (g)	74 $\pm$ 33	81 $\pm$ 29	0.46
	Dietary fibre (g)	22 $\pm$ 11	23 $\pm$ 10	0.83
	Total energy from fat (%)	33 $\pm$ 6	35 $\pm$ 7	0.32
	Total energy from protein (%)	21 $\pm$ 7	19 $\pm$ 4	0.33
	Total energy from carbohydrate (%)	42 $\pm$ 8	43 $\pm$ 9	0.76
<b>Physical activity</b>	n (proportion of group assessed)	13 (54%)	22 (67%)	
	Metabolic equivalent of task (MET)	1.66 $\pm$ 0.47	1.61 $\pm$ 0.44	0.76
	Moderate to high intensity exercise (% MET)	13 $\pm$ 11	12 $\pm$ 6	0.76

## Supplementary Table 2

Dietary intake at 7-year follow-up among children with completed questionnaires and who were born to mothers who exercised in pregnancy or to controls. Age data are means  $\pm$  standard deviations; other data are means and 95% confidence intervals adjusted for sex and age.

		<b>Control</b>	<b>Exercise</b>	<b>p-value</b>
<b>n</b>		18	23	
<b>Demography</b>	Age (years)	7.7 $\pm$ 0.7	7.5 $\pm$ 0.9	0.54
	Sex ratio (males)	39%	78%	<b>0.022</b>
	Ethnicity (European)	94%	78%	0.21
<b>Dietary intake</b>	Energy (kJ)	7067 (6399–7736)	6598 (5950–7246)	0.12
	Fat (g)	57 (51–65)	50 (44–57)	0.14
	Sugar (g)	89 (72–105)	88 (72–103)	0.93
	Dietary fibre (g)	22 (18–25)	20 (16–23)	0.47
	Total energy from fat (%)	31 (27–34)	28 (25–32)	0.35
	Total energy from protein (%)	15 (14–17)	18 (16–20)	0.06
	Total energy from carbohydrate (%)	52 (48–56)	52 (48–56)	0.98

### Supplementary Table 3

Parameters at 7-year follow-up among boys and girls born to mother who exercised in pregnancy or to control mothers, with evidence of sex-specific effects.

		Control	Exercise	p-value
<b>n</b>	Boys	10	21	-
	Girls	14	12	-
<b>Height SDS – MPHSDS</b> <sup>1</sup>	Boys	1.06 (0.27–1.86)	0.33 (-0.25–0.91)	0.07
	Girls	-0.22 (-0.99–0.55)	0.26 (-0.33–0.85)	0.32
<b>Diastolic blood pressure (mmHg)</b> <sup>2</sup>	Boys	55.9 (47.3–64.5)	62.9 (56.8–69.0)	0.13
	Girls	59.8 (54.2–65.5)	56.1 (51.3–60.8)	0.28

MPHSDS, mid-parental height standard deviation score; SDS, standard deviation score.

<sup>1</sup> Means and 95% confidence intervals adjusted for maternal age and ethnicity, and child's age.

<sup>2</sup> Means and 95% confidence intervals adjusted for maternal age and ethnicity, and child's height.