Supplementary Table 1. Correlation table for demographics and all variables. \* Significance p = 0.05; \*\* significance p = 0.01.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Age | Relationship Status | Occupation | Education | Parity | Child Age | Pre-pregnancy BMI | Gestational Weight Gain | Post-pregnancy BMI |
| Age | 1 |  |  |  |  |  |  |  |  |
| Relationship Status | -.42\*\* | 1 |  |  |  |  |  |  |  |
| Occupation | .00 | .05 | 1 |  |  |  |  |  |  |
| Education | .28\*\* | .26\*\* | -.13 | 1 |  |  |  |  |  |
| Parity | .24\*\* | .25\*\* | -.13 | .16 | 1 |  |  |  |  |
| Child Age | .04 | -.03 | .33\*\* | .00 | -.16 | 1 |  |  |  |
| Pre-pregnancy BMI | .24\*\* | .18\* | .13 | -.03 | -.57 | -.01 | 1 |  |  |
| Gestational Weight Gain | .15 | -.04 | .05 | -.04 | -.19\* | .33\*\* | .25\*\* | 1 |  |
| Post-pregnancy BMI | -.25\*\* | .17 | .08 | -.02 | .01 | -.01 | .92\*\* | -.09 | 1 |
| Pre-pregnancy Physical Activity | -.07 | .15 | -.04 | .18\* | .00 | -.14 | -.05 | -.06 | -.07 |
| Pregnancy Physical Activity | .02 | .01 | -.14 | .19\* | .07 | -.12 | -.10 | -.11 | -.02 |
| Post-pregnancy Physical Activity | -.08 | .10 | -.00 | .10 | -.04 | -.02 | .10 | -.22\* | -.06 |
| Vegetables (Fresh) | -.25\*\* | .06 | .00 | -.09 | .02 | .00 | .14 | -.01 | -.21\* |
| Vegetables (Frozen) | .02 | -.05 | -.20\* | .05 | -.00 | .07 | -.17 | -.04 | -.19\* |
| Fruit (Fresh) | -.16 | .06 | -.02 | -.05 | -.04 | -.11 | .20\* | .03 | .27\*\* |
| Fruit (Frozen) | -.00 | -.15 | -.21\* | .16 | .13 | .03 | .05 | -.18 | .01 |
| Grains | .06 | .03 | .09 | -.17 | .01 | .09 | -.01 | .12 | -.06 |
| Meat | -.02 | -.09 | .01 | .10 | .07 | -.07 | .08 | .01 | .08 |
| Legumes | .21\* | .14 | -.12 | -.08 | -.07 | -.02 | .09 | -.09 | .15 |
| Dairy | -.06 | -.01 | .04 | -.10 | -.14 | .16 | -.06 | .12 | .05 |
| Snacks | .01 | .11 | -.08 | -.16 | -.07 | .19\* | -.08 | .16 | -.17 |
| Hours of Sleep (Total) | -.05 | -.14 | .10 | -.02 | -.09 | .06 | -.03 | .08 | -.07 |
| Hours of Sleep (Uninterrupted) | .03 | .13 | .27\*\* | -.11 | -.14 | .22\* | .14 | .12 | .08 |
| Number of Sleep Interruptions | -.09 | .10 | -.16 | -.08 | .07 | -.17 | -.01 | -.00 | .05 |
| Hours Awake at Night | -.91 | .18\* | -.18\* | -.06 | -.01 | -.29\*\* | .06 | -.05 | .07 |
| Socialising with friends | .18 | -.05 | -.05 | .03 | -.04 | .04 | -.11 | .02 | -.08 |
| Getting Out of the House | .12 | -.03 | -.15 | .04 | -.15 | -.02 | .07 | -.15 | -.09 |
| Meet New People | .08 | .07 | -.19\* | .03 | -.15 | -.12 | -.13 | -.09 | -.05 |
| Praise | -.37 | .04 | -.02 | -.09 | -.11 | -.05 | .07 | -.06 | .01 |
| Weight Control | .15 | -.09 | .07 | -.11 | .10 | -.05 | .10 | .03 | .08 |
| Increase Fitness | .24\* | -.04 | .04 | .01 | .11 | .00 | .02 | .02 | -.09 |
| Reduce the risk of Type 2 Diabetes | -.01 | .03 | .09 | -.13 | .07 | -.05 | .20\* | -.23 | .21\* |
| More Energy | .18 | .08 | .41 | -.16 | .27\*\* | .01 | .14 | -.03 | .11 |
| Feel Better Physically | .19\* | -.01 | .01 | -.02 | .16 | -.03 | .18 | -.07 | .12 |
