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| Table 1: Second trimester timing of eating on weekdays in relation to sociodemographic and lifestyle factors | | | | | |
|  |  | First Eat | Last Eat | Fasting Midpoint | Fasting Duration |
| **Maternal Characteristics** | n=88 | Median (IQR) | Median (IQR) | Median (IQR) | Median (IQR) |
| Maternal race/ethnicity |  |  |  |  |  |
| White or Caucasian | 70 | 7:33 (0:30) | 20:00 (1:45) | 2:00 (0:02) | 11.5 (2.00) |
| Asian American or Asian | 8 | 8:22 (1:30) | 20:40 (1:15) | 2:22 (0:01) | 12.4 (1.91) |
| Hispanic, Latinx, or Spanish Origin | 5 | 8:30 (2:15) | 21:45 (1:00) | 2:52 (0:01) | 11.5 (1.75) |
| Middle Eastern or North African | 2 | 9:28 (0:58) | 21:00 (1:00) | 3:14 (0:02) | 12.5 (0.03) |
| Black or African American | 2 | 8:22 (1:30) | 20:45 (00:15) | 2:37 (0:02) | 11.8 (1.25) |
| P value |  | **0.04** | 0.14 | **0.043** | 0.62 |
| Race (Dichotomized) |  |  |  |  |  |
| White or Caucasian | 70 | 7:33 (0:30) | 20:00 (1:45) | 2:00 (0:02) | 11.5 (2.00) |
| Not White or Caucasian | 18 | 8:30 (2:00) | 21:00 (1:13) | 2:45 (0:03) | 12.1 (2.04) |
| P value |  | **0.003** | **0.040** | **0.002** | 0.32 |
| Maternal Age |  |  |  |  |  |
| < 35yo | 64 | 8:00 (1:00) | 20:30 (1:42) | 2:07 (0:03) | 11.5 (2.00) |
| more than 35 years | 24 | 7:48 (1:30) | 20:30 (1:32) | 2:30 (0:02) | 11.8 (2.31) |
| P value |  | 0.64 | 0.98 | 0.39 | 0.7 |
| Parity |  |  |  |  |  |
| 0 | 39 | 7:45 (1:05) | 20:30 (1:29) | 2:15 (0:02) | 11.5 (1.72) |
| 1+ | 47 | 8:00 (1:15) | 20:00 (2:28) | 2:150:03) | 12.0 (1.94) |
| P value |  | 0.45 | 0.040 | 0.84 | 0.08 |
| Maternal education |  |  |  |  |  |
| < Bachelor's Degree | 17 | 9:00 (2:00) | 20:36 (1:26) | 2:55 (0:03) | 12.8 (1.83) |
| Bachelor's Degree | 22 | 7:52 (00:30) | 20:30 (2:12) | 2:00 (0:02) | 11.5 (2.06) |
| Master's Degree | 33 | 8:00 (00:45) | 20:30 (1:30) | 2:07 (0:02) | 11.5 (2.00) |
| Doctorate or Professional Degree | 16 | 7:30 (1:00) | 20:00 (1:07) | 2:00 (0:02) | 11.5 (1.75) |
| P value |  | **0.019** | 0.84 | 0.14 | 0.074 |
| Household Annual Income |  |  |  |  |  |
| <$100,000 | 26 | 8:00 (1:53) | 21:00 (1:34) | 2:30 (0:02) | 12.0 (2.30) |
| $100,000 - 149,999 | 27 | 8:00 (00:57) | 20:30 (1:30) | 2:15 (0:03) | 11.5 (1.50) |
| $150,000 or more | 32 | 7:30 (00:30) | 20:00 (1:14) | 1:45 (0:02) | 11.5 (2.06) |
| P value |  | 8:00 (1:53) | 21:00 (1:34) | 2:30 (0:02) | 12.0 (2.30) |
| Number of persons in household |  |  |  |  |  |
| 2 or fewer | 41 | 8:00 (1:10) | 20:30 (1:20) | 2:07 ( 0:03) | 11.0 (1.50) |
| 3+ | 46 | 8:00 (1:22) | 20:00 (2:30) | 2:21 (0:03) | 12.0(1.97) |
| P value |  | 0.24 | 0.35 | 0.95 | **0.039** |
| Sleep Duration |  |  |  |  |  |
| <8 hours | 13 | 7:30 (1:30) | 21:30 (0:55) | 2:30 (0:02) | 10.2 (0.50) |
| 8 + hours | 75 | 8:00 (1:30) | 20:00 (1:30) | 2:15 (0:03) | 12.0 (1.94) |
| P value |  | **0.042** | **0.012** | 0.75 | **0.0002** |
| Physical Activity |  |  |  |  |  |
| 0-2 times per week | 43 | 8:00 (1:31) | 20:30 (1:41) | 2:15 (0:03) | 12.0 (2.00) |
| 3-4 times per week | 33 | 8:00 (1:00) | 20:30 (1:30) | 2:15 (0:02) | 11.5 (2.00) |
| 5-7 times per week | 12 | 7:30 (0:33) | 20:15 (2:00) | 2:03 (0:02) | 10.8 (2.00) |
