

**Supplementary material 1: Frequent Distribution of Pregnant Women in Health Centers and Bases in Ilam, Iran, during 2018**

<b>Health centers and bases</b>	<b>Frequency</b>	<b>Percentage</b>
Health center number 1	74	24.66
Health center number 4	37	12.33
Health center number 5	25	8.33
Health center number 6	21	7
Health center number 8	21	7
Health center number 9	15	5
Health center number 10	5	1.6
Health center number 13	2	0.06
Health base number 1	48	16
Health base number 3	25	8.33
Health base number 7	27	9
Total	300	100

**Supplementary material 2. Frequency distribution of women's demographic and obstetrics history characteristics and comparison of the total score of PA intensity in terms of demographic and obstetrics history characteristics (n = 300)**

Characteristics	Category	N (%)	Mean	SD	*P-value
Age (years)	≤ 24	85 (28.32)	43.43	26.19	† 0.42
	25-29	98 (32.66)	47.36	27.65	
	30-34	92 (30.66)	49.42	25.76	
	≥ 35	25 (8.33)	50.55	22.33	
Pre- or early pregnancy BMI (kg/m <sup>2</sup> )	≤ 18.5	12 (4)	35.13	16.23	† < 0.001
	18.5-24.9	107 (35.66)	43.77	25.41	
	25-29.9	132 (44)	45.94	23.73	
	≥ 30	49 (16.33)	60.71	31.91	
Ethnicity	Fars	11(3.66)	71.42	24.58	† 0.003
	Kurdish	256 (85.33)	46.44	25.48	
	Lur	24 (8)	38.80	28.46	
	Lak	9 (3)	59.78	27.85	
Level of education	Secondary	21 (7)	33.93	20.46	† 0.01
	Diploma	98 (32.66)	44.30	23.54	
	University education	181 (60.33)	50.22	27.67	
Occupation	Employed	41 (13.66)	49.03	25.52	‡ 0.62
	Housewife	259 (86.33)	46.85	26.41	
Income (month's wages: millions Rls)	Undesirable < 20	34 (11.33)	44.11	29.29	† 0.02
	Fairly favourable: 20-40	150 (50)	43.78	23.07	
	Optimal: 40-100	116 (38.66)	52.39	28.48	
Number of pregnancy	1	152 (50.66)	43.49	25.52	† 0.09
	2	94 (31.33)	50.29	28.62	
	3	45 (15)	52.62	22.80	
	4	9 (3)	48.78	23.38	
Number of children	0	153 (51)	39.73	23.32	† < 0.001
	1	112 (37.33)	55.18	28.13	
	2	35 (11.66)	53.84	23.26	
Gestational age	10-14	67 (22.33)	37.55	17.44	† 0.002

(wks)	15-28	123 (41)	48.92	27.87	
	29-37	110 (36.66)	51.01	27.60	
Participation in childbirth preparation classes	Yes	34 (11.33)	36.75	16.76	‡ 0.01
	No	266 (88.66)	48.48	26.97	
Habit of exercise before pregnancy	Yes	110 (36.66)	51.11	30.40	‡ 0.04
	No	190 (63.33)	44.85	23.30	

\*Significance level:  $P < 0.05$

†One-way ANOVA test

‡Independent sample t-test

**Supplementary material 3. Frequency distribution of women's demographic and obstetrics history characteristics and comparison of the total score of PA barriers in terms of demographic and obstetrics history characteristics (n = 300)**

Characteristics	Category	N (%)	Mean	SD	*P-value
Age (years)	≤ 24	85 (28.32)	30.83	6.13	† P = 0.86
	25-29	98 (32.66)	30.81	5.39	
	30-34	92 (30.66)	30.33	6.11	
	≥ 35	25 (8.33)	31.36	5.36	
Pre- or early pregnancy BMI (kg/m <sup>2</sup> )	≤ 18.5	12 (4)	31.75	3.57	† P = 0.15
	18.5-24.9	107 (35.66)	30.08	6.00	
	25-29.9	132 (44)	30.56	5.15	
	≥ 30	49 (16.33)	32.26	7.18	
Ethnicity	Fars	11(3.66)	29.72	4.24	† P = 0.02
	Kurdish	256 (85.33)	30.70	5.60	
	Lur	24 (8)	33.04	8.19	
	Lak	9 (3)	26.22	2.27	
Level of education	Secondary	21 (7)	31.09	8.25	† P = 0.92
	Diploma	98 (32.66)	30.81	6.21	
	University education	181 (60.33)	30.62	5.26	
Occupation	Employed	41 (13.66)	31.21	4.20	‡ P = 0.55
	Housewife	259 (86.33)	30.64	6.03	
Income (month's)	Undesirable < 20	34 (11.33)	29.91	5.33	† P = 0.01

<b>wages: millions Rls)</b>					
	Fairly favourable: 20-40	150 (50)	31.70	5.69	
	Optimal: 40-100	116 (38.66)	29.68	5.92	
<b>Number of pregnancy</b>	1	152 (50.66)	30.85	6.12	† P = 0.01
	2	94 (31.33)	29.55	4.86	
	3	45 (15)	31.82	6.31	
	4	9 (3)	35.11	3.95	
<b>Number of children</b>	0	153 (51)	30.83	5.93	† P = 0.71
	1	112 (37.33)	30.40	5.66	
	2	35 (11.66)	31.22	5.83	
<b>Gestational age (wks)</b>	10-14	67 (22.33)	30.88	5.52	† P = 0.92
	15-28	123 (41)	30.78	6.92	
	29-37	110 (36.66)	30.54	4.53	
<b>Participation in childbirth preparation classes</b>	Yes	34 (11.33)	30.61	5.22	‡ P = 0.91
	No	266 (88.66)	30.73	5.89	
<b>Habit of exercise before pregnancy</b>	Yes	110 (36.66)	29.81	7.03	‡ P = 0.04
	No	190 (63.33)	31.24	4.91	

\*Significance level:  $P < 0.05$

†One-way ANOVA test

‡Independent sample t-test