

Appendix

Appendix 1: Uni- and multivariable analysis

Linear regression	Log (FRS)			
	Univariable		Multivariable	
	Unstandardized β coefficient (95% CI)	<i>P</i>	Unstandardized β coefficient (95% CI)	<i>P</i>
Day/night shift	-0.05 (-0.12-0.01)	0.13	-0.02 (-0.06-0.02)	0.18
Age	0.04 (0.04-0.04)	<0.01	0.04 (0.03-0.04)	<0.01
Country of origin				
Zimbabwe	-0.07 (-0.14--0.00)	0.04	-0.01 (-0.07-0.04)	0.68
South Africa	Reference			
Zambia	-0.03 (-0.16-0.10)	0.67	0.04 (-0.03-0.15)	0.28
Other	0.05 (-0.06-0.16)	0.38	0.02 (-0.06-0.08)	0.48
Education level				
Primary school or less	0.13 (0.01-0.25)	0.04	-0.09 (-0.10-0.03)	0.01
Secondary school	Reference			
Matrix/college/university	-0.02 (-0.09-0.05)	0.65	0.01 (-0.01-0.07)	0.76
Stable relationship	0.31 (0.20-0.41)	<0.01	0.10 (-0.004-0.12)	< 0.01

Linear regression	Log (ASCVD)			
	Univariable		Multivariable	
	Unstandardized β coefficient (95% CI)	<i>P</i>	Unstandardized β coefficient (95% CI)	<i>P</i>
Day/night shift	-0.03 (-0.08-0.02)	0.28	-0.01 (-0.03-0.02)	0.49
Age	0.03 (0.03-0.03)	<0.01	0.03 (0.03-0.03)	<0.01
Country of origin				
Zimbabwe	-0.65 (-0.12--0.01)	0.02	0.001 (-0.03-0.03)	0.97
South Africa	Reference			
Zambia	-0.01 (-0.11-0.09)	0.82	0.04 (-0.01-0.09)	0.13
Other	0.04 (-0.05-0.12)	0.37	0.01 (-0.03-0.06)	0.58

Education level				
Primary school or less	0.10 (0.01-0.19)	0.03	-0.08 (-0.12--0.03)	< 0.01
Secondary school	Reference			
Matrix/college/university	-0.02 (-0.08-0.03)	0.38	-0.01 (-0.04-0.02)	0.55
Stable relationship	0.22 (0.14-0.30)	<0.01	0.06 (0.02-0.10)	< 0.01

Linear regression	Log (mean CCA-IMT)			
	Univariable		Multivariable	
	Unstandardized β coefficient (95% CI)	<i>P</i>	Unstandardized β coefficient (95% CI)	<i>P</i>
Day/night shift	-0.01 (-0.03-0.003)	0.12	-0.003 (-0.02-0.02)	0.74
Age	0.01 (0.004-0.01)	<0.01	0.006 (0.005-0.007)	<0.01
Country of origin				
Zimbabwe	-0.01 (-0.04-0.03)	0.74		
South Africa	Reference			
Zambia	-0.02 (-0.07-0.01)	0.24		
Other	-0.04 (-0.05-0.04)	0.83		
Education level				
Primary school or less	0.01 (-0.01-0.04)	0.29		
Secondary school	Reference			
Matrix/college/university	-0.01 (-0.03-0.01)	0.30		
Stable relationship	0.04 (0.01-0.06)	< 0.01	0.008 (-0.02-0.04)	0.61

Binomial logistic regression	LVH combined			
	Univariable OR (95% CI)	<i>P</i>	Multivariable OR (95% CI)	<i>P</i>
Day/night shift	0.99 (0.70-1.38)	0.93	0.94 (0.67-1.33)	0.73
Age	0.98 (0.96-1.00)	0.03	0.99 (0.97-1.00)	0.12
Country of origin				
Zimbabwe	1.34 (0.86-2.08)	0.21		
South Africa	Reference			

	Zambia	1.18 (0.55-2.51)	0.67	
	Other	1.15 (0.59-2.24)	0.68	
Education level				
	Primary school or less	1.36 (0.73-2.52)	0.33	
	Secondary school	Reference		
	Matrix/college/university	1.21 (0.83-1.74)	0.32	
Stable relationship		0.37 (0.21-0.64)	<0.01	0.40 (0.23-0.70) <0.01

