**Table 1.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | Intervention (n=342) |  | Control (n= 356) |
|  |  |  | Mean (SD)/N(%) |  | Mean (SD)/N(%) |
| Maternal demographics |  |  |  |  |  |
| Pre-pregnancy |  |  |  |  |  |
| Maternal age (years) |  | N=342 | 31.30 (5.04) | N=356 | 31.00 (5.58) |
| Maternal ethnicity | Asian | N=342 | 14 (4.1) | N=356 | 11 (3.1) |
|  | Black |  | 62 (18.1) |  | 72 (20.2) |
|  | Other |  | 19 (5.6) |  | 22 (6.2) |
|  | White |  | 247 (72.2) |  | 251 (70.5) |
| Multiparous |  | N=342 | 169 (49.4) | N=356 | 174 (48.9) |
| Index of multiple deprivation quintiles\* | 1 (least deprived) | N=341 | 15 (4.4) | N=355 | 19 (5.4) |
|  | 2 |  | 29 (8.5) |  | 19 (5.4) |
|  | 3 |  | 35 (10.3) |  | 38 (10.7) |
|  | 4 |  | 119 (34.9) |  | 136 (38.3) |
|  | 5 (most deprived) |  | 143 (41.9) |  | 143 (40.3) |
| Family history | GDM | N=333 | 10 (3.0) | N=344 | 11 (3.2) |
|  | PET | N=333 | 40 (12.0) | N=344 | 33 (9.6) |
|  | T2DM | N=341 | 86 (25.2) | N=356 | 70 (19.7) |
| 15-18 weeks’ gestation |  |  |  |  |  |
| Current smoker^ |  | N=342 | 7 (2.0) | N=356 | 20 (5.6) |
| Maternal anthropometry | Maternal BMI (kg/m2) | N=342 | 36.17 (4.98) | N=356 | 36.31 (4.69) |
| Systolic blood pressure (mmHg) | N=340 | 117.90 (11.15) | N=352 | 119.32 (11.00) |
| Sum of skin folds (cm)ⱡ | N=337 | 124.34 (28.46) | N=354 | 122.18 (25.06) |
| Maternal Antenatal and postpartum history | | |  |  |  |
| Gestational diabetes \*\* |  | N=336 | 97 (28.9) | N=346 | 93 (26.9) |
| Pre-eclampsia∞ |  | N=340 | 11 (3.2) | N=353 | 11 (3.1) |
| Gestational weight gain between 15-18 weeks’ gestation to 34-36 weeks’ gestation |  | N=320 | 5.85 (4.75) | N=332 | 6.62 (4.56) |
| Total gestational weight gain from pre-pregnancy weight¶ |  | N=320 | 6.92 (4.65) | N=332 | 7.83 (4.41) |
| Maternal 6 month postpartum BMI (kg/m2) |  | N=345 | 36.26 (5.14) | N=355 | 36.45 (5.41) |
| Change in maternal weight from 15-18 weeks to 6 months postpartum (kg) |  | N=344 | -0.37 (7.41) | N=355 | 0.36 (6.71) |
| Infant demographics |  |  |  |  |  |
| Infant age at 6 months follow up (months) |  | N=342 | 5.80 (0.65) | N=356 | 5.85 (0.72) |
| Gestation at birth (weeks) |  | N=342 | 39.73 (1.54) | N=356 | 39.55 (2.29) |
| Birthweight (gm) |  | N=342 | 3479.23 (529.40) | N=356 | 3436.55 (604.09) |
| Large for Gestational Age >90th (customised)† |  | N=342 | 30 (8.8) | N=356 | 27 (7.6) |
| Neonatal feeding history at 72 hrs | Artificial feeding | N=341 | 63 (18.5) | N=354 | 78 (22.0) |
| Breast feeding | N=341 | 213 (62.5) | N=354 | 216 (61.0) |
| Partially breastfeeding | N=341 | 65 (19.1) | N=354 | 132 (37.1) |

**Maternal and Infant demographics by randomisation allocation at 6 month postpartum visit.**

^ Maternal current smoking at 15-18 weeks’ gestation (pre-intervention) wassignificantly different between intervention and control groups (p=0.02).\*IMD quintiles are calculated for the region of residence, by fifths of the population. UK wide-scores were developed by reconciling Scottish data to English norms. \*\* Gestational diabetes diagnosis by International Association of Diabetes in Pregnancy Study Group criteria at 27+0 to 28+6 weeks’ gestation.

ⱡ Calculated by the addition of biceps, triceps, suprailiac and subscapular skinfold measurements each measured in triplicate. ∞ Pre-eclampsia defined as systolic blood pressure ≥140 mm Hg, diastolic blood pressure ≥90 mm Hg, or both, on at least two occasions 4 hours apart, with proteinuria ≥300 mg/ 24 hours.¶Gestational weight gain calculated using estimated weight before pregnancy according to the Institute of Medicine Weight Management in Pregnancy Guidelines. † Customised birthweight centile calculated adjusting for maternal height and weight, ethnic origin, parity and sex of the infant.