

Table 1. Participant characteristics and clinical outcomes				
	Numbers are mean (SD) or number (percent)			
	All	Intervention	Control	P-value
<i>Mothers</i>	N=117	N=60	N=57	
Age, years	31.6 (5.7)	31.5 (5.7)	31.6 (5.8)	0.78
Pre-pregnancy body mass index, kg/m ²	27.5 (7.6)	28.3 (8.6)	26.5 (6.3)	0.21
Parity				0.42
0	64 (55%)	35 (58%)	29 (51%)	
1 or more	53 (45%)	25 (42%)	28 (49%)	
Gestation				0.08
Singleton	94 (80%)	52 (87%)	42 (74%)	
Twin	23 (20%)	8 (13%)	15 (26%)	
Education				0.55
Some college or less	37 (32%)	18 (30%)	19 (33%)	
4-year degree or more	62 (53%)	34 (57%)	28 (49%)	
Missing	18 (15%)	8 (13%)	10 (18%)	
Race				0.13
Asian	6 (5%)	2 (3%)	4 (7%)	
Black	35 (30%)	24 (40%)	11 (19%)	
White	64 (55%)	29 (48%)	35 (61%)	
Other	1 (1%)	0 (0%)	1 (2%)	
Missing	11 (9%)	5 (8%)	6 (10%)	
Ethnicity				
Hispanic	20 (17%)	11 (18%)	9 (16%)	0.71
Not Hispanic	97 (83%)	49 (82%)	48 (84%)	
<i>Infants</i>	N=130	N=65	N=65	
Gestational age, weeks	28.5 (1.9)	28.5 (2.0)	28.4 (1.8)	0.75
Birth weight, grams	1165 (298)	1164 (292)	1166 (306)	0.75
Birth weight z-score	0.1 (0.7)	0.2 (0.8)	0.1 (0.7)	0.69
Small for gestational age	4 (3%)	3 (5%)	1 (2%)	0.31
Sex				0.29
Female	58 (45%)	26 (40%)	32 (49%)	
Male	72 (55%)	39 (60%)	33 (51%)	
SNAPPE-II score	17.2 (17.2)	18.3 (16.7)	16.1(17.8)	0.38
Parenteral nutrition days	8.3 (7.3)	7.5 (4.4)	9.1 (9.3)	0.84
Chronic lung disease	40 (31%)	19 (29%)	21 (32%)	0.84
Necrotizing enterocolitis	1 (1%)	0 (0%)	1 (1%)	0.32
Intraventricular hemorrhage, Grade 3-4	3 (2%)	2 (3%)	1 (2%)	0.56
Postmenstrual age at discharge	38.7 (2.1)	38.7 (1.8)	38.7 (2.3)	0.87

Small for gestational age defined as <10th percentile (Fenton 2013 reference). SNAPPE-II is Score for Neonatal Acute Physiology Perinatal Extension. Chronic lung disease defined by receipt of any respiratory support at 36 weeks of postmenstrual age.