

Supplemental Table 1 Characteristics of Soldiers based on food frequency questionnaire (FFQ) data.

Sociodemographic variables, mean (SD) or %	No FFQ Completed (N=134)	FFQ Completed (N=441)	<i>p</i>
BMI (kg/m²)	25.7(3.6)	25.7(3.7)	0.99
Weight cycling	26.9	34.9	0.08
Weight management methods (%)			0.24
Dieted	29.1	25.2	
Increased exercise	35.0	28.9	
Supplement use	12.0	13.4	
Neck Exercises/Waist Trainer	7.5	7.7	
Diuretics/Laxatives/Vomiting	3.7	5.0	
Dehydration (Sauna/Steam Room)	8.2	12.2	
Other methods	0.0	0.2	
Sex			0.20
Male	86.6	90.5	
Female	13.4	9.5	
Age, years	25.8(6.1)	22.6(3.5)	<0.001
Years of service in the Army	3.8(4.0)	1.9(2.2)	<0.001
Race/Ethnicity			0.23
Non-Hispanic White	57.3	49.4	
Non-Hispanic Black	9.9	16.1	
Non-Hispanic Other	12.2	11.1	
Hispanic	20.6	23.4	
Education Level			0.002
High school/GED	41.8	56.5	0.003
Some college	44.0	28.3	0.001
Degree	14.2	15.2	0.77
Marital Status			0.001
Single	49.2	64.6	0.001
Married/living with a partner	50.8	35.4	0.001
Use tobacco products	25.4	30.6	0.24
Rank Categories			0.79
Enlisted	89.5	88.6	
Officer	10.5	11.4	

Note: FFQ data was collected at Joint Base Elmendorf-Richardson, AK (N=188) and Fort Campbell, KY (N=253). Numbers in bold indicate level of significance at $p < 0.05$.