

**Supplement 1.** Association of water intake (quartile)\* with abdominal obesity adjusting for covariates<sup>†‡</sup>

Variable	Water intake group (Q)	P-value
Q1 (n=2,367)	1 (Reference)	0.451
Q2 (n=1,826)	0.927 (0.764–1.124)	0.440
Q3 (n=3,716)	0.894 (0.761–1.050)	0.170
Q4 (n=3,135)	0.797 (0.671–0.948)	0.010

Values are presented as adjusted odds ratio (95% confidence interval), unless otherwise stated.

\*Water intake is divided into quartile groups: Q1 group with less than 3 cups, Q2 group with 4 cups, Q3 group with 5–6 cups, and Q4 group with 7 or more cups. The percentile for water intake (cups) is 25% for 3.01 cups, 50% for 4.95 cups, and 75% for 6.94 cups. <sup>†</sup>Defined as a waist circumference of  $\geq 90$  cm in men and  $\geq 85$  cm in women. <sup>‡</sup>Results are presented as odds ratios and 95% confidence intervals from the logistic regression model adjusted for age, sex, marital status, educational status, employment status, aerobic physical activity, cigarette smoking, alcohol consumption, dietary supplement intake, coffee and coffee drinks consumption as categorical variables, and total calorie intake, water intake from food, sodium intake, and body weight as continuous variables.