| P value |  | 0.49 | 0.89 | 0.64 | 0.058 |
| PSS score |  |  |  |  |  |
| <12 | 21 | 7:45 (00:30) | 20:00 (2;26) | 2:00 (0.02) | 12.0 (1.75) |
| 12 + | 67 | 8:00 (1:30) | 20:30 (1:33) | 2:30 (0:02) | 11.5 (2.00) |
| P value |  | 0.37 | 0.39 | 0.23 | 0.56 |
| Maternal BMI |  |  |  |  |  |
| Underweight | 2 | 8:30 (1:00) | 21:15 (0:15) | 2:52 (0:00) | 11.5 (1.25) |
| Normal weight | 37 | 7:45 (1:00) | 20:30 (1:30) | 2:15 (0:02) | 11.5 (1.75) |
| Overweight | 22 | 7:45 (1:07) | 20:00 (1:52) | 1:55 (0:02) | 11.5 (2.05) |
| Obesity Class 1 | 13 | 8:00 (0:30) | 20:00 (2:26) | 2:28 (0:03) | 12.0 (2.00) |
| Obesity Class 2 | 7 | 9:00 (1:30) | 20:30 (1:45) | 2:30 (0:03) | 13.0 (1.25) |
| Obesity Class 3 | 5 | 8:00 (0:55) | 21:00 (1:15) | 2:42 (0:02) | 11.4 (1.00) |
| P value |  | 0.62 | *0.83* | 0.68 | 0.45 |
| Marital Status |  |  |  |  |  |
| Married or Long-term Partnership | 82 | 8:00 (1:00) | 20:07 (1:59) | 2:07 (0:03) | 11.5 (2.00) |
| Not Married or Partnered | 6 | 10:00 (0:56) | 21:00 (1:03) | 3:26 (0:00) | 13.0 (1.80) |
| P value |  | **0.002** | 0.086 | **0.001** | 0.073 |
| **Child Characteristics** |  |  |  |  |  |
| Delivery type |  |  |  |  |  |
| Vaginal | 55 | 8:00 (1:00) | 20:30 (2:26) | 2:07 (0:03) | 12.0 (2.44) |
| Cesarean Section | 32 | 8:00 (1:07) | 20:30 (1:06) | 2:21 (0:03) | 11.5 (1.10) |
| P value |  | 0.62 | 0.39 | 0.40 | 0.41 |
| Gestational Age at Delivery |  |  |  |  |  |
| <37 weeks | 9 | 8:00 (1:53) | 20:00 (1:06) | 2:00 (0:05) | 12.0 (1.90) |
| 37+ weeks | 79 | 8:00 (1:00) | 20:30 (2:00) | 2:15 (0:03) | 11.5 (2.12) |
| P value |  | 0.46 | 0.87 | 0.98 | 0.9 |
| Infant Sex at Birth |  |  |  |  |  |
| Male | 54 | 8:00 (1:22) | 20:30 (1:45) | 2.1 (0:02) | 12.0 (1.75) |
| Female | 33 | 7:30 (1:00) | 21:00 (1:30) | 2.5 (0:02) | 11.5 (2.50) |
| P value |  | 0.54 | 0.25 | 0.54 | 0.25 |
| P values were calculated from Kruskal-Wallis test | | | | | |

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| Table 2: Second trimester timing of eating on weekends in relation to sociodemographic and lifestyle factors | | | | | |
|  |  | First Eat | Last Eat | Fasting Midpoint | Fasting Duration |
| **Maternal Characteristics** | n=88 | Median (IQR) | Median (IQR) | Median (IQR) | Median (IQR) |
| Maternal race/ethnicity |  |  |  |  |  |
| White or Caucasian | 70 | 8:30 (1:30) | 21:00 (1:56) | 2:30 (0:03) | 12.0 (2.00) |
| Asian American or Asian | 8 | 9:15 (1:07) | 20:55 (1:15) | 2:52 (0:01) | 12.8 (2.13) |
| Hispanic, Latinx, or Spanish Origin | 5 | 9:00 (1:30) | 22:00 (1:30) | 3:22 (0:00) | 11.5 (0.50) |
| Middle Eastern or North African | 2 | 10:13 (0:00) | 21:00 (0:00) | 3:36 (0:00) | 13.2 (0.22) |
| Black or African American | 2 | 9:00 (1:00) | 20:45 (0:15) | 2:52 (0:01) | 12.2 (0.75) |
| P value |  | **0.085** | 0.30 | 0.15 | 0.33 |
| Race (Dichotomized) |  |  |  |  |  |
| White or Caucasian | 70 | 9:45 (1:22) | 21:00 (1:56) | 2:30 (0:03) | 12.0 (2.00) |
| Not White or Caucasian | 18 | 8:30 (1:30) | 21:00 (1:00) | 3:18 (0:01) | 12.6 (1.87) |
| P value |  | **0.009** | 0.402 | **0.034** | 0.22 |
| Maternal Age |  |  |  |  |  |
| <35yo | 64 | 9:00 (2:00) | 21:00 (1:39) | 2:45 (0:03) | 12.0 (2.00) |
