

## SUPPLEMENTAL MATERIAL

### **Impact of night and shift work on metabolic syndrome and its components in an active middle-aged population-based sample**

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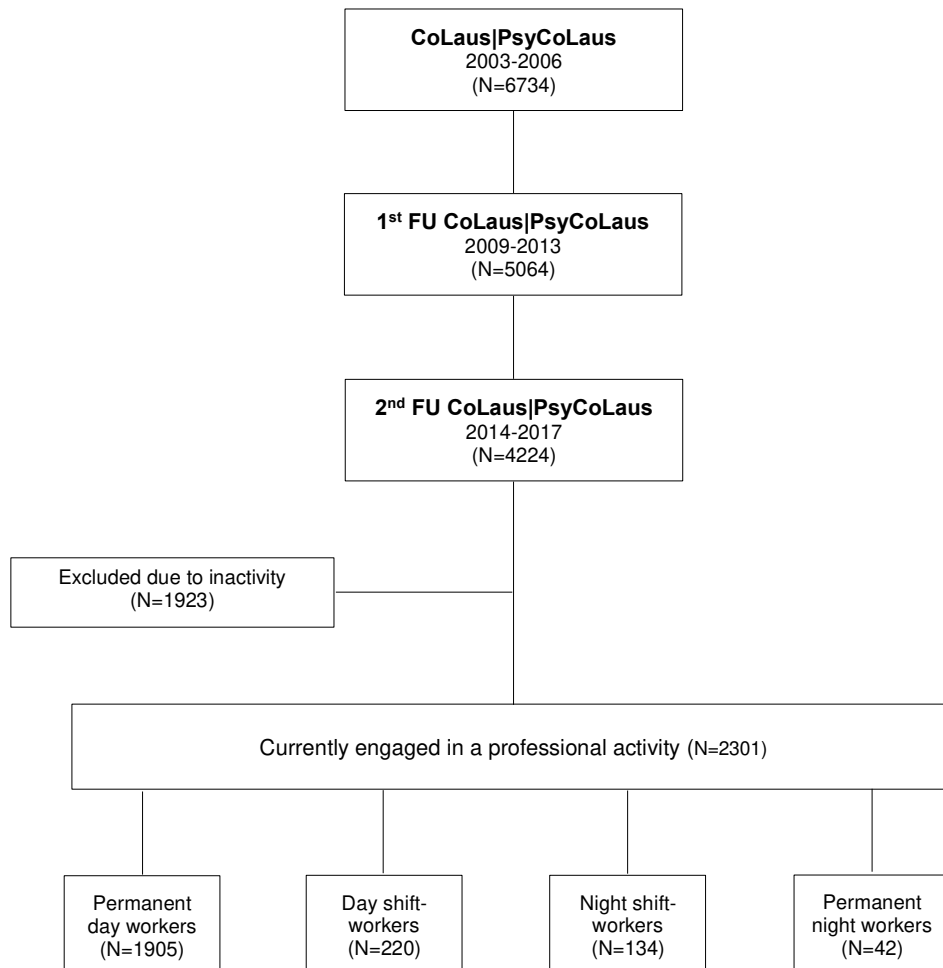
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#### **Online Data Supplement:**

- **1 Supplementary Figure**
- **1 Supplementary Table**

**Supplementary Figure 1. Study flowchart**

FU: Follow-up



**Supplementary Table 1.** Association of metabolic syndrome with working schedule

	Crude		Model 1		Model 2	
	N (%)	p-value	OR (95% CI)	p-value	OR (95% CI)	p-value
<b>Men</b>	<i>n</i> = 1153		<i>n</i> = 1059		<i>n</i> = 847	
Permanent day workers	Ref	-	Ref	-	Ref	-
Day shift-workers	0.36 (0.18-0.74)	<b>0.005</b>	0.33 (0.15-0.69)	<b>0.004</b>	0.38 (0.17-0.87)	<b>0.022</b>
Night shift-workers	0.78 (0.45-1.34)	0.365	0.71 (0.40-1.26)	0.238	0.67 (0.33-1.36)	0.266
Permanent night workers	6.48 (2.40-17.46)	<b>&lt;0.001</b>	6.00 (2.14-16.80)	<b>0.001</b>	4.37 (1.33-14.38)	<b>0.015</b>
<b>Women</b>	<i>n</i> = 1148		<i>n</i> = 1048		<i>n</i> = 798	
Permanent day workers	Ref	-	Ref	-	Ref	-
Day shift-workers	1.17 (0.66-2.05)	0.594	1.15 (0.62-2.12)	0.653	0.47 (0.17-1.24)	0.929
Night shift-workers	1.76 (0.80-3.89)	0.159	1.96 (0.86-4.46)	0.107	1.38 (0.42-4.57)	0.596
Permanent night workers	2.20 (0.81-6.03)	0.124	1.84 (0.60-5.64)	0.289	1.43 (0.28-7.19)	0.668

p-values <0.05 are in bold.

Model 1 was adjusted for age (continuous), age square (continuous) and educational level (middle, low, high). Model 2 was additionally adjusted for weekly alcohol consumption (continuous), smoking status (never, former, current) and daily total energy expenditure.