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

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

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

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.