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Eligible individuals for the study (total number of professional ballet dancers and vocational dance students of four ballet companies and two vocational dance schools, respectively) (n=595)

Professional ballet dancers who volunteered (n=206)

- Excluded (n=22):
  - Asian (n=10)
  - Non-Europe (n=7)
  - Black (n=3)
  - Calcium sup. (n=1)
  - Hormone therapy (n=1)

184 (129 females; 55 males) enrolled in the study; of those:
- 184 (100%): DXA
- 129 (100%): menstrual (menarche and gynaecological age)
- 184 (100%): anthropometry
- 169 (91.8%): body composition

Total of 336 enrolled the study. Participation rate: 78% (professional ballet dancers); 42% (vocational dance students)

Vocational dance students who volunteered (n=158)

- Excluded (n=6):
  - Asian (n=2);
  - Black (n=2)
  - Calcium sup. (n=2)

152 (112 females; 40 males) enrolled in the study; of those:
- 152 (100%): DXA
- 112 (100%): menstrual (menarche and gynaecological age)
- 152 (100%): Tanner stage and anthropometry
- 140 (92.1%): body composition
- 129 (84.9%): nutrition
- 115 (75.7%): hormonal testing

Figure I. Enrolment of dance population in the study.
Eligible controls for the study were set according to dancers’ characteristics (age, sex and race). Inclusion/exclusion criteria were advertised at two local schools and two state universities. The total of 282 pupils and university students responded to the advertisement.

Adult controls: university students who volunteered (n=177)

Excluded (n=17):
- did not match dancers’ age (n=5);  
- current/past involvement in sports activities (n=9)  
- calcium/Vit D sup. (n=3)

160 (110 females; 50 males) enrolled in the study; of those:
- 160 (100%): DXA  
- 110 (100%): menstrual (menarche and gynaecological age)  
- 152 (100%): anthropometry  
- 160 (100%): body composition

Children controls: pupils from local schools who volunteered (n=105)

Excluded (n=9):
- current/past involvement in sports activities (n=10)

96 (56 girls; 40 boys) enrolled in the study; of those:
- 96 (100%): DXA  
- 56 (100%): menstrual (menarche and gynaecological age)  
- 56 (100%): Tanner stage and anthropometry  
- 96 (100%): body composition  
- 78 (81.2%): nutrition  
- 66 (68.8%): hormonal testing

Total of 256 enrolled the study.

Figure II. Enrolment of control population in the study.