

Supplemental Table 1. Adjusted Rate Ratios (RR) for Demographic Characteristics and Total Daily Fluid Intake with Urination Frequencies in Healthy Women and Elite Healthy Women, 2008-2010

	Daytime Urination Frequency				Nighttime Urination Frequency			
	Healthy Women (n=1505)		Elite Healthy Women (n=300)		Healthy Women (n=1505)		Elite Healthy Women (n=300)	
	95% reference range	Adjusted RR (95% CI)	95% reference range	Adjusted RR (95% CI)	95% reference range	Adjusted RR (95% CI)	95% reference range	Adjusted RR (95% CI)
Age Group								
31-44	2-10	1.00 (-,-)	2-8	1.00 (-,-)	0-4	1.00 (-,-)	0-3	1.00 (-,-)
45-64	2-12	1.13 (1.01,1.27)	2-9	1.12 (0.89,1.41)	0-4	1.08 (0.67,1.73)	0-2	0.86 (0.55,1.34)
65+	2-9	0.95 (0.85,1.07)	2-8	0.82 (0.66,1.03)	0-3	1.36 (0.94,1.96)	0-2	1.31 (0.44,3.91)
Race								
White	2-10	1.00 (-,-)	2-9	1.00 (-,-)	0-3	1.00 (-,-)	0-2	1.00 (-,-)
Black	2-10	0.92 (0.86,0.99)	2-8	0.88 (0.81,0.96)	0-4	1.48 (1.29,1.68)	0-3	1.27 (0.54,2.99)
Hispanic	2-10	0.92 (0.88,0.97)	2-10	0.94 (0.83,1.06)	0-4	1.59 (0.70,3.63)	0-3	1.12 (0.57,2.20)
Fluid Intake								
≤ 49 oz	2-10	0.89 (0.84,0.96)	2-7	0.71 (0.62,0.81)	0-4	0.81 (0.57,1.17)	0-2	0.67 (0.37,1.21)
50-74 oz	2-9	1.00 (-,-)	2-9	1.00 (-,-)	0-4	1.00 (-,-)	0-3	1.00 (-,-)
75+ oz	2-12	1.04 (0.98,1.10)	3-10	0.94 (0.85,1.05)	0-4	0.99 (0.77,1.27)	0-2	0.94 (0.56,1.56)
Time of most fluid intake								
Before 5 PM						1.00 (-,-)		1.00 (-,-)
After 5 PM						1.06 (0.85,1.33)		0.57 (0.31,1.02)

Note: Adjusted for age group, race/ethnicity, body mass index, smoking status, hormonal status, sleep problems, depression/anxiety, cardiovascular disease, hypertension, diabetes, joint-related problems, and daily fluid intake (for age and race/ethnicity only); CI= confidence interval. RR=rate ratio.