| more than 35 years | 24 | 8:45 (1:31) | 20:55 (2:07) | 2:37 (0:03) | 12.0 (2.12) |
| P value |  | 0.63 | 0.71 | 0.67 | 0.98 |
| Parity |  |  |  |  |  |
| 0 | 39 | 9:00 (2:00) | 21:00 (1:30) | 2:45 (0:03) | 12.0 (2.30) |
| 1+ | 47 | 8:30 (1:35) | 21:00 (2:00) | 2:30 (0:03) | 12.0 (2.00) |
| P value |  | 0.46 | 0.330 | 0.35 | 0.46 |
| Maternal education |  |  |  |  |  |
| < Bachelor's Degree | 17 | 10:00 1:15) | 20:54 (2:00) | 3:30 (0:03) | 13.4 (2.50) |
| Bachelor's Degree | 22 | 8:30 (1:00) | 21:00 (1:33) | 2:45 (0:02) | 11.5 (1.00) |
| Master's Degree | 33 | 9:00 (1:30) | 21:00 (1:37) | 2:30 (0:03) | 12.0 (2.00) |
| Doctorate or Professional Degree | 16 | 8:15 (1:08) | 21:00 (1:00) | 2:22 (0:02) | 12.0 (1.06) |
| P value |  | **0.004** | 0.92 | 0.15 | **0.036** |
| Household Annual Income |  |  |  |  |  |
| <$100,000 | 26 | 9:30 (2:00) | 21:00 (2:00) | 3:15 (0:02) | 12.0 (2.40) |
| $100,000 - 149,999 | 27 | 9:00 (1:48) | 21:00 (2:00) | 2:45 (0:03) | 12.0 (1.75) |
| $150,000 or more | 32 | 8:00 (1:07) | 20:30 (1:30) | 2:30 (0:02) | 12.0 (2.12) |
| Not Reported | 3 | 10:00 (1:07) | 20:30 (0:33) | 3:22 (0:01) | 12.4 (1.12) |
| P value |  | 0.057 | 0.58 | 0.15 | 0.65 |
| Number of persons in household |  |  |  |  |  |
| 2 or fewer | 41 | 9:00 (2:00) | 21:00 (1:30) | 3:00 (0:02) | 12.0 (2.00) |
| 3+ | 46 | 8:22 (1:52) | 20:45 (2:32) | 2:30 (0:03) | 12.0 (2.00) |
| P value |  | 0.12 | 0.26 | 0.054 | 0.87 |
| Sleep Duration |  |  |  |  |  |
| <8 hours | 13 | 9:00 (1:37) | 21:30 (1:00) | 3:15 (0:01) | 11.5 (1.50) |
| 8 + hours | 75 | 8:30 (2:00) | 21:00 (1:33) | 2:30 (0:03) | 12.0 (1.95) |
| P value |  | 0.75 | 0.100 | 0.17 | 0.19 |
| Physical Activity |  |  |  |  |  |
| 0-2 times per week | 43 | 9:00 (2:00) | 21:00 (2:26) | 2:45 (0:03) | 12.0 (2.37) |
| 3-4 times per week | 33 | 9:00 (1:30) | 21:00 (1:30) | 2:45 (0:02) | 12.0 (1.50) |
| 5-7 times per week | 12 | 8:00 (1:07) | 20:45 (2:00) | 2:45 (0:03) | 11.5 (1.62) |
| P value |  | 0.304 | 0.99 | 0.81 | 0.44 |
| PSS score |  |  |  |  |  |
| <12 | 21 | 8:30 (2:00) | 20:15 (1:56) | 2:45 (0:03) | 12.2 (1.50) |
| 12 + | 67 | 9:00 (2:00) | 21:00 (2:00) | 2:45 (0:03) | 12.0 (2.00) |
| P value |  | 0.87 | 0.20 | 0.43 | 0.28 |
| Maternal BMI |  |  |  |  |  |
| Underweight | 2 | 9:15 (0:45) | 21:00 (1:00) | 3:07 (0:00) | 12.2 (1.75) |
| Normal weight | 37 | 9:00 (1:40) | 21:00 (2:00) | 2:33 (0:03) | 12.0 (2.08) |
| Overweight | 22 | 8:30 (1:52) | 21:00 (1:30) | 2:45 (0:03) | 12.0 (1.31) |
| Obesity Class 1 | 13 | 8:00 (2:00) | 21:00 (2:18) | 2:45 (0:05) | 12.0 (1.02) |
| Obesity Class 2 | 7 | 9:00 (1:00) | 20:30 (1:45) | 2:30 (2:02) | 13.0 (1.62) |
| Obesity Class 3 | 5 | 8:00 (1:00) | 21:45 (1:30) | 2:52 (0:03) | 11.5 (0.50) |
| P value |  | 0.99 | 0.93 | 0.98 | 0.89 |
| Marital Status |  |  |  |  |  |
| Married or Long-term Partnership | 82 | 8:30 (1:35) | 21:00 (1:43) | 2:31 (0:03) | 12.0 (2.00) |
| Not Married or Partnered | 6 | 10:07 (0:26) | 20:48 (1:13) | 3:26 (0:00) | 13.6 (1.21) |
| P value |  | **0.002** | 0.55 | **0.03** | 0.026 |
| **Child Characteristics** |  |  |  |  |  |
| Delivery type |  |  |  |  |  |
