Supplemental Table 1. POR for Factors Associated with Urgent Need to Empty the Bowels among the U.S. Female Population from NHANES 2009-2010.

Variables	POR	[95% Conf. Interval]		P-value
Age (continuous)	1.01	0.99	1.04	0.301
Ethnicity				
Caucasian	0.44	0.15	1.30	0.128
African American	0.87	0.41	1.84	0.692
Hispanics	0.43	0.17	1.08	0.07
Higher education	0.99	0.66	1.49	0.953
Living above poverty income	1.10	0.51	2.38	0.789
Obese BMI	0.76	0.36	1.59	0.443
Feeling down, depressed, hopeless	1.22	0.38	3.85	0.722
Self-rated health (fair/poor)	2.82	1.41	5.64	**0.006**
Urinary Urge incontinence	1.51	0.66	3.44	0.304
Heavy/moderate alcohol drinker	1.19	0.39	3.60	0.74
High caffeine intake	1.35	0.43	4.24	0.585
Frequent milk drinker	1.52	0.73	3.19	0.248
Highest quartile Fiber intake	0.47	0.18	1.24	0.118
Highest quartile Liquid intake	0.93	0.33	2.59	0.884
Highest quartile Carbohydrates intake	1.61	0.41	6.26	0.467
Highest quartile Sugar intake	1.51	0.73	3.11	0.243
Highest quartile Protein intake	0.75	0.29	1.97	0.542
Highest quartile Fat intake	1.33	0.65	2.69	0.409
Diarrhea BSFS Stool 6 & 7	3.17	1.04	9.61	**0.043**
Stool Frequency (continuous)	1.15	1.09	1.21	**<0.0001**
Fecal Incontinence	0.66	0.12	3.72	0.614
History of Hysterectomy/oophorectomy	0.88	0.32	2.42	0.798
Had Vaginal Delivery	1.26	0.48	3.34	0.615
Had C-Section Delivery	1.38	0.77	2.47	0.253

Supplemental Table 2. POR for Factors Associated with Urgent Need to Empty the Bowels among the U.S. Male Population from NHANES 2009-2010.

Variables	POR	[95% Conf. Interval]		P-value
Age (continuous)	1.04	1.01	1.07	**0.012**
Ethnicity				
Caucasian	1.12	0.35	3.62	0.842
African American	1.79	0.51	6.27	0.338
Hispanics	1.50	0.54	4.17	0.409
Higher education	1.05	0.31	3.61	0.935
Living above poverty income	0.59	0.22	1.64	0.293
Obese BMI	2.21	0.99	4.94	0.054
Feeling down, depressed, hopeless	2.61	0.59	11.57	0.191
Self-rated health (fair/poor)	0.98	0.40	2.40	0.957
Urinary Urge incontinence	4.66	2.19	9.94	**0.001**
Heavy/moderate alcohol drinker	1.24	0.53	2.92	0.602
High caffeine intake	2.49	0.66	9.37	0.163
Frequent milk drinker	0.68	0.30	1.53	0.328
Highest quartile Fiber intake	0.75	0.27	2.05	0.552
Highest quartile Liquid intake	0.37	0.15	0.92	**0.034**
Highest quartile Carbohydrates intake	1.55	0.62	3.91	0.327
Highest quartile Sugar intake	0.94	0.35	2.53	0.889
Highest quartile Protein intake	1.92	0.89	4.12	0.091
Highest quartile Fat intake	0.95	0.25	3.59	0.930
Diarrhea BSFS Stool 6 & 7	3.52	1.69	7.32	**0.002**
Stool Frequency (Continuous)	1.13	1.06	1.20	**0.001**
Fecal Incontinence	1.93	0.80	4.65	0.133
Prostate Cancer	1.21	0.21	6.97	0.820

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┌─────────────────────┐
│ Total participants   │          ┌──────────────────────┐
│ in 2009-2010 NHANES: │─────────▶│ 4,319 non-adult       │
│ 10,537               │          │ participants excluded │
└─────────────────────┘          └──────────────────────┘
          │
          ▼
┌─────────────────────┐
│ Total adult          │          ┌──────────────────────┐
│ participants (age    │─────────▶│ 952 individuals who   │
│ 20 and above):       │          │ did not answer        │
│ 6,218                │          │ urgency question      │
└─────────────────────┘          │ excluded              │
          │                       └──────────────────────┘
          ▼
┌─────────────────────┐
│ Adult participants   │          ┌──────────────────────┐
│ who answered         │─────────▶│ 590 individuals using │
│ urgency question:    │          │ laxatives within last │
│ 5,266                │          │ 30 days excluded      │
└─────────────────────┘          └──────────────────────┘
          │
          ▼
┌─────────────────────┐
│ Adult participants   │
│ who answered         │
│ urgency question,    │
│ excluding laxative   │
│ users:               │
│ 4,676                │
└─────────────────────┘
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