

Supplemental table I. Prevalence of chronic constipation according to lifestyle factors, stratified by gender.

	Total (N=1500) n (% [95%IC])	Females (N=762) n (% [95%IC])	Males (N=738) n (% [95%IC])
Liquid intake (glasses of liquid daily)			
First quintile (7 glasses or less) (N=383)	79 (21 [16.6-24.7])	60 (27 [21.5-33.3])	19 (12 [6.7-16.5])
Second quintile (8-9 glasses) (N=307)	63 (20 [16.0-25.0])	50 (29 [22.0-35.5])	13 (10 [4.7-14.8])
Third quintile (10-11 glasses) (N=298)	58 (19 [15.0-24.0])	39 (25 [18.6-32.4])	19 (13 [7.6-18.6])
Fourth quintile (12-14 glasses) (N=287)	51 (18 [13.3-22.2])	38 (30 [22.0-37.9])	13 (8 [3.9-12.4])
Last quintile (15 glasses or more) (N=225)	37 (16 [11.6-21.3])	23 (26 [16.7-34.9])	14 (10 [5.2-15.4])
Fiber intake (grams daily)			
First quintile (N=300)	68 (23 [17.9-27.4])	46 (35 [26.7-43.0])	22 (13 [8.0-18.2])
Second quintile (N=321)	59 (18 [14.1-22.6])	40 (28 [20.5-35.1])	19 (11 [6.2-15.3])
Third quintile (N=269)	46 (17 [12.6-21.6])	33 (26 [18.4-33.6])	13 (9 [4.4-13.9])
Fourth quintile (N=310)	55 (18 [13.5-22.0])	45 (27 [20.6-34.3])	10 (7 [2.7-11.0])
Last quintile (N=300)	60 (20 [15.5-24.5])	46 (24 [17.6-29.6])	14 (13 [6.8-19.8])
Physical exercise (self-reported)			
Do sports regularly (N=372)	53 (14 [10.7-17.8])	31 (22 [15.3-29.0])	22 (9 [5.7-13.3])
Long walks (N=501)	79 (16 [12.6-19.0])	54 (21 [16.2-26.3])	25 (10 [6.4-13.9])
Short walks (N=508)	121 (24 [20.1-27.5])	98 (33 [27.4-38.0])	23 (11 [6.8-15.3])
Not used to walking regularly (N=119)	35 (30 [21.2-37.6])*	27 (40 [28.1-51.3])*	8 (16 [5.7-25.7])
Total	288 (19.2% [17.2-21.2])	210 (22.6% [24.4-30.7])	78 (9.1% [8.4-12.8])

*= p<0.01