| Vaginal | 55 | 8:30 (2:00) | 21:00 (1:41) | 2:45 (0:03) | 12.0 (2.08) |
| Cesarean Section | 32 | 9:00 (1:42) | 21:00 (2:00) | 2:37 (0:03) | 12.0 (1.93) |
| P value |  | 0.35 | 0.97 | 0.68 | 0.51 |
| Gestational Age at Delivery |  |  |  |  |  |
| <37 weeks | 9 | 10:00 (0:23) | 21:00 (1:00) | 3:30 (0:02) | 13.0 (2.00) |
| 37+ weeks | 79 | 8:30 (1:30) | 21:00 (1:52) | 2:33 (0:03) | 12.0 (2.00) |
| P value |  | **0.006** | 0.96 | 0.06 | 0.072 |
| Infant Sex at Birth |  |  |  |  |  |
| Male | 54 | 9:00 (2:00) | 20:55 (1:30) | 2:31 (0:03) | 12.0 (1.50) |
| Female | 33 | 9:00 (1:30) | 21:00 (2:00) | 3:00 (0:02) | 11.5 (2.50) |
| P value |  | 0.82 | 0.11 | 0.20 | 0.071 |
| P values were calculated from Kruskal-Wallis test | | | | | |

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| Table 3: Third trimester timing of eating on weekdays in relation to sociodemographic and lifestyle factors | | | | | |
|  |  | First Eat | Last Eat | Fasting Midpoint | Fasting Duration |
| **Maternal Characteristics** | n=63 | Median (IQR) | Median (IQR) | Median (IQR) | Median (IQR) |
| Maternal race/ethnicity |  |  |  |  |  |
| White or Caucasian | 45 | 8:00 (0:55) | 20:30 (1:00) | 2:15 (0:50) | 11.2 (2.00) |
| Asian American or Asian | 7 | 8:00 (0:45) | 21:00 (1:14) | 2:30 (0:30) | 11.6 (1.17) |
| Hispanic, Latinx, or Spanish Origin | 5 | 8:30 (1:15) | 21:00 (3:30) | 2:45 (1:07) | 11.5 (1.25) |
| Other | 6 | 8:30 (2:18) | 20:30 (1:22) | 2:08 (1:47) | 12.2 (1.25) |
| P value |  | 0.31 | 0.80 | 0.65 | 0.65 |
| Race (Dichotomized) |  |  |  |  |  |
| White or Caucasian | 45 | 8:00 (0:55) | 21:00 (1:51) | 2:15 (0:50) | 11.2 (2.00) |
| Not White or Caucasian | 18 | 8:00 (1:26) | 20:30 (1:00) | 2:30 (1:12) | 11.7 (1.31) |
| P value |  | 0.11 | 0.33 | 0.23 | 0.50 |
| Maternal Age |  |  |  |  |  |
| <35yo | 43 | 8:00 (1:00) | 21:00 (1:22) | 2:17 (0:56) | 11.2 (1.50) |
| more than 35 years | 18 | 7:34 (0:57) | 20:00 (1:45) | 2:15 (0:48) | 11.8 (2.01) |
| P value |  | 0.92 | 0.48 | 0.45 | 0.55 |
| Parity |  |  |  |  |  |
| 0 | 26 | 8:00 (0:53) | 20:47 (0:52) | 2:18 (0:47) | 11.3 (1.01) |
| 1+ | 36 | 7:45 (1:02) | 20:15 (1:30) | 2:15 (1:15) | 11.5 (2.00) |
| P value |  | 0.46 | 0.28 | 0.51 | 0.41 |
| Maternal education |  |  |  |  |  |
| < Bachelor's Degree | 4 | 8:30 (1:26) | 20:30 (1:45) | 2:15 (1:50) | 11.4 (1.56) |
| Bachelor's Degree | 18 | 8:00 (0:58) | 20:45 (1:00) | 2:16 (1:01) | 11.5 (1.00) |
| Master's Degree | 25 | 8:00 (1:00) | 20:30 (2:00) | 2:15 (0:43) | 11.6 (2.25) |
| Doctorate or Professional Degree | 11 | 7:34 (0:45) | 21:00 (1:30) | 2:30 (0:39) | 11.0 (1.88) |
| P value |  | 0.72 | 0.82 | 0.76 | 0.55 |
| Household Annual Income |  |  |  |  |  |
| <$100,000 | 17 | 8:00 (1:00) | 21:00 (1:49) | 2:15 (1:00) | 11.5 (1.50) |
| $100,000 - 149,999 | 17 | 7:45 (0:55) | 21:00 (1:00) | 2:30 (1:00) | 11.0 (1.08) |
| $150,000 or more | 23 | 8:00 (1:00) | 20:30 (1:00) | 2:15 (0:55) | 11.5 (2.12) |
| P value |  | 0.72 | 0.48 | 0.80 | 0.35 |
| Number of persons in household |  |  |  |  |  |
| 2 or fewer | 24 | 8:00 (1:00) | 20:30 (1:00) | 2:30 (0:54) | 11.3 (1.19) |
| 3+ | 34 | 7:47 (0:58) | 21:00 (1:33) | 2:15 (1:14) | 11.5 (1.88) |
| P value |  | 0.46 | 0.97 | 0.20 | 0.79 |