| Reduce Stress | .17 | -.06 | -.06 | -.15 | .16 | .08 | -.04 | .10 | -.10 |
| Better Overall Mood | .13 | -.12 | -.09 | -.02 | .15 | .08 | .08 | -.02 | .02 |
| Accomplishment | .12 | -.14 | -.19 | -.04 | -.04 | -.06 | .00 | .04 | -.05 |
| Depression | -.10 | .16 | .07 | -.04 | -.04 | .11 | .04 | -.01 | .04 |
| Anxiety | .29\*\* | .23\* | .28\*\* | -.22\*\* | -.06 | .09 | .08 | .11 | .11 |
| Stress | -.17 | .16 | .13 | .01 | .11 | .04 | .10 | -.07 | .01 |
| Physical Functioning | -.00 | .03 | .00 | -.04 | .08 | .17 | -.14 | -.04 | -.25\* |
| Physical Role Limitations | -.05 | .17 | -.00 | -.02 | -.01 | -.02 | -.16 | -.06 | -.25\* |
| Bodily Pain | .07 | -.02 | -.03 | .01 | -.01 | .05 | -.27\*\* | -.09 | -.34\*\* |
| General Health | .27\*\* | .01 | .01 | .09 | .09 | -.14 | -.23\* | .06 | -.36\*\* |
| Vitality | .18 | -.12 | .10 | .04 | -.05 | -.04 | -.17 | .04 | -.16 |
| Social Functioning | .18 | -.10 | .06 | .08 | .03 | .06 | -.10 | .07 | -.08 |
| Emotional Role Limitations | .05 | -.09 | -.04 | -.05 | -.03 | -.06 | -.13 | -.02 | -.07 |
| Mental Health | .19\* | .22\* | -.07 | .03 | .07 | -.07 | -.06 | .10 | -.03 |

Supplementary Table 2. Correlation table for physical activity and all variables. \* Significance p = 0.05; \*\* significance p = 0.01.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Pre-pregnancy physical activity | Pregnancy physical activity | Post-pregnancy physical activity |
| Age |  |  |  |
| Relationship Status |  |  |  |
| Occupation |  |  |  |
| Education |  |  |  |
| Parity |  |  |  |
| Child Age |  |  |  |
| Pre-pregnancy BMI |  |  |  |
| Gestational Weight Gain |  |  |  |
| Post-pregnancy BMI |  |  |  |
| Pre-pregnancy Physical Activity | 1 |  |  |
| Pregnancy Physical Activity | .75\*\* | 1 |  |
| Post-pregnancy Physical Activity | .55\*\* | .57\*\* | 1 |
| Vegetables (Fresh) | -.17 | -.19\* | -.17 |
| Vegetables (Frozen) | -.12 | -.17 | -.19\* |
| Fruit (Fresh) | -.07 | -.17 | -.05 |
| Fruit (Frozen) | -.20\* | .23\* | -.11 |
| Grains | .10 | .03 | .08 |
| Meat | .21\* | .16 | .21\* |
| Legumes | -.20\* | .21\* | -.16 |
| Dairy | .04 | -.03 | -.08 |
| Snacks | .03 | .07 | .09 |
| Hours of Sleep (Total) | -.01 | .14 | .12 |
| Hours of Sleep (Uninterrupted) | .01 | .09 | .15 |
| Number of Sleep Interruptions | .04 | -.09 | -.06 |
| Hours Awake at Night | .06 | -.07 | -.09 |
| Socialising with friends | -.08 | -.05 | -.13 |
| Getting Out of the House | .14 | .19\* | .17 |
| Meet New People | .14 | .06 | -.01 |
| Praise | .11 | .06 | .07 |
| Weight Control | .08 | .07 | .14 |
| Increase Fitness | .25\*\* | .27\*\* | .23\* |
| Reduce the risk of Type 2 Diabetes | .13 | .14 | .11 |
| More Energy | .21\* | .24\* | .09 |
| Feel Better Physically | .16 | .16 | .20\* |
| Reduce Stress | .14 | -.01 | .08 |
| Better Overall Mood | .13 | -.02 | .03 |
| Accomplishment | .08 | .09 | .01 |
| Depression | .03 | -.13 | .08 |
| Anxiety | -.04 | -.26\*\* | -.15 |
| Stress | .05 | -.11 | .13 |
| Physical Functioning | .09 | .13 | .23\* |
