

**Additional File 1: Four key policies by country**

Country	Type of policy	Guideline topic area				Total policies
		Pre-pregnancy weight	Routine weighing in pregnancy	Gestational weight gain	Post-partum weight	
Argentina	Formal		X	X		2
Australia	Formal					0
Belgium	Formal	X	X			2
Bolivia	Formal		X	X		2
Brazil	Formal		X	X		2
Bulgaria	Formal	X	X	X		3
Burma	Formal		X	X		2
Canada	Formal	X	X	X		3
Chile	Formal	X	X	X	X	4
China	Formal		X	X	X	3
Costa Rica	Formal		X			1
Croatia	Formal		X	X		2
Cuba	Formal	X	X	X	X	4
Denmark	Formal		X	X		2
Ecuador	Formal		X	X		2
Finland	Formal		X			1
France	Formal		X	X		2
Guatemala	Formal		X	X		2
Honduras	Formal	X	X	X		3
India	Formal	X	X	X		3
Iran	Formal		X	X		2
Ireland	Formal	X				1
Italy	Formal	X	X	X	X	4
Japan	Formal	X	X	X		3
Netherlands	Formal	X				1
Nicaragua	Formal	X	X	X		3
Norway	Formal		X			1
Paraguay	Formal		X	X		2
Peru	Formal		X	X		2
Poland	Formal	X	X	X		3
Portugal	Formal	X	X	X		3
Romania	Formal	X	X	X	X	4
Russian Federation	Formal		X	X		2
South Africa	Formal			X		1
Sweden	Formal		X		X	2
Switzerland	Formal		X	X		2
United Kingdom	Formal	X			X	2
United States of America	Formal	X	X	X		3

<b>Uruguay</b>	Formal	X	X	X		3
<b>Vietnam</b>	Formal	X	X	X		3
<b>Bangladesh</b>	Informal		X			1
<b>Germany</b>	Informal					0
<b>Ghana</b>	Informal		X	X		2
<b>Lithuania</b>	Informal		X			1
<b>Mexico</b>	Informal	X	X			2
<b>New Zealand</b>	Informal					0
<b>Oman</b>	Informal			X		1
<b>Pakistan</b>	Informal		X			1
<b>Scotland</b>	Informal	X				1
<b>Tanzania</b>	Informal		X			1
<b>United Arab Emirates</b>	Informal	X	X			2
<b>Venezuela</b>	Informal					0
<b>Zambia</b>	Informal		X			1