

Response to Reviewers:

Thank you for your thoughtful feedback that has strengthened our manuscript. We have addressed each **observation** below in *italics*.

1. The study enrolled just 378 subjects. Please discuss it as a limitation.

Thank you for this observation. We have added our study enrollment number as a limitation in the Limitations section of the manuscript.

2. Six subjects with BMI less than 18.5 was included in the Normal category. Will it influence the conclusion?

Thank you for this question. These six women did not significantly change the interpretation or estimate of BMI gain over time. The model was fit with and without these 36 observations, and parameter estimates did not significantly change.

3. Why do you use a repeated measures general linear mixed model with a variance components covariance structure?

Thank you for this question. We explain our methodological decision making in the Data Analysis section by stating the following: "Using a random-intercept repeated-measures regression analysis, BMI trends within each of the BMI categories were assessed using a sample size equal to 322 and 4059 observations. This method was used because the data were rich and longitudinal and allowed accounting for the non-dependency between observations within a participant."

4. Please keep the digits after the decimal point uniform.

Thank you for this observation. We have adjusted the decimal points accordingly.