| Physical Role Limitations | .07 | .06 | .03 |
| Bodily Pain | -.02 | .09 | .19\* |
| General Health | .14 | .25\*\* | .22\* |
| Vitality | .03 | .19\* | .15 |
| Social Functioning | -.00 | .12 | -.06 |
| Emotional Role Limitations | -.03 | .13 | -.03 |
| Mental Health | .07 | .17 | .03 |

Supplementary Table 3. Correlation table for dietary intake and all variables. \* Significance p = 0.05; \*\* significance p = 0.01.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Vegetables (Fresh) | Vegetables (Frozen) | Fruit (Fresh) | Fruit (Frozen) | Grains | Meat | Legumes | Dairy | Snacks |
| Age |  |  |  |  |  |  |  |  |  |
| Relationship Status |  |  |  |  |  |  |  |  |  |
| Occupation |  |  |  |  |  |  |  |  |  |
| Education |  |  |  |  |  |  |  |  |  |
| Parity |  |  |  |  |  |  |  |  |  |
| Child Age |  |  |  |  |  |  |  |  |  |
| Pre-pregnancy BMI |  |  |  |  |  |  |  |  |  |
| Gestational Weight Gain |  |  |  |  |  |  |  |  |  |
| Post-pregnancy BMI |  |  |  |  |  |  |  |  |  |
| Pre-pregnancy Physical Activity |  |  |  |  |  |  |  |  |  |
| Pregnancy Physical Activity |  |  |  |  |  |  |  |  |  |
| Post-pregnancy Physical Activity |  |  |  |  |  |  |  |  |  |
| Vegetables (Fresh) | 1 |  |  |  |  |  |  |  |  |
| Vegetables (Frozen) | -.04 | 1 |  |  |  |  |  |  |  |
| Fruit (Fresh) | .38\*\* | .01 | 1 |  |  |  |  |  |  |
| Fruit (Frozen) | .22\* | .23\* | .20\* | 1 |  |  |  |  |  |
| Grains | .12 | -.04 | .04 | .09 | 1 |  |  |  |  |
| Meat | .07 | -.03 | -.03 | -.01 | .11 | 1 |  |  |  |
| Legumes | .39\*\* | -.12\* | .34\*\* | .35\*\* | .02 | .06 | 1 |  |  |
| Dairy | -.08 | .04 | .01 | .11 | .11 | .14 | -.10 | 1 |  |
| Snacks | -.09 | .15 | -.06 | -.00 | .32\*\* | .14 | -.05 | .16 | 1 |
| Hours of Sleep (Total) | -.12 | .07 | -.22\* | -.21\* | -.03 | .09 | -.14 | -.01 | .13 |
| Hours of Sleep (Uninterrupted) | -.04 | -.04 | -.08 | -.21\* | .03 | .07 | -.15 | -.11 | .19\* |
| Number of Sleep Interruptions | .07 | .05 | .17 | .03 | .07 | -.12 | .14 | .11 | -.06 |
| Hours Awake at Night | -.01 | -.09 | .12 | -.04 | -.01 | -.15 | .09 | -.12 | -.21\* |
| Socialising with friends | -.18 | .04 | -.22\* | -.01 | .01 | -.06 | -.16 | -.03 | .04 |
| Getting Out of the House | -.08 | -.09 | -.12 | -.04 | .09 | .01 | -.12 | .03 | .17 |
| Meet New People | -.02 | -.02 | -.04 | .07 | .22\* | -.12 | -.14 | .01 | .16 |
| Praise | .11 | -.17 | -.11 | -.11 | .11 | .22\* | -.11 | -.06 | .09 |
| Weight Control | .13 | -.14 | .22\* | .10 | .17 | -.01 | .08 | -.04 | .15 |
| Increase Fitness | -.03 | -.06 | -.07 | .03 | .19\* | -.00 | -.04 | -.01 | .19\* |
| Reduce the risk of Type 2 Diabetes | -.05 | -.08 | -.02 | .04 | .09 | -.18 | -.11 | -.08 | .06 |
| More Energy | .07 | -.08 | -.02 | .02 | .20\* | -.01 | -.07 | -.01 | .21\* |
| Feel Better Physically | .06 | -.04 | .07 | .06 | .10 | .12 | -.01 | -.12 | .11 |
| Reduce Stress | .01 | .17 | -.01 | -.01 | .11 | -.00 | -.04 | -.01 | .22\* |
| Better Overall Mood | -.04 | .07 | .01 | .11 | .10 | .09 | .04 | -.03 | .17 |
