

## Supporting information S1 – Questionnaire midwives and obstetricians.

1. In which area of the Netherlands do you work?
  - a. Groningen
  - b. Drenthe
  - c. Flevoland
  - d. Noord-Holland
  - e. Overijssel
  - f. Zuid-Holland
  - g. Utrecht
  - h. Gelderland
  - i. Zeeland
  - j. Noord-Brabant
  - k. Limburg
2. How many other midwives work at your practice? \*
  - a. One-man practice
  - b. Practice with 2-5 midwives
  - c. Practice with 6+ midwives
3. What is the name of your hospital? \*\*
4. What is your gender?
  - a. Male
  - b. Female
5. What is your age?
  - a. <30
  - b. 31-40
  - c. 41-50
  - d. >50
6. Do you ask pregnant women about diet at the first prenatal checkup
  - a. Always, it is a mandatory box
  - b. Most of the time, entered in the file
  - c. Sometimes
  - d. Almost never
  - e. These women tell this themselves
  - f. Other

Important note: A vegan diet is a diet excludes all animal products, e.g. meat, fish, eggs or dairy products. The following questions are about a **vegan** diet, not a vegetarian diet.

7. Is there a protocol or agreement on how to act when a pregnant woman is on a vegan diet?
  - a. Yes
  - b. No
  - c. I don't know if there is a protocol
8. Do you think your education about nutrition in your program was sufficient?
  - a. Yes, I think I have learned enough
  - b. Yes, but I think it was insufficient
  - c. No, I barely learned about nutrition
9. Have you followed an additional course about nutrition?
  - a. Yes
  - b. No

- i. If yes, was a vegan diet included in this additional course?
    - a) Yes
    - b) No
- 10. Who do you think is responsible for advising pregnant women on a vegan diet about nutrition and lifestyle?
  - b. Midwife
  - c. Nurse
  - d. Dietician
  - e. *Voedingscentrum*
  - f. Government
  - g. General practitioner
  - h. Patient herself
  - i. Other
- 11. Did you do a consultation with a pregnant woman on a vegan diet in the last year?
  - a. Yes, >10 times
  - b. Yes, 5-10 times
  - c. Yes, 0-5 times
  - d. No
  - e. I don't know
- 12. Do you think you have sufficient knowledge to advise a pregnant woman on a vegan diet about her diet in her pregnancy?
  - a. Yes
  - b. No
  - c. I don't know
- 13. Do you implement additional policies as soon as you know that a pregnant woman is on a vegan diet? And if so, what does this additional policy entail?
  - a. Yes
  - b. No
    - i. If Yes...
      - a) Refer to a dietician
      - b) Blood test of vitamin status
      - c) Checking vitamin B12 in blood
      - d) Checking iron in blood
      - e) Checking hemoglobin in blood
      - f) Giving supplements
      - g) Giving advice
      - h) Ask about own knowledge
      - i) Other...
- 14. Do you think pregnant women on a vegan diet are more likely to be nutritional insufficient compared to women with a regular diet?
  - b. Yes
  - c. No
    - i. If Yes...
      - a) Carbohydrates
      - b) Protein
      - c) Fats
      - d) Omega
      - e) Saturated fats
      - f) Calcium
      - g) Magnesium

- h) Phosphorus
- i) Potassium
- j) Iodine
- k) Iron
- l) Selenium
- m) Zinc
- n) Vitamin A
- o) Vitamin B1
- p) Vitamin B2
- q) Vitamin B6
- r) Vitamin B12
- s) Folic acid
- t) Vitamin C
- u) Other...

15. Who do you think is responsible for advising pregnant woman on a vegan diet regarding breastfeeding/vegan formula feeding?
- a. Midwife
  - b. Nurse
  - c. Dietician
  - d. *Voedingscentrum*
  - e. Government
  - f. General practitioner
  - g. Well-baby clinic
  - h. Patient herself
  - i. Lactation consultant
  - j. Maternity care
  - k. Other...
16. When do you think women on a vegan diet should receive information about their diet in childbirth with regards to breastfeeding / artificial feeding?
- a. During their pregnancy
  - b. Shortly after labor
  - c. Other...
17. Do you think lactating women on a vegan diet should consume extra nutrients or take extra supplements?
- d. Yes, namely...
  - e. Yes, but I do not know which
  - f. No additional measures are needed
  - g. I do not know
18. Which of the following options would you prefer to improve attention for nutrition during pregnancy and during breastfeeding for women on a vegan diet?
- a. Every midwife/obstetrician/dietician should have the knowledge to advise these women
  - b. One midwife/obstetrician/dietician in each region should have the knowledge to advise these women
  - c. The midwife/obstetrician is signaling and sends these women to a dietician
  - d. The midwife/obstetrician/dietician is signaling and sends these women to a website/flyer/helpline
  - e. Nothing has to be changed
  - f. Other...

19. Do you want to learn more about the vegan diet during pregnancy? If Yes, what form would you prefer?
- a. One-day course
  - b. Online course
  - c. Flyer
  - d. Protocol
  - e. No
  - f. Other...

\* This question was only included in the questionnaire for midwives.

\*\* This question was only included in the questionnaire for obstetricians.