| Sleep Duration |  |  |  |  |  |
| <8 hours | 10 | 7:22 (0:52) | 20:45 (1:15) | 2:15 (0:52) | 10.6 (2.00) |
| 8 + hours | 53 | 8:00 (1:00) | 20:30 (1:00) | 2:15 (1:00) | 11.5 (1.52) |
| P value |  | **0.018** | 0.530 | 0.97 | 0.10 |
| Physical Activity |  |  |  |  |  |
| 0-2 times per week | 25 | 8:00 (1:00) | 20:30 (1:49) | 2:15 (1:15) | 11.8 (1.50) |
| 3-4 times per week | 26 | 8:00 (1:22) | 20:47 (1:00) | 2:23 (0:30) | 11.2 (1.50) |
| 5-7 times per week | 11 | 7:30 (0:45) | 21:00 (2:30) | 2:30 (1:15) | 11.2 (2.75) |
| P value |  | 0.48 | 0.37 | 0.46 | 0.33 |
| PSS score |  |  |  |  |  |
| <12 | 18 | 7:30 (0:41) | 20:30 (1:52) | 1:49 (0:45) | 11.1 (1.44) |
| 12 + | 44 | 8:00 (1:07) | 20:47 (1:18) | 2:30 (0:43) | 11.5 (2.00) |
| P value |  | 0.063 | 0.37 | **0.035** | 0.42 |
| Maternal BMI |  |  |  |  |  |
| Normal weight | 27 | 7:30 (0:37) | 21:00 (1:00) | 2:15 (0:52) | 10.8 (2.12) |
| Overweight | 14 | 8:30 (1:03) | 20:00 (1:15) | 2:15 (0:52) | 12.0 (1.44) |
| Obesity Class 1 | 8 | 80 (0:27) | 20:17 (2:00) | 2:02 (1:03) | 11.5 (1.13) |
| Obesity Class 2 | 4 | 8:30 (1:17) | 20:07 (2:48) | 2:08 (0:57) | 12.0 (3.23) |
| Obesity Class 3 | 2 | 9:12 (0:47) | 21:45 (0:45) | 3:28 (0:46) | 11.5 (0.04) |
| P value |  | 0.058 | 0.13 | 0.31 | 0.09 |
| Marital Status |  |  |  |  |  |
| Married or Long-term Partnership | 57 | 8:00 (1:00) | 20:30 (1:00) | 2:15 (1:00) | 11.5 (2.0) |
| Not Married or Partnered | 1 | 9:30 (-) | 23:00 (-) | 4:15 (-) | 10.5(-) |
| P value |  | 0.33 | 0.23 | 0.28 | 0.52 |
| **Child Characteristics** |  |  |  |  |  |
| Delivery type |  |  |  |  |  |
| Vaginal | 39 | 7:45 (0:40) | 21:00 (1:00) | 2:15 (1:05) | 11.3 (1.50) |
| Cesarean Section | 23 | 8:00 (1:20) | 20:30 (1:15) | 2:04 (1:04) | 12.0 (1.75) |
| P value |  | **0.025** | 0.33 | 0.93 | 0.06 |
| Gestational Age at Delivery |  |  |  |  |  |
| <37 weeks | 2 | 8:30 (1:30) | 15:45 (6:45) | 12:07 (7:52) | 16.8 (5.25) |
| 37+ weeks | 61 | 8:00 (1:00) | 20:30 (1:00) | 2:15 (0:57) | 11.5 (2.00) |
| P value |  | 0.81 | 0.94 | **0.019** | 0.21 |
| Infant Sex at Birth |  |  |  |  |  |
| Male | 34 | 8:00 (1:22) | 20:30 (1:00) | 2:18 (0:50) | 12.0 (1.50) |
| Female | 28 | 7:39 (0:40) | 21:00 (1:33) | 2:15 (1:02) | 11.0 (1.66) |
| P value |  | 0.12 | 0.20 | 0.65 | **0.021** |
| P values were calculated from Kruskal-Wallis test | | | | | |

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| Table 4: Third trimester timing of eating on weekends in relation to sociodemographic and lifestyle factors | | | | | | |
|  |  | First Eat | Last Eat | Fasting Midpoint | Fasting Duration |
| **Maternal Characteristics** | n=63 | Median (IQR) | Median (IQR) | Median (IQR) | Median (IQR) |
| Maternal race/ethnicity |  |  |  |  |  |
| White or Caucasian | 45 | 8:30 (1:00) | 21:00 (1:30) | 2:45 (1:22) | 11.5 (2.50) |
| Asian American or Asian | 7 | 9:00 (0:30) | 21:30 (1:15) | 3:15 (0:38) | 11.0 (1.97) |
| Hispanic, Latinx, or Spanish Origin | 5 | 10:00 (0:30) | 21:00 (2:00) | 3:30 (1:15) | 13.0 (1.00) |
| Other | 6 | 9:00 (1:52) | 21:00 (1:30) | 2:45 (1:54) | 13.0 (0.75) |
| P value |  | **0.039** | 0.60 | 0.25 | 0.086 |
| Race (Dichotomized) |  |  |  |  |  |