| Accomplishment | -.14 | .08 | -.05 | .00 | -.00 | -.07 | -.01 | -.01 | .11 |
| Depression | .26\*\* | .02 | .30\*\* | .04 | -.01 | -.01 | .15 | -.07 | -.00 |
| Anxiety | .32\*\* | .01 | .45\*\* | .03 | .12 | -.03 | .21\* | -.03 | .03 |
| Stress | .29\*\* | .06 | .34\*\* | .10 | .02 | .11 | .17 | -.03 | .00 |
| Physical Functioning | -.10 | .10 | -.19\* | .00 | .09 | -.09 | -.09 | -.12 | .27\*\* |
| Physical Role Limitations | -.08 | .02 | -.18 | -.03 | -.02 | -.04 | .01 | -.10 | .19\* |
| Bodily Pain | -.23\* | .05 | -.21\* | -.00 | .02 | -.03 | -.15 | .02 | .22\* |
| General Health | -.32\*\* | .54 | -.37\*\* | -.14 | .08 | .07 | -.30\*\* | -.02 | .22\* |
| Vitality | -.21\* | -.07 | -.33\*\* | -.24\* | .17 | -.05 | -.15 | -.02 | .17 |
| Social Functioning | -.26\*\* | .09 | -.49\*\* | -.78 | .08 | .08 | -.21\* | .02 | .07 |
| Emotional Role Limitations | .23\* | .01 | -.24\*\* | -.09 | .17 | -.11 | -.12 | .16 | .12 |
| Mental Health | -.26\*\* | -.12 | -.32\*\* | -.16 | .12 | .03 | -.27\*\* | .05 | .15 |

Supplementary Table 4. Correlation table for sleep and all variables. \* Significance p = 0.05; \*\* significance p = 0.01.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Hours of Sleep (Total) | Hours of Sleep (Uninterrupted) | Number of Sleep Interruptions | Hours Awake at Night |
| Age |  |  |  |  |
| Relationship Status |  |  |  |  |
| Occupation |  |  |  |  |
| Education |  |  |  |  |
| Parity |  |  |  |  |
| Child Age |  |  |  |  |
| Pre-pregnancy BMI |  |  |  |  |
| Gestational Weight Gain |  |  |  |  |
| Post-pregnancy BMI |  |  |  |  |
| Pre-pregnancy Physical Activity |  |  |  |  |
| Pregnancy Physical Activity |  |  |  |  |
| Post-pregnancy Physical Activity |  |  |  |  |
| Vegetables (Fresh) |  |  |  |  |
| Vegetables (Frozen) |  |  |  |  |
| Fruit (Fresh) |  |  |  |  |
| Fruit (Frozen) |  |  |  |  |
| Grains |  |  |  |  |
| Meat |  |  |  |  |
| Legumes |  |  |  |  |
| Dairy |  |  |  |  |
| Snacks |  |  |  |  |
| Hours of Sleep (Total) | 1 |  |  |  |
| Hours of Sleep (Uninterrupted) | .44\*\* | 1 |  |  |
| Number of Sleep Interruptions | -.40\*\* | -.44\*\* | 1 |  |
| Hours Awake at Night | -.50\*\* | -.51\*\* | .51\*\* | 1 |
| Socialising with friends | .23\* | .19\* | -.19 | -.04 |
| Getting Out of the House | .12 | .10 | -.04 | .01 |
| Meet New People | -.05 | -.05 | -.01 | .08 |
| Praise | .19\* | .13 | -.08 | -.07 |
| Weight Control | -.03 | .06 | .11 | -.06 |
| Increase Fitness | .11 | .15 | -.06 | -.18 |
| Reduce the risk of Type 2 Diabetes | -.07 | .13 | -.00 | -.09 |
| More Energy | .07 | .21\* | -.17 | -.20\* |
| Feel Better Physically | .28\*\* | .27\*\* | -.27\*\* | -.30\*\* |
| Reduce Stress | -.02 | -.02 | -.04 | -.09 |
| Better Overall Mood | -.01 | -.01 | -.16 | -.12 |
| Accomplishment | .23\* | .09 | -.13 | -.11 |
| Depression | -.23\* | -.10 | .14 | .22\* |
| Anxiety | -.28\*\* | -.04 | .14 | .19 |
| Stress | -.23\* | -.12 | .13 | .17 |
| Physical Functioning | .16 | .14 | -.09 | -.18 |
