

Supplemental Materials

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Supplementary Table 1. Components of the intervention

Component	Description
Breastfeeding	<ul style="list-style-type: none"><li>• Breastfeed exclusively for up to six months of life</li><li>• Maintain partial breastfeeding thereafter for at least three additional months</li></ul>
Weight control	<ul style="list-style-type: none"><li>• Avoid weight gain in order to return to pre-pregnancy weight</li><li>• Those with excess weight gradually lose up to 5% of their body weight</li><li>• If this goal had been achieved at baseline, attempt a further 5% loss of current weight or achieve a BMI of 22.5 kg/m<sup>2</sup></li></ul>
Healthy eating	<ul style="list-style-type: none"><li>• Avoid ultraprocessed and other high energy dense foods</li><li>• Increase food choices from a variety of less processed and nutritious foods</li></ul>
Being active	<ul style="list-style-type: none"><li>• Decrease sedentary periods during the day</li><li>• Increase physical activity gradually with a goal of at least 150 minutes of moderate or 75 minutes of vigorous physical activity per week</li><li>• Include physical activity in leisure time, if possible, with the baby</li><li>• Include stretching and strength training and further efforts to improve fitness</li></ul>

Supplementary Table 2. The core curriculum of telephone intervention.

Part	Session	Focus
<b>1</b>	<b>Planning healthy habits</b>	
	1	Eating well, healthy diet
	2	Reducing ultra-processed foods and other high-calory foods
	3	Increasing nutritious and less caloric foods observing the whole variety of the less processed foods
	4	Purchasing planning, organization, new recipes, progress, and difficulties
	5	How to be more physically active
	6	Physical activity plans
	7	Energy balance: food and physical activity
<b>2</b>	<b>Detecting and solving problems</b>	
	8	Controlling stimuli that lead to overeating
	9	Planning how to solve problems encountered in the food or physical activity plan
	10	Making social stimuli positive for healthy plans
	11	Reflecting on negative thoughts against healthy plans
	12	Managing stress
	13	The slippery path of lifestyle changes
	14	Increasing physical activity
<b>3</b>	<b>Reviewing and or maintaining healthy habits</b>	
	15	Review: How to adjust energy balance to lose weight
	16	Review: How to adjust energy balance to maintain weight
	17	Dietary changes: What else can be improved?
	18	How to train to increase fitness
	19	How to deal with everyday difficulties in adopting a healthy lifestyle
	20	How to keep on the path of change

Supplementary Table 3. Post hoc subgroup analysis of treatment effect on the incidence of diabetes. (N=466)

	Group	Incidence/100 PY	Hazard ratio
		(95% CI)	(95% CI)
Overall	Control	13.2 (10.3-16.2)	0.84 (0.60-1.19)
	Intervention	11.5 (8.8-14.1)	
Entry			
Before March 2019	Control	14.9 (11.4-18.5)	0.71 (0.48-1.04)
	Intervention	10.9 (8.0-13.9)	
After March 2019	Control	8.1 (2.9-13.2)	1.60 (0.72-3.56)
	Intervention	13.0 (7.2-18.8)	
< 6 months after birth	Control	15.6 (10.6-20.6)	0.61 (0.37-1.00)
	Intervention	9.9 (6.4-13.4)	
≥ 6 months after birth	Control	11.5 (8.0-15.0)	1.10 (0.69-1.76)
	Intervention	13.2 (9.1-17.3)	
Age (years)			
< 35	Control	13.3 (9.2-17.4)	0.86 (0.53-1.40)
	Intervention	11.5 (7.6-15.4)	
≥35	Control	12.9 (8.7-17.1)	0.85 (0.52-1.38)
	Intervention	11.7 (8.0-15.5)	
BMI before pregnancy			
≥ 30 kg/m <sup>2</sup>	Control	18.0 (12.5-23.5)	0.76 (0.48-1.20)
	Intervention	14.6 (10.2-18.9)	
< 30 kg/m <sup>2</sup>	Control	10.7 (7.3-14.1)	0.79 (0.47-1.32)
	Intervention	8.6 (5.4-11.9)	
Number of living children			
1	Control	9.7 (5.0-14.4)	1.07 (0.53-2.14)
	Intervention	10.8 (6.1-15.5)	
2	Control	13.6 (8.8-18.4)	0.73 (0.41-1.30)
	Intervention	10.5 (6.3-14.8)	
3	Control	16.1 (10.6-21.5)	0.79 (0.46-1.38)
	Intervention	13.0 (8.0-19.1)	
Insulin during pregnancy			
Yes	Control	14.0 (9.9-18.0)	0.74 (0.46-1.20)
	Intervention	10.8 (7.2-14.5)	
No	Control	12.3 (8.1-16.5)	0.98 (0.59-1.61)
	Intervention	12.0 (8.1-16.0)	
Family History of Diabetes			
Yes	Control	13.4 (10.1-16.6)	0.86 (0.59-1.61)
	Intervention	11.8 (8.7-14.8)	
No	Control	12.3 (5.5-19.0)	0.86 (0.38-1.94)
	Intervention	10.9 (5.2-16.5)	
Prediabetes at baseline			
Yes	Control	17.0 (12.9-21.1)	0.88 (0.61-1.29)
	Intervention	15.5 (11.6-19.3)	
No	Control	6.4 (2.9-9.9)	0.66 (0.27-1.62)
	Intervention	4.3 (1.4-7.2)	

CI: Confidence interval; PY: person-years.