

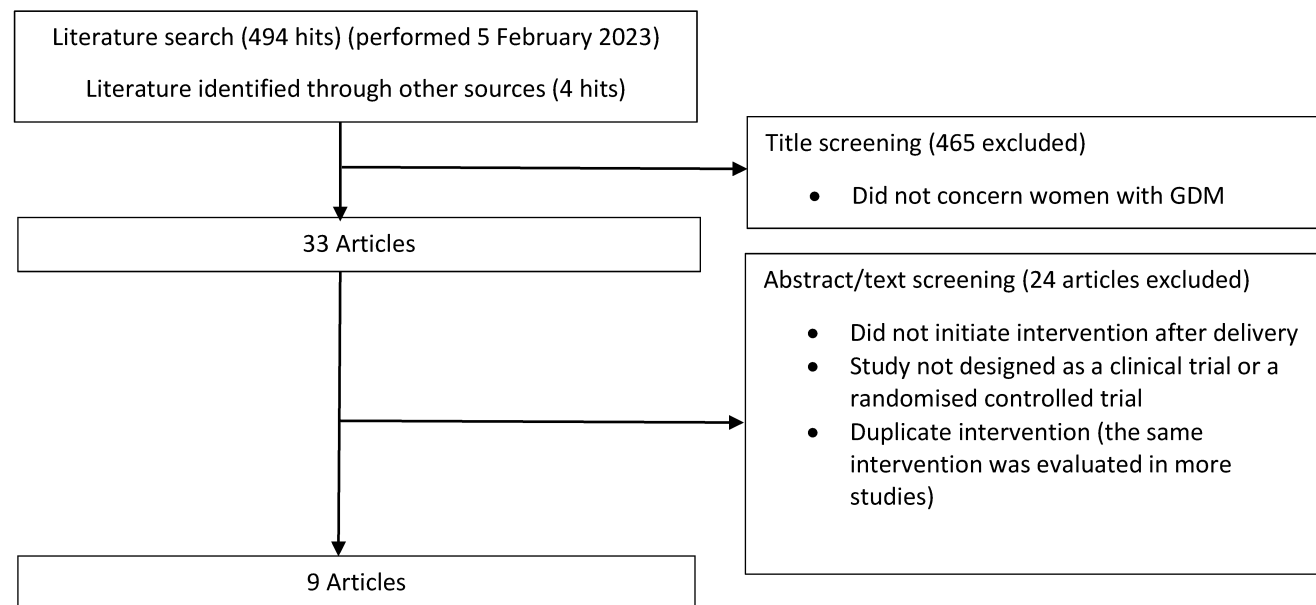
## Supplemental material

Appendix 1: Health characteristics and cardiometabolic risk factors of the women attending the baseline examination in the Face-it trial

	Women participating with a partner	Women participating without a partner	P-value	All women
N (%)	199 (69.8)	86 (30.2)		285 (100.0)
<b>Health characteristics</b>				
Weight change between pre-pregnancy and baseline (kg) - mean (±SD)	0.9 (±6.0)	1.5 (±6.1)	0.389	1.1 (±6.0)
<i>Missing</i>	2	1		3
<b>Cardiometabolic risk factors</b>				
Hip circumference - mean (±SD)	106.6 (±10.7)	107.6 (±9.5)	0.469	106.9 (±10.3)
Waist circumference - mean (±SD)	90.4 (±13.4)	91.1 (±10.3)	0.634	90.6 (±12.5)
Central obesity (waist ratio ≥80 cm) - n (%)	158 (79.8)	76 (89.4)	0.029	235 (83.0)
<i>Missing</i>	1	1		2
Fasting plasma glucose ≥5.6 mmol/l - n (%)	38 (19.2)	22 (25.9)	0.225	60 (21.2)
<i>Missing</i>	1	1		2
Blood pressure (mmHg) - n (%)				
Systolic ≥130	23 (11.6)	5 (5.8)	0.090	28 (9.8)
Diastolic ≥85	28 (14.1)	13 (15.1)	0.819	41 (14.4)
Lipids (mmol/l) - n (%)				
Triglyceride ≥1.7	21 (10.6)	13 (15.3)	0.289	34 (12.0)
Cholesterol HDL <1.29	35 (17.6)	19 (22.4)	0.365	54 (19.0)
<i>Missing range<sup>a</sup></i>	0-1	1		1-2

Notes: Standard Deviation (±SD). Interquartile range [(IQR) 25<sup>th</sup> and 75<sup>th</sup> percentile]. <sup>a</sup>Missing values: women participating with a partner; triglyceride = 1, all other = 0; all women; triglyceride = 2, all other = 1. <sup>b</sup>Missing values: women participating without a partner; fasting plasma glucose = 1, 2-h plasma glucose = 3; all women; fasting plasma glucose = 2, 2-hour plasma glucose=4.

## Appendix 2: Flowchart of literature search



## Appendix 3: overview of the intervention trials identified through literature search

Authors and publication year	Intervention trial name	Baseline/Intervention start	Number of participants included	Study conclusion
O'Reilly, 2016	Mother after Gestational Diabetes in Australia – Diabetes Preventive Programme (MAGDA-DPP)	mean (SD), 8.0 (4.8) months after delivery	573 women	The intervention group achieved a moderate weight difference compared with the control group. Weight change difference -0.95 (95% CI, -1.87; -0.04) kg.
Tandon, 2022	The Lifestyle Intervention Gestational Diabetes (LIVING) study	median (IQR), 6.5 (4.8;8.2) months after delivery	1601 women	The intervention did not reduce deteriorate glycaemic status. Hazard ratio 0.92 (95% CI, 0.76;1.12).
Nicklas, 2014	The Balance After Me Study	mean (SD), 7.2 (2.1) weeks after delivery)	75 women	The intervention decreased postpartum weight retention. Weight loss intervention group 2.8 (95% CI, -4.8;-0.7) kg compared with control group 0.5 (-1.4; 2.4) kg.
Liu, 2018	The Tianjin Gestational Diabetes Mellitus Prevention Programme	mean (SD), 27.2 (10.4) months after delivery)	1180 women	The intervention group's weight loss was 0.82 whereas the control group gained 0.09 kg (p=0.001).
Ratner, 2008	The Diabetes Prevention Programme (DPP)	12 years after delivery	350 women with prior GDM and 1840 women without GDM	Intensive lifestyle and metformin were able to reduce incidence of diabetes by approximately 50%.
O'Dea et al. (2015)	MyAction	One to three years after latest GDM diagnosis	50 women with recent GDM	The group-based intervention revealed greatest impact on psychosocial factors; the intervention group showed significant improvements on stress (-4.62,-0.11, P=0.04=, diet self-efficacy (-1.19,-0.008, p=0.04) and quality of life (-1.061,-0.063, p=0.02).

Peacock et al. (2014)	Walking for Exercise and Nutrition to Prevent Diabetes for You	6 months to two years after latest GDM diagnosis	31 women with recent GDM	There was insignificant clinical improvement in physical activity and dietary behaviours, but no significant change in glucose metabolism or anthropometry.
Perez-Ferre et al. (2014)	Mediterranean lifestyle interventional study	Seven to twelve weeks after latest GDM diagnosis	260 women with recent GDM	Less women in the intervention group developed glucose disorders compared with the control group (56.75%, $p < 0.05$ ).
Shyam et al. (2013)	N/A	Approximately 6 months after delivery	77 women with recent GDM	At follow-up BMI was significantly reduced in the intervention group compared with control group ( $-0.6 \text{ kg/m}^2$ vs. $0.0 \text{ kg/m}^2$ , $p < 0.001$ ).