| Physical Role Limitations | .14 | .06 | .09 | -.05 |
| Bodily Pain | .19 | .07 | -.13 | -.27\*\* |
| General Health | .17 | .11 | -.02 | -.17 |
| Vitality | .43\*\* | .32\*\* | -.22\* | -.44\*\* |
| Social Functioning | .32\*\* | .14 | -.17 | -.24\* |
| Emotional Role Limitations | .24\* | .12 | -.08 | -.23\* |
| Mental Health | .27\*\* | .19\* | -.18 | -.27\*\* |

Supplementary Table 5. Correlation table for health values and all variables. \* Significance p = 0.05; \*\* significance p = 0.01.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Socialising with friends | Getting out of the House | Meet New People | Praise | Weight Control | Increase Fitness | Reduce the risk of Type 2 Diabetes | More Energy | Feel Better Physically | Reduce Stress | Better Overall Mood | Accomplishment |
| Age |  |  |  |  |  |  |  |  |  |  |  |  |
| Relationship Status |  |  |  |  |  |  |  |  |  |  |  |  |
| Occupation |  |  |  |  |  |  |  |  |  |  |  |  |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |
| Parity |  |  |  |  |  |  |  |  |  |  |  |  |
| Child Age |  |  |  |  |  |  |  |  |  |  |  |  |
| Pre-pregnancy BMI |  |  |  |  |  |  |  |  |  |  |  |  |
| Gestational Weight Gain |  |  |  |  |  |  |  |  |  |  |  |  |
| Post-pregnancy BMI |  |  |  |  |  |  |  |  |  |  |  |  |
| Pre-pregnancy Physical Activity |  |  |  |  |  |  |  |  |  |  |  |  |
| Pregnancy Physical Activity |  |  |  |  |  |  |  |  |  |  |  |  |
| Post-pregnancy Physical Activity |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetables (Fresh) |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetables (Frozen) |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruit (Fresh) |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruit (Frozen) |  |  |  |  |  |  |  |  |  |  |  |  |
| Grains |  |  |  |  |  |  |  |  |  |  |  |  |
| Meat |  |  |  |  |  |  |  |  |  |  |  |  |
| Legumes |  |  |  |  |  |  |  |  |  |  |  |  |
| Dairy |  |  |  |  |  |  |  |  |  |  |  |  |
| Snacks |  |  |  |  |  |  |  |  |  |  |  |  |
| Hours of Sleep (Total) |  |  |  |  |  |  |  |  |  |  |  |  |
| Hours of Sleep (Uninterrupted) |  |  |  |  |  |  |  |  |  |  |  |  |
| Number of Sleep Interruptions |  |  |  |  |  |  |  |  |  |  |  |  |
| Hours Awake at Night |  |  |  |  |  |  |  |  |  |  |  |  |
| Socialising with friends | 1 |  |  |  |  |  |  |  |  |  |  |  |
| Getting Out of the House | .39\*\* | 1 |  |  |  |  |  |  |  |  |  |  |
| Meet New People | .36\*\* | .26\*\* | 1 |  |  |  |  |  |  |  |  |  |
| Praise | .08 | .14 | .28\*\* | 1 |  |  |  |  |  |  |  |  |
| Weight Control | .01 | .09 | .01 | .45\*\* | 1 |  |  |  |  |  |  |  |
| Increase Fitness | .02 | .31\*\* | .03 | .40\*\* | .64\*\* | 1 |  |  |  |  |  |  |
| Reduce the risk of Type 2 Diabetes | -.03 | .00 | .12 | .20\* | .30\*\* | .33\*\* | 1 |  |  |  |  |  |
| More Energy | .08 | .10 | .07 | .21\* | .51\*\* | .54\*\* | .43\*\* | 1 |  |  |  |  |
| Feel Better Physically | .15 | .21\* | .06 | .19\* | .46\*\* | .60\*\* | .20\* | .69\*\* | 1 |  |  |  |
