Table S1. Correlations between close relationship quality variables and casrdio-metabolic indicator variables at 6 and 12 month postpartum.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variable | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Close Relationship Quality |
| 1. Conflict |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. Satisfaction | **-.588** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. Conflict x Satisfaction | **-.358** | **.476** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. DAS Total | **-.649** | **.864** | **.415** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  5. Consensus subscale | **-.512** | **.681** | **.310** | **.919** |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  6. Affective subscale | **-.211** | **.414** | **.166** | **.534** | **.456** |  |  |  |  |  |  |  |  |  |  |  |  |
|  7. Satisfaction subscale | **-.796** | **.956** | **.485** | **.880** | **.695** | **.385** |  |  |  |  |  |  |  |  |  |  |  |
|  8. Cohesion subscale | **-.312** | **.543** | **.268** | **.713** | **.527** | **.314** | **.518** |  |  |  |  |  |  |  |  |  |  |
| 6 month postpartum cardiometabolic indicators |
| 9. Mean arterial pressure | *.063* | -.041 | **-.113** | -.050 | -.044 | **-.067** | *-.055* | -.005 |  |  |  |  |  |  |  |  |  |
| 10. Glycosylated hemoglobin | .001 | **-.092** | -.032 | -.039 | -.025 | .022 | **-.067** | -.012 | **.104** |  |  |  |  |  |  |  |  |
| 11. Total cholerol:HDL ratio | -.020 | .044 | .001 | *.061* | *.061* | -.015 | .038 | **.075** | **.085** | **.095** |  |  |  |  |  |  |  |
| 12. Waist-hip ratio | .021 | *-.061* | **-.074** | -.045 | -.034 | .019 | -.053 | -.044 | **.090** | **.120** | **.083** |  |  |  |  |  |  |
| 13. Cardio-metabolic risk | .030 | **-.065** | **-.105** | -.034 | -.022 | -.022 | *-.060* | .005 | **.585** | **.541** | **.584** | **.610** |  |  |  |  |  |
| 12 month postpartum cardio-metabolic indicators |
| 14. Mean arterial pressure | .049 | **-.111** | -.042 | **-.098** | **-.081** | *-.064* | **-.100** | *-.063* | **.548** | **.104** | **.106** | **.118** |  |  |  |  |  |
| 15.Glycosylated hemoglobin | -.023 | **-.081** | .017 | -.044 | -.036 | .008 | -.051 | -.032 | **.092** | **.572** | *.066* | *.059* | **.300** | **.094** |  |  |  |
| 16. Total cholerol:HDL ratio | .025 | -.031 | .014 | -.019 | -.022 | -.002 | -.032 | .018 | *.071* | *.068* | **.235** | **.127** | **.192** | **.071** | **.106** |  |  |
| 17. Waist-hip ratio | -.012 | -.033 | .015 | -.007 | .003 | .031 | -.020 | -.013 | **.080** | **.132** | **.103** | **.574** | **.398** | **.108** | **.101** | **.080** |  |
| 18. Cardio-metabolic health | .017 | **-.108** | -.007 | **-.077** | -.059 | -.032 | **-.086** | -.051 | **.364** | **.340** | **.191** | **.399** | **.565** | **.594** | **.484** | **.558** | **.617** |

Note: DAS = Dyadic Adjustment Scale; HDL = high density lipoproteins

Table S2. Summary of cardio-metabolic indicators and cardio-metabolic risk index. Paired sample t-tests were used to compare 12 month and 6 month postpartum values. Clinical cut offs were defined as follows: WHR ≥ .80, glycosylated hemoglobin ≥ 5.7%, total cholesterol:HDL ≥ 3.5, and systolic blood pressure ≥ 140 mmHg or diasolic blood pressure ≥ 90 mmHg.

|  |  |  |  |
| --- | --- | --- | --- |
|  | 6-months postpartum | 12-months postpartum |  |
| Variable | Mn (SD) | % above clinical cut-offs | Mn(SD) | % above clinical cut-offs | Difference | *p* |
| WHR | .868 +/- .077 | 17 | .865 +/- .081 | 20 | -.003 | .225 |
| Glycosylated hemoglobin (%) | 5.28 +/- .708 | 40 | 5.27 +/- .708 | 41 | -.005 | .814 |
| Total Cholesterol:HDL | 4.05 +/- 1.40 | 15 | 3.85 +/- 1.36 | 13 | -.198 | .008 |
| MAP (mm Hg) | 84.2 +/- 8.76 | 24 | 84.1 +/- 8.83 | 23 | -.093 | .772 |
| Continuous cardio-metabolic index | -.004 +/- .554 | NA | -.057 +/- .547 | NA | -.054 | .005 |
| Clinical cardio-metabolic cut-off score | .984+/- .935 | NA | .960 +/- .915 | NA | -.024 | .517 |

Notes: HDL = high density lipoproteins; MAP = mean arterial pressure; PP = postpartum; WHR = waist-hip ratio.