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| **Table 1:** Maternal and offspring demographics of the analysed sample (n=482) | | |
| **Maternal demographics** | Mean (SD)/Median (IQR)/N (%) | |
| **Pre-pregnancy** |  | |
| Age (years) |  | 31.2 (5.2) |
| Ethnicity | *White* | 329 (68) |
|  | *Black* | 110 (23) |
|  | *Asian* | 20 (4) |
|  | *Other* | 23 (5) |
| Years in full time education |  | 15.0 (2.8) |
| Maternal BMI (kg/m2) a |  | 34.7 (32.5 to 37.9) |
| Nulliparous |  | 229 (50) |
| Index of Multiple Deprivation Quintiles b | *1 (least deprived)* | 30 (6) |
|  | *2* | 31 (6) |
|  | *3* | 55 (12) |
|  | *4* | 172 (36) |
|  | *5 (most deprived)* | 191 (40) |
| **Maternal antenatal and neonatal demographics** | |  |
| Mother assigned to UPBEAT Intervention |  | 234 (49) |
| Gestational diabetes mellitus c |  | 116 (25) |
| Birthweight (g) |  | 3499 (499) |
| Large for gestational age >90th centile d |  | 61 (12) |
| Small for gestational age <10th centile d |  | 34 (7) |
| **Child 3-year follow-up demographics** | |  |
| Age (years) |  | 3.5 (0.28) |
| Female |  | 243 (50) |
| Mother living with a partner |  | 387 (80) |
| Mother a current smoker |  | 47 (9) |
| Mode of infant feeding at 4 months | *Breastfed* | 135 (52) |
| *Formula fed* | 105 (41) |
|  | *Mixed fed* | 18 (7) |
| BMI z-score d | 472 | 0.88 (1.0) |
| Height-for-age z-score d | 477 | 0.38 (1.1) |
| Weight-for-age z-score d | 477 | 0.83 (1.0) |
| Weight-for-height z-score d | 472 | 0.90 (1.0) |
| International Obesity Task Force gender specific cut-offs BMI categorises e | *Underweight (< 18.5 kg/m2)* | 15 (3) |
| *Healthy (18.5-24.9 kg/m2)* | 292 (62) |
| *Overweight (25.0-29.9 kg/m2)* | 125 (26) |
| *Obese (30.0-34.9 kg/m2)* | 14 (3) |
| *Morbidly obese (≥35.0 kg/m2)* | 26 (6) |
| Sum of skinfolds (mm) a, f | 371 | 41.3 (34.0 to 50) |
| Percentage body fat (%) | 382 | 22.3 (6.5) |
| Arm circumference (cm) | 462 | 17.7 (1.8) |
| Waist circumference (cm) | 466 | 53.0 (4.3) |
| a Median (interquartile range); b Scores were calculated for the region of residence, by fifths of the population. UK-wide scores were developed from English and Scottish data relating to employment and income domains; c Gestational diabetes diagnosed using the International Association of Diabetes in Pregnancy Group’s criteria at 24–28 weeks’ gestation; d World Health Organisation (2007) z-score; e IOTF International cut-off as BMI references f sum of triceps, biceps, subscapular, suprailiac and abdominal skinfold thicknesses (mm). | | |