| Reduce Stress | .14 | .14 | .04 | .09 | .36\*\* | .34\*\* | .27\*\* | .43\*\* | .36\*\* | 1 |  |  |
| Better Overall Mood | .21\* | .15 | .08 | .11 | .39\*\* | .34\*\* | .30\*\* | .47\*\* | .50\*\* | .75\*\* | 1 |  |
| Accomplishment | .23\* | .26\*\* | .13 | .29\*\* | .30\*\* | .38\*\* | .28\*\* | .42\*\* | .54\*\* | .48\*\* | .56\*\* | 1 |
| Depression | -.33\*\* | -.19 | -.06 | -.08 | .00 | -.23\* | -.07 | -.10 | -.11 | .07 | .05 | -.18 |
| Anxiety | -.34\*\* | -.34\*\* | -.09 | .00 | .12 | -.10 | -.03 | .06 | -.04 | .09 | -.01 | -.15 |
| Stress | -.29\*\* | -.18 | -.160 | -.15 | .09 | -.08 | -.07 | .08 | .03 | .19\* | .11 | -.15 |
| Physical Functioning | .03 | .13 | -.02 | .02 | .02 | .06 | .09 | .10 | .10 | .15 | .15 | .18 |
| Physical Role Limitations | .12 | .23\* | .09 | -.02 | -.07 | .00 | .06 | -.10 | -.11 | -.04 | -.01 | .04 |
| Bodily Pain | .20\* | .11 | .04 | -.06 | -.05 | -.01 | .08 | -.05 | -.03 | -.07 | -.02 | .08 |
| General Health | .20\* | .15 | .05 | -.06 | -.02 | .30\*\* | .09 | .06 | .06 | .14 | .03 | .14 |
| Vitality | .26\*\* | .17 | .14 | .22\* | .10 | .29\*\* | .07 | .04 | .20\* | .04 | -.03 | -.19 |
| Social Functioning | .33\*\* | .08 | .12 | .09 | -.12 | .04 | .09 | .08 | .05 | -.07 | -.08 | .04 |
| Emotional Role Limitations | .08 | -.01 | .12 | .12 | -.07 | .10 | .12 | -.03 | -.06 | -.14 | -.18 | -.07 |
| Mental Health | .33\*\* | .22\* | .17 | .23\* | .06 | .22\* | .03 | .07 | .13 | -.04 | -.04 | .17 |

Supplementary Table 6. Correlation table for mental health and all variables. \* Significance p = 0.05; \*\* significance p = 0.01.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Depression | Anxiety | Stress |
| Age |  |  |  |
| Relationship Status |  |  |  |
| Occupation |  |  |  |
| Education |  |  |  |
| Parity |  |  |  |
| Child Age |  |  |  |
| Pre-pregnancy BMI |  |  |  |
| Gestational Weight Gain |  |  |  |
| Post-pregnancy BMI |  |  |  |
| Pre-pregnancy Physical Activity |  |  |  |
| Pregnancy Physical Activity |  |  |  |
| Post-pregnancy Physical Activity |  |  |  |
| Vegetables (Fresh) |  |  |  |
| Vegetables (Frozen) |  |  |  |
| Fruit (Fresh) |  |  |  |
| Fruit (Frozen) |  |  |  |
| Grains |  |  |  |
| Meat |  |  |  |
| Legumes |  |  |  |
| Dairy |  |  |  |
| Snacks |  |  |  |
| Hours of Sleep (Total) |  |  |  |
| Hours of Sleep (Uninterrupted) |  |  |  |
| Number of Sleep Interruptions |  |  |  |
| Hours Awake at Night |  |  |  |
| Socialising with friends |  |  |  |
| Getting Out of the House |  |  |  |
| Meet New People |  |  |  |
| Praise |  |  |  |
| Weight Control |  |  |  |
| Increase Fitness |  |  |  |
| Reduce the risk of Type 2 Diabetes |  |  |  |
| More Energy |  |  |  |
| Feel Better Physically |  |  |  |
| Reduce Stress |  |  |  |
| Better Overall Mood |  |  |  |
| Accomplishment |  |  |  |
| Depression | 1 |  |  |
| Anxiety | .60\*\* | 1 |  |
| Stress | .73\*\* | .72\*\* | 1 |
| Physical Functioning | -.13 | -.28\*\* | -.16 |
| Physical Role Limitations | -.16 | -.34\*\* | -.19\* |
