**Supplementary table 4. Adjusted odds ratios of retaining at least 4.5 kg at 12 months postpartum**

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Odds of retaining ≥4.5 kg at 12 months postpartum | | | | | | |
|  | **Model 1** | | | **Model 2** | | | |
| Pregestational BMI | **OR** | **95% CI** | ***p*** | **OR** | **95% CI** | ***p*** |
| *Normal weight* | *Reference* | | | *Reference* | | | |
| *Overweight* | 1.19 | 0.70, 2.04 | *0.521* | 1.16 | 0.67, 1.99 | *0.603* |
| *Obese* | 1.31 | 0.68, 2.53 | *0.426* | 1.31 | 0.66, 0.57 | *0.437* |
| Adequacy of GWG | **OR** | **95% CI** | ***p*** | **OR** | **95% CI** | ***p*** |
| *Insufficient* | 0.40 | 0.17, 0.94 | ***0.035*** | 0.39 | 0.16, 0.94 | ***0.036*** |
| *Adequate* | *Reference* | | | *Reference* | | | |
| *Excessive* | 2.92 | 1.68, 5.06 | **<*0.001*** | 3.31 | 1.81, 6.05 | **<*0.001*** |
| Type of breastfeeding at one month | **OR** | **95% CI** | ***p*** | **OR** | **95% CI** | ***p*** |
| *No breastfeeding* | *Reference* | | | *Reference* | | | |
| *Partial* | 1.00 | 0.50, 1.98 | *0.990* | 1.35 | 0.61, 2.99 | *0.465* |
| *Predominant* | 0.69 | 0.20, 2.38 | *0.561* | 1.29 | 0.32, 5.25 | *0.720* |
| *Exclusive* | 0.53 | 0.24, 1.19 | *0.124* | 0.86 | 0.34, 2.20 | *0.757* |
| Results from logistic regression models. BMI, body mass index; OR, odds ratio; CI, confidence interval; GWG, gestational weight gain.  Pregestational BMI: normal weight (<25 kg/m2), overweight (≥25 to <30 kg/m2), and obese (≥30 kg/m2). GWG: defined as the difference between third-trimester weight and estimated pregestational weight, corrected by the length of gestation. This was compared to the expected GWG and categorized as insufficient, adequate or excessive. Type of breastfeeding at one month: exclusive (only breast milk), predominant (breast milk and certain liquids such as water and water-based drinks, but excluding non-human milk), partial (breast milk and any food or liquid, including non-human milk), and no breastfeeding  n=84 (16.8%) retained ≥4.5 kg postpartum out of n=500 women.  Model 1: adjusted for age.  Model 2: adjusted for age, marital status (single/separated and married/cohabitating), education (basic: elementary and secondary school, middle: high school, and college: at least college), parity (primiparous and multiparous), and socioeconomic status (high, middle, and low). For adequacy of GWG, the model was further adjusted for pregestational BMI (normal weight, overweight and obese), smoking history (never smokers, smokers around pregnancy and former smokers), physically active (yes and no), and sedentary activities in pregnancy (<2 h/day and ≥2 h/day). For type of breastfeeding, the model was additionally adjusted for pregestational BMI (normal weight, overweight and obese), smoking history (never smokers, smokers around pregnancy and former smokers), adequacy of GWG (insufficient, adequate and excessive), gestational age at delivery, and pregnancy complications (yes and no). | | | | | | | |