

Table 4: Weight gain, plasma glucose plus birth outcomes in the control and intervention groups of pregnant Cree women

Variable	No. of women	Control group	No. of women	Intervention group
Weight gain, kg/wk*†	96	0.53 (0.32)	104	0.53 (0.27)
Weight gain (kg/wk) BMI ≤ 29 kg/m ²	49	0.63 (0.32)	51	0.62 (0.27)
Weight gain (kg/wk) BMI > 29 kg/m ²	47	0.44 (0.30)	53	0.44 (0.24)
Plasma glucose, mmol/L	87	7.21 (2.09)	97	7.43 (2.10)
Gestational age at delivery, wk	103	39.56 (1.87)	106	39.53 (3.42)
Birth weight, g‡	103	3741 (523)	106	3686 (686)
Birth weight > 4000 g,‡ no. (and %)	103	31 30.1%	106	37 34.9%
Birth weight < 2500 g,‡ no. (and %)	103	2 1.94%	106	3 2.83%
Birth weight ratio§	103	1.15 (0.18)	106	1.15 (0.16)
Cesarean section,‡ no. (and %)	103	13 12.62%	106	15 14.15%
Postpartum weight, kg	75	88.1 (16.8)	62	86.4 (19.0)

*Rate of weight gain is defined as last available weight before delivery minus first available weight at 16, 20 or 24 weeks of gestation divided by weeks of gestation.

†Values are means (and standard deviation), unless stated otherwise.

‡Excluding twin births ($n = 3$).

§Birth weight ratio is defined as infant's weight at delivery divided by a reference weight at a given gestational age.¹⁶

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