| White or Caucasian | 45 | 8:30 (1:00) | 21:00 (1:30) | 2:45 (1:19) | 11.5 (2.50) |
| Not White or Caucasian | 18 | 9:00 (0:53) | 21:00 (2:00) | 3:07 (1:22) | 12.5 (1.62) |
| P value |  | **0.017** | **0.480** | 0.093 | 0.11 |
| Maternal Age |  |  |  |  |  |
| <35yo | 43 | 8:45 (1:30) | 21:00 (1:37) | 3:00 (1:22) | 12.0 (2.12) |
| more than 35 years | 18 | 9:00 (0:45) | 21:00 (1:45) | 2:45 (1:00) | 11.5 (2.50) |
| P value |  | 0.99 | 0.67 | 0.78 | 0.32 |
| Parity |  |  |  |  |  |
| 0 | 26 | 9:00 (1:38) | 21:00 (1:22) | 3:07 (0:52) | 12.0 (2.00) |
| 1+ | 36 | 8:45 (1:00) | 20:45 (1:30) | 2:30 (1:15) | 12.0 (2.12) |
| P value |  | 0.17 | 0.19 | 0.16 | 0.27 |
| Maternal education |  |  |  |  |  |
| < Bachelor's Degree | 4 | 9:00 (0:22) | 21:15 (1:22) | 3:07 (0:52) | 11.8 (1.00) |
| Bachelor's Degree | 18 | 8:30 (1:30) | 21:00 (1:22) | 2:52 (1:30) | 12.0 (1.38) |
| Master's Degree | 25 | 9:00 (1:30) | 21:00 (1:30) | 2:44 (1:00) | 13.0 (2.50) |
| Doctorate or Professional Degree | 11 | 8:30 (0:52) | 21:30 (1:30) | 3:15 (1:26) | 11.0 (1.25) |
| P value |  | 0.78 | 0.62 | 0.95 | 0.12 |
| Household Annual Income |  |  |  |  |  |
| <$100,000 | 17 | 9:00 (1:31) | 21:00 (1:30) | 2:44 (1:15) | 12.0 (2.45) |
| $100,000 - 149,999 | 17 | 9:00 (1:30) | 21:30 (1:30) | 3:15 (0:30) | 12.0 (1.00) |
| $150,000 or more | 23 | 8:30 (1:00) | 21:00 (1:30) | 2:30 (1:07) | 12.0 (2.50) |
| P value |  | 0.56 | 0.32 | 0.26 | 0.63 |
| Number of persons in household |  |  |  |  |  |
| 2 or fewer | 24 | 9:00 (1:32) | 21:00 (1:15) | 3:07 (0:56) | 12.0 (2.00) |
| 3+ | 34 | 8:30 (1:00) | 21:00 (1:41) | 2:37 (1:00) | 11.8 (2.50) |
| P value |  | 0.14 | 0.68 | 0.19 | 0.53 |
| Sleep Duration |  |  |  |  |  |
| <8 hours | 10 | 8:45 (0:52) | 21:15 (1:30) | 3:00 (0:41) | 11.2 (1.89) |
| 8 + hours | 53 | 9:00 (1:30) | 21:00 (1:30) | 2:45 (1:15) | 12.0 (2.00) |
| P value |  | 0.82 | 0.34 | 0.64 | 0.24 |
| Physical Activity |  |  |  |  |  |
| 0-2 times per week | 25 | 9:00 (1:00) | 21:00 (1:30) | 2:45 (1:15) | 12.0 (2.00) |
| 3-4 times per week | 26 | 9:00 (1:53) | 21:00 (1:18) | 3:00 (1:00) | 12.0 (2.50) |
| 5-7 times per week | 11 | 8:30 (1:15) | 21:00 (2:00) | 2:35 (1:22) | 11.2 (1.50) |
| P value |  | 0.60 | 0.37 | 0.40 | 0.66 |
| PSS score |  |  |  |  |  |
| <12 | 18 | 9:00 (1:00) | 20:30 (1:22) | 2:30 (1:00) | 12.0 (1.62) |
| 12 + | 44 | 9:00 (1:30) | 21:00 (2:00) | 3:00 (1:00) | 11.5 (2.46) |
| P value |  | 0.63 | 0.10 | 0.11 | 0.28 |
| Maternal BMI |  |  |  |  |  |
| Normal weight | 27 | 8:30 (1:00) | 21:00 (1:15) | 3:00 (1:07) | 11.0 (1.50) |
| Overweight | 14 | 9:00 (0:30) | 21:00 (1:15) | 2:52 (0:41) | 12.5 (1.38) |
| Obesity Class 1 | 8 | 8:15 (1:15) | 20:00 (1:45) | 2:07 (1:15) | 12.2 (1.25) |
| Obesity Class 2 | 4 | 8:30 (1:17) | 20:07 (2:48) | 2:08 (0:57) | 12.0 (3.23) |
| Obesity Class 3 | 2 | 9:30 (0:30) | 22:00 (0:00) | 3:45 (0:15) | 11.5 (0.50) |
| P value |  | 0.46 | 0.08 | 0.18 | 0.13 |
| Marital Status |  |  |  |  |  |
| Married or Long-term Partnership | 57 | 9:00 (1:30) | 21:00 (1:30) | 2:45 (1:15) | 12.0 (2.25) |
| Not Married or Partnered | 1 | 9:30 (-) | 23:00 (-) | 4:15 (-) | 10.5 (-) |
| P value |  | 0.66 | 0.20 | 0.27 | 0.19 |
