

“Post-GDM support would be really good for mothers”: a qualitative interview study exploring how to support a healthy diet and physical activity after gestational diabetes

R A Dennison, S J Griffin, J A Usher-Smith, R A Fox, C E Aiken, C L Meek

Table S3. DAiSiES participants’ agreement with whether the suggestion cards will support healthy diet and physical activity.

Participant	Suggestion card										Overall response
	1. More information about diet/exercise on T2D risk	2. More information about diet/exercise on wider health	3. More information about diet/exercise on family	4. Suggestions for healthy families	5. Support to exercise with others	6. Advice about how to eat healthily	7. Advice about exercising with a busy schedule	8. Advice about sustaining changes	9. Advice about saving money	10. Advice about monitoring progress	
P1	x	x	x	x	x	✓	✓	✓	✓	✓	M
P2	x	x	✓	✓	✓	✓	✓	✓	x	✓	A
P3	x	x	x	x	x	x	x	x	x	x	D
P4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	A
P5	✓	x	x	x	x	✓	x	✓	x	✓	M
P6	✓	✓	✓	✓	x	x	✓	✓	✓	✓	A
P7	✓			✓	✓	✓	✓	✓	x	✓	A
P8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	A
P9	✓	✓	✓	✓	✓	x	✓	✓	✓	✓	A
P10	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	A
P11	✓	✓	✓	✓	x	✓	✓	✓	✓	✓	A
P12	✓	x	x	x	✓	✓	✓	x	✓		M
P13	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	A
P14	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	A
P15	✓		x	x	✓	✓	✓	✓	✓	✓	A
P16	✓	✓		✓	✓	✓	✓		✓	✓	A
P17	✓	x	x	x	✓	x	✓	✓	x	✓	M
P18	✓	✓		✓		✓				✓	A
P19	✓	✓	x	x	x	✓	✓	✓	✓	✓	A
P20	x	x	x	x	✓	✓	✓	x	x	x	D
Overall response	A	M	M	M	A	A	A	A	M	A	

Agreement was based on the authors’ interpretation of their responses. Not all participants were shown each card, and some did not comment or agreement was unclear.

Dark green: strongly agree; green: agree; red: disagree; dark red: strongly disagree; grey: not shown or agreement is unclear.

A: overall agreement; M: overall mixed response; D: overall disagreement.