



Original Research

The Body Mass Index of San Francisco Cold-water Swimmers Comparisons to U.S. National and Local Populations, and Pool Swimmers

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Supplemental Appendix

Appendix Table 1. Further Unadjusted Comparison of San Francisco Cold-water Swimmers to U.S. National, California, and San Francisco Populations: Body Mass Index and Prevalence of Obesity (including breakdown by sub-populations of men and women).

A. San Francisco Cold-water Swimmers vs. U.S. General Population

	SF Cold-water Swimmers BMI Mean	U.S. Population BMI Mean	p-value	SF Cold-water Swimmers Obesity (%)	U.S. Population Obesity (%)	p-value	SF Cold-water Swimmers Obesity/Overweight (%)	U.S. Population Obesity/Overweight (%)	p-value
Total	25.9	28.7	<.001	10.7	35.7	<.001	53.4	68.8	.029
Men	26.4	28.7	<.001	11.8	35.5	<.001	59.2	73.9	.036
Women	24.6	28.7	<.001	7.4	35.8	<.001	37.0	63.7	<.001

B. San Francisco Cold-water Swimmers vs. California State General Population

	SF Cold-water Swimmers BMI Mean	CA Population BMI Mean	p-value	SF Cold-water Swimmers Obesity (%)	CA Population Obesity (%)	p-value	SF Cold-water Swimmers Obesity/Overweight (%)	CA Population Obesity/Overweight (%)	p-value
Total	25.9	27.2	<.001	10.7	25.8	.010	53.4	61.6	.25
Men	26.4	27.6	.003	11.8	26.8	.012	59.2	68.4	.24
Women	24.6	26.8	.011	7.4	24.8	.001	37.0	55.0	.016

C. San Francisco Cold-water Swimmers vs. San Francisco City General Population

	SF Cold-water Swimmers BMI Mean	SF Population BMI Mean	p-value	SF Cold-water Swimmers Obesity (%)	SF Population Obesity (%)	p-value	SF Cold-water Swimmers Obesity/Overweight (%)	SF Population Obesity/Overweight (%)	p-value
Total	25.9	25.0	.01	10.7	11.8	1.0	53.4	43.6	.26
Men	26.4	25.5	.017	11.8	11.7	1.0	59.2	48.5	.20
Women	24.6	24.5	.91	7.4	12.0	.34	37.0	37.7	1.0

Appendix Table 2. Further Comparison of San Francisco Cold-water Swimmers to International and North American Masters Pool Swimmers: Body Mass Index and Prevalence of Obesity (including breakdown by sub-populations of men and women).

A. International Pool Swimmers

	SF Cold-water Swimmers BMI Mean (N)	Internat Pool Swimmers BMI Mean (N)	p-value	SF Cold-water Swimmers Obesity (%)	Internat Pool Swimmers Obesity (%)	p-value	SF Cold-water Swimmers Obesity/Overweight (%)	Internat Pool Swimmers Obesity/Overweight (%)	p-value
Total	25.9 ±3.6 (103)	25.3 ±4.0 (527)	.16	10.7	9.1	.81	53.4	45.2	.32
Men	26.4 ±3.3 (76)	25.9 ±3.2 (262)	.23	11.8	9.2	.65	59.2	55.0	.67
Women	24.6 ±4.2 (27)	24.6 ±4.5 (265)	1.0	7.4	9.1	.80	37.0	35.5	1.0

B. North American Pool Swimmers

	SF Cold-water Swimmers BMI Mean (N)	NA Pool Swimmers BMI Mean (N)	p-value	SF Cold-water Swimmers Obesity (%)	NA Pool Swimmers Obesity (%)	p-value	SF Cold-water Swimmers Obesity/Overweight (%)	NA Pool Swimmers Obesity/Overweight (%)	p-value
Total	25.9 ±3.6 (103)	25.1 ±3.2 (64)	.15	10.7	9.4	.81	53.4	51.6	1.0
Men	26.4 ±3.3 (76)	25.8 ±2.8 (20)	.46	11.8	10.0	.82	59.2	60	1.0
Women	24.6 ±4.2 (27)	24.8 ±3.3 (44)	.82	7.4	9.1	.80	37.0	47.7	.15