| Bodily Pain | -.27\*\* | -.39\*\* | -.30\*\* |
| General Health | -.45\*\* | -.41\*\* | -.37\*\* |
| Vitality | -.52\*\* | -.35\*\* | -.48\*\* |
| Social Functioning | -.51\*\* | -.45\*\* | -.52\*\* |
| Emotional Role Limitations | -.55\*\* | -.42\*\* | -.56\*\* |
| Mental Health | -.73\*\* | -.60\*\* | -.77\*\* |

Supplementary Table 7. Correlation table for wellness and all variables. \* Significance p = 0.05; \*\* significance p = 0.01.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Physical Functioning | Physical Role Limitations | Bodily Pain | General Health | Vitality | Social Functioning | Emotional Role Limitations | Mental Health |
| Age |  |  |  |  |  |  |  |  |
| Relationship Status |  |  |  |  |  |  |  |  |
| Occupation |  |  |  |  |  |  |  |  |
| Education |  |  |  |  |  |  |  |  |
| Parity |  |  |  |  |  |  |  |  |
| Child Age |  |  |  |  |  |  |  |  |
| Pre-pregnancy BMI |  |  |  |  |  |  |  |  |
| Gestational Weight Gain |  |  |  |  |  |  |  |  |
| Post-pregnancy BMI |  |  |  |  |  |  |  |  |
| Pre-pregnancy Physical Activity |  |  |  |  |  |  |  |  |
| Pregnancy Physical Activity |  |  |  |  |  |  |  |  |
| Post-pregnancy Physical Activity |  |  |  |  |  |  |  |  |
| Vegetables (Fresh) |  |  |  |  |  |  |  |  |
| Vegetables (Frozen) |  |  |  |  |  |  |  |  |
| Fruit (Fresh) |  |  |  |  |  |  |  |  |
| Fruit (Frozen) |  |  |  |  |  |  |  |  |
| Grains |  |  |  |  |  |  |  |  |
| Meat |  |  |  |  |  |  |  |  |
| Legumes |  |  |  |  |  |  |  |  |
| Dairy |  |  |  |  |  |  |  |  |
| Snacks |  |  |  |  |  |  |  |  |
| Hours of Sleep (Total) |  |  |  |  |  |  |  |  |
| Hours of Sleep (Uninterrupted) |  |  |  |  |  |  |  |  |
| Number of Sleep Interruptions |  |  |  |  |  |  |  |  |
| Hours Awake at Night |  |  |  |  |  |  |  |  |
| Socialising with friends |  |  |  |  |  |  |  |  |
| Getting Out of the House |  |  |  |  |  |  |  |  |
| Meet New People |  |  |  |  |  |  |  |  |
| Praise |  |  |  |  |  |  |  |  |
| Weight Control |  |  |  |  |  |  |  |  |
| Increase Fitness |  |  |  |  |  |  |  |  |
| Reduce the risk of Type 2 Diabetes |  |  |  |  |  |  |  |  |
| More Energy |  |  |  |  |  |  |  |  |
| Feel Better Physically |  |  |  |  |  |  |  |  |
| Reduce Stress |  |  |  |  |  |  |  |  |
| Better Overall Mood |  |  |  |  |  |  |  |  |
| Accomplishment |  |  |  |  |  |  |  |  |
| Depression |  |  |  |  |  |  |  |  |
| Anxiety |  |  |  |  |  |  |  |  |
| Stress |  |  |  |  |  |  |  |  |
| Physical Functioning | 1 |  |  |  |  |  |  |  |
| Physical Role Limitations | .59\*\* | 1 |  |  |  |  |  |  |
| Bodily Pain | .62\*\* | .45\*\* | 1 |  |  |  |  |  |
| General Health | .32\*\* | .24\* | .47\*\* | 1 |  |  |  |  |
| Vitality | .23\* | .17 | .42\*\* | .51\*\* | 1 |  |  |  |
| Social Functioning | .11 | .18 | .35\*\* | .39\*\* | .56\*\* | 1 |  |  |
| Emotional Role Limitations | .10 | .21\* | .25\*\* | .32\*\* | .54\*\* | .54\*\* | 1 |  |
| Mental Health | .13 | .19 | .32\*\* | .39\*\* | .64\*\* | .61\*\* | .62\*\* | 1 |