

Supplemental Table 2. 95% Reference Ranges and Adjusted Rate Ratios of Daytime and Nighttime Urination Frequencies Type of Fluid Intake in Healthy Women and Elite Healthy Women in the Boston Area Community Health Survey, 2008-2010

	Daytime Urinations				Nighttime Urinations			
	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)
Carbonated drinks								
0-7 oz	2-10	1.00 (-,-)	2-9	1.00 (-,-)	0-4	1.00 (-,-)	0-2	1.00 (-,-)
8-15 oz	2-9	0.98 (0.93,1.02)	3-8	0.92 (0.87,0.97)	0-3	1.12 (0.98,1.28)	0-2	1.66 (1.24,2.24)
16+ oz	2-10	0.98 (0.92,1.04)	2-8	0.83 (0.78,0.88)	0-4	1.34 (1.14,1.57)	0-2	1.43 (1.00,2.03)
Caffeinated drinks								
0 oz	2-10	1.00 (-,-)	2-9	1.00 (-,-)	0-4	1.00 (-,-)	0-3	1.00 (-,-)
1-16 oz	2-10	1.01 (0.92,1.10)	2-9	1.12 (0.90,1.40)	0-4	0.88 (0.62,1.27)	0-2	0.83 (0.39,1.77)
17-60 oz	2-10	1.05 (0.97,1.14)	2-8	1.12 (0.97,1.30)	0-4	1.01 (0.81,1.26)	0-2	0.78 (0.40,1.55)
61+ oz	2-11	0.97 (0.89,1.07)	4-8	1.02 (0.89,1.16)	0-6	1.39 (0.71,2.73)	0-4	1.35 (0.61,2.98)
Alcohol drinks								
0 oz	2-10	1.00 (-,-)	2-8	1.00 (-,-)	0-4	1.00 (-,-)	0-3	1.00 (-,-)
1-24 oz	2-10	1.12 (1.06,1.19)	2-9	1.21 (1.06,1.40)	0-3	0.86 (0.61,1.23)	0-2	0.75 (0.52,1.07)
25+ oz	3-10	1.09 (0.99,1.16)	3-6	0.97 (0.88,1.07)	0-3	0.94 (0.68,1.30)	0-1	0.77 (0.46,1.28)

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 total fluid intake. CI=confidence interval. RR=rate ratio.