| **Child Characteristics** |  |  |  |  |  |
| Delivery type |  |  |  |  |  |
| Vaginal | 39 | 8:30 (1:00) | 21:00 (1:52) | 2:45 (1:07) | 11.5 (2.22) |
| Cesarean Section | 23 | 9:00 (1:45) | 21:00 (1:30) | 3:00 (1:37) | 12.0 (1.75) |
| P value |  | 0.21 | 0.46 | 0.73 | 0.14 |
| Gestational Age at Delivery |  |  |  |  |  |
| <37 weeks | 2 | 9:00 (1:00) | 21:00 (1:00) | 3:00 (1:00) | 12.0 (0.00) |
| 37+ weeks | 61 | 9:00 (1:30) | 21:00 (1:30) | 2:45 (1:15) | 12.0 (2.25) |
| P value |  | 0.75 | 0.91 | 0.86 | 0.87 |
| Infant Sex at Birth |  |  |  |  |  |
| Male | 34 | 9:00 (1:00) | 21:00 (1:30) | 2:45 (1:11) | 12.0 (1.96) |
| Female | 28 | 8:37 (1:39) | 21:07 (2:00) | 3:00 (1:13) | 11.1 (2.52) |
| P value |  | 0.97 | 0.11 | 0.33 | 0.12 |
| P values were calculated from Kruskal-Wallis test | | | | | | |

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| Table 5: Parent mid-gestation 1-hour oral glucose tolerance test values and infant birth weight in relation to sociodemographic and lifestyle factors | | | |
| **Maternal Characteristics** |  | 1-hour Oral Glucose Tolerance Test Value (mg/dL) | Infant Birth Weight (grams) |
|  | n=102 | n=99 | n=102 |
| Maternal race/ethnicity |  |  |  |
| White or Caucasian | 76 | 115 ± 26.3 | 3401 ± 534.9 |
| Asian American or Asian | 10 | 130 ± 30.8 | 3290 ± 573.2 |
| Hispanic, Latinx, or Spanish Origin | 6 | 140 ± 24.4 | 3248 ± 6498.1 |
| Middle Eastern or North African | 2 | 148 ± 48.1 | 3058 ± 830.9 |
| Black or African American | 2 | 116 ± 19.1 | 2855 ± 42.4 |
| P value |  | 0.066 | 0.68 |
| Maternal Age |  |  |  |
| 18-35 | 71 | 119 ± 28 | 3356 ± 572 |
| more than 35 years | 26 | 119 ± 27 | 3386 ± 458 |
| P value |  | 0.51 | 0.96 |
| Parity |  |  |  |
| 0 | 45 | 121 ± 26.4 | 3315 ± 529 |
| 1+ | 55 | 116 ± 28.7 | 3385 ± 560 |
| P value |  | 0.67 | 0.44 |
| Maternal education |  |  |  |
| < Bachelor's Degree | 17 | 118 ± 29.7 | 3234 ± 414 |
| Bachelor's Degree | 24 | 125 ± 26.3 | 3444 ± 548 |
| Master's Degree | 37 | 120 ± 28.5 | 3371 ± 526 |
| Doctorate or Professional Degree | 19 | 111 ± 25.5 | 3366 ± 673 |
| P value |  | 0.41 | 0.83 |
| Household Annual Income |  |  |  |
| <$100,000 | 29 | 120 ± 26.3 | 3315 ± 404 |
| $100,000 - 149,999 | 29 | 116 ± 28.4 | 3390 ± 602 |
| $150,000 or more | 36 | 118 ± 28.7 | 3351 ± 598 |
| P value |  | 0.95 | 0.88 |
| Number of persons in household |  |  |  |
| 2 or fewer | 43 | 121 ± 25.0 | 3274 ± 593 |
| 3+ | 53 | 118 ± 29.8 | 3446 ± 490 |
| P value |  | 0.59 | 0.12 |
| Sleep Duration |  |  |  |
| <8 hours | 15 | 126 ± 34.3 | 3170 ± 686 |
| 8 + hours | 87 | 117 ± 26.1 | 3395 ± 512 |
| P value |  | 0.24 | 0.14 |
| Physical Activity |  |  |  |
| 0-2 times per week | 47 | 126 ± 25.1 | 3396 ± 467 |
| 3-4 times per week | 36 | 114 ± 29.2 | 3467 ± 523 |
| 5-7 times per week | 18 | 107 ± 25.2 | 3074 ± 696 |
| P value |  | **0.018** | 0.079 |
| PSS score |  |  |  |
| <12 | 27 | 124 ± 30.9 | 3426 ± 588 |
| 12 + | 74 | 116 ± 26.1 | 3341 ± 532 |
| P value |  | 0.22 | 0.73 |
| Gestational Age at Enrollment |  |  |  |
| trimester 1 (0-13 weeks) | 1 | 159 | 4380 |
| trimester 2 (14-26 weeks) | 88 | 118 ± 27.5 | 3369±540 |
