

Table S1. Characteristics of the study participants by job type.

	Office Workers	Control Room Workers	Workshop Workers
N	109	54	50
<i>Socio-demographic characteristics</i>			
Age (years)	41.9 ± 11.0	44.7 ± 11.4	41.4 ± 10.4
Gender			
Male	67 (61.5)	46 (85.2)	50 (100.0)
Female	42 (38.5)	8 (14.8)	0 (0.0)
Ethnicity ^a			
Chinese	89 (81.7)	42 (77.8)	20 (40.0)
Non-Chinese	20 (18.4)	12 (22.2)	30 (60.0)
Marital status			
Single ^b	37 (33.9)	21 (38.9)	14 (28.0)
Married	72 (66.1)	33 (61.1)	36 (72.0)
Education			
Up to pre-college	53 (48.6)	39 (72.2)	43 (86.0)
College and above	56 (51.4)	15 (27.8)	7 (14.0)
Monthly income			
<\$4000	62 (56.9)	30 (55.6)	49 (98.0)
≥\$4000	47 (43.1)	24 (44.4)	1 (2.0)
<i>Lifestyle habits</i>			
Smoking status			
Non/ex-smoker	100 (91.7)	43 (79.6)	33 (66.0)
Current smoker	9 (8.3)	11 (20.4)	17 (34.0)
Alcohol drinking			
Non-drinker	55 (50.5)	24 (44.4)	30 (60.0)
Drinker ^c	54 (49.5)	30 (55.6)	20 (40.0)
Total minutes of leisure-time physical activity	90 (0–240)	85 (0–150)	60 (0–330)
Intake of vitamin D rich foods (servings/day) ^d	0.7 (0.3–1.3)	0.7 (0.6–1.0)	0.9 (0.4–2.1)
Regular use of vitamin D or calcium supplements ^e			
No	102 (93.6)	48 (88.9)	49 (98.0)
Yes	7 (6.4)	6 (11.1)	1 (2.0)
<i>Clinical and biochemical characteristics</i>			
Body mass index (kg/m ²)	25.0 ± 5.1	26.3 ± 6.2	27.5 ± 5.3
Systolic blood pressure (mmHg)	119.3 ± 14.5	127.0 ± 17.1	126.1 ± 17.3
Diastolic blood pressure (mmHg)	70.5 ± 10.4	75.4 ± 12.2	76.2 ± 11.6
Fasting plasma glucose (mmol/l)	5.4 ± 1.5	5.6 ± 1.3	5.6 ± 1.3
Total cholesterol (mmol/l)	5.3 ± 1.1	5.5 ± 1.1	5.4 ± 0.9
<i>Work-related factors</i>			
Years employed in the current company	5.1 (3.0–9.3)	10.4 (3.2–30.1)	3.9 (1.7–5.3)
Work location			
Aboveground	74 (67.9)	34 (63.0)	29 (58.0)
Underground	35 (32.1)	20 (37.0)	21 (42.0)
Work hours/day	8.6 ± 0.9	9.3 ± 1.7	7.9 ± 1.2
Night shifts per month	1 (1–1)	8 (1–9)	1 (1–1)

Data are mean ± standard deviation, median (inter-quartile range) or n (%). ^aChinese includes a small number of mixed ethnicities (Filipino Chinese), and Filipinos. Non-Chinese includes Indians and Malays. ^bIncludes never married, widowed, and divorced. ^cIncludes those who drank alcohol less than once a month or at least once a month. ^dIncludes milk and whole eggs. ^eIncludes cod liver oil, fish oil, and other vitamin D containing supplements or calcium supplements.