| trimester 3 (27+ weeks) | 13 | 115±26.6 | 3237 ± 520 |
| P value |  | 0.43 | 0.17 |
| Maternal BMI |  |  |  |
| Underweight | 2 | 99 ± 18.4 | 2912 ± 499 |
| Normal weight | 43 | 115 ± 25.4 | 3296 ± 593 |
| Overweight | 24 | 122 ± 29.9 | 3371 ± 515 |
| Obesity Class 1 | 13 | 122 ± 32.4 | 3620 ± 347 |
| Obesity Class 2 | 8 | 119 ± 23.0 | 3481 ± 469 |
| Obesity Class 3 | 5 | 149 ± 21.8 | 3171 ± 753 |
| P value |  | 0.18 | 0.44 |
| Marital Status |  |  |  |
| Married or Long-term Partnership | 91 | 118 ± 27.6 | 3375 ± 554 |
| Not Married or Partnered | 6 | 133 ± 23.9 | 3193 ± 277 |
| P value |  | 0.21 | 0.72 |
| **Child Characteristics** |  |  |  |
| Delivery type |  |  |  |
| Vaginal | 65 | 117 ± 28.9 | 3376 ± 521 |
| Cesarean Section | 36 | 121 ± 24.1 | 3331 ± 595 |
| P value |  | 0.25 | 0.88 |
| Gestational Age at Delivery |  |  |  |
| <37 weeks | 9 | 129 ± 31.2 | 2489 ± 444 |
| 37+ weeks | 93 | 117 ± 27.0 | 3446 ± 475 |
| P value |  | 0.22 | **<0.001** |
| Infant Sex at Birth |  |  |  |
| Male | 58 | 120 ± 28.48 | 3451 ± 542 |
| Female | 42 | 115 ± 26.5 | 3253 ± 522 |
| P value |  | 0.48 | 0.069 |
| P value calculated by ANOVA |  |  |  |
| Not all participants had values for the glucose tolerance test, resulting in fewer individuals than for birth weight | | | |

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| Figure 1: Schematic shows the repeated measure design of the PRESS study. |



Figure 2: Participant recruitment process until data analysis for current analysis



Figure 3: Associations of timing of eating during pregnancy with infant birth weight and parent oral glucose tolerance test in mid-gestation.   
A) Trimester 2 associations (Beta and 95% CI) of timing of eating variables on weekdays and weekends related to infant birth weight in grams. Red models are unadjusted, green model is adjusted for gestational age at delivery, and blue model is adjusted for gestational age at deliver, sex of infant, sleep duration, household income, parent self-reported race/ethnicity, and physical activity. B) Trimester 3 associations (Beta and 95% CI) of timing of eating variables on weekdays and weekends related to infant birth weight in grams. Red models are unadjusted, green model is adjusted for gestational age at delivery, and blue model is adjusted for gestational age at deliver, sex of infant, sleep duration, household income, parent self-reported race/ethnicity, and physical activity. C) Sensitivity analysis of Trimester 3 weekday associations with infant birthweight. Red models are in the full samples, green models exclude individuals who delivered preterm. D) Trimester 2 associations of the timing of eating with parent 1-hour oral glucose tolerance test on weekdays and weekends. Red models are adjusted for pre-pregnancy BMI, physical activity, sleep duration, household income, and self-report race/ethnicity. E) Trimester 3 associations (Beta and 95% CI) of timing of eating variables on weekdays and weekends related to with parent 1-hour oral glucose tolerance test on weekdays and weekends. Red models are adjusted for pre-pregnancy BMI, physical activity, sleep duration, household income, and self-report race/ethnicity