Appendix 2: Sensitivity analysis. Working 2-3 night shifts a week compared to 0-1 night shifts a week (n=228)

Linear regression	Log (FRS)				
	Univariable		Multivariable		
	Unstandardized β coefficient (95% CI)	<i>P</i>	Unstandardized β coefficient (95% CI)	<i>P</i>	
Day/night shift (2-3 nights)	-0.03 (-0.10-0.04)	0.34	-0.03 (-0.06-0.01)	0.15	
Age	0.04 (0.04-0.04)	<0.01	0.04 (0.04-0.04)	<0.01	
Country of origin					
	Zimbabwe	-0.07 (-0.14--0.00)	0.04	0.01 (-0.04-0.05)	0.75
	South Africa	Reference			
	Zambia	-0.03 (-0.16-0.10)	0.67	0.04 (-0.04-0.11)	0.31
	Other	0.05 (-0.06-0.16)	0.38	0.02 (-0.04-0.09)	0.51
Education level					
	Primary school or less	0.13 (0.01-0.25)	0.04	-0.09 (-0.15--0.02)	<0.01
	Secondary school	Reference			
	Matrix/college/university	-0.02 (-0.09-0.05)	0.65	0.01(-0.03-0.04)	0.79
Stable relationship		0.31 (0.20-0.41)	<0.01	0.10 (0.05-0.16)	<0.01

Linear regression	Log (ASCVD)			
	Univariable		Multivariable	
	Unstandardized β coefficient (95% CI)	<i>P</i>	Unstandardized β coefficient (95% CI)	<i>P</i>

Day/night shift (2-3 nights)	-0.01 (-0.07-0.04)	0.63	-0.01 (-0.03-0.02)	0.48
Age	0.03 (0.03-0.03)	<0.01	0.03 (0.03-0.03)	<0.01
Country of origin				
Zimbabwe	-0.65 (-0.12--0.01)	0.02	0.00 (-0.03-0.03)	0.99
South Africa	Reference			
Zambia	-0.01 (-0.11-0.09)	0.82	0.04 (-0.01-0.09)	0.14
Other	0.04 (-0.05-0.12)	0.37	0.01 (-0.03-0.06)	0.59
Education level				
Primary school or less	0.10 (0.01-0.19)	0.03	-0.08 (-0.12-0.03)	< 0.01
Secondary school	Reference			
Matrix/college/university	-0.02 (-0.08-0.03)	0.38	-0.01 (-0.04-0.02)	0.53
Stable relationship	0.22 (0.14-0.30)	<0.01	0.06 (0.02-0.10)	< 0.01

Linear regression	Log (mean CCA-IMT)			
	Univariable		Multivariable	
	Unstandardized β coefficient (95% CI)	<i>P</i>	Unstandardized β coefficient (95% CI)	<i>P</i>
Day/night shift (2-3 nights)	-0.03 (-0.09-0.03)	0.36	-0.004 (-0.04-0.03)	0.82
Age	0.01 (0.004-0.01)	<0.01	0.03 (0.03-0.03)	<0.01
Country of origin				
Zimbabwe	-0.01 (-0.04-0.03)	0.74		
South Africa	Reference			
Zambia	-0.02 (-0.07-0.01)	0.24		
Other	-0.04 (-0.05-0.04)	0.83		
Education level				
Primary school or less	0.01 (-0.01-0.04)	0.29		
Secondary school	Reference			
Matrix/college/university	-0.01 (-0.03-0.01)	0.30		
Stable relationship	0.04 (0.01-0.06)	< 0.01	0.05 (-0.01-0.10)	0.09

Binomial logistic regression	LVH combined
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	Univariable OR (95% CI)	P	Multivariable OR (95% CI)	P
Day/night shift (2-3 nights)	0.99 (0.68-1.45)	0.91	0.92 (0.69-1.42)	0.79
Age	0.98 (0.96-1.00)	0.03	0.98 (0.97-1.00)	0.11
Country of origin				
Zimbabwe	1.34 (0.86-2.08)	0.21		
South Africa	Reference			
Zambia	1.18 (0.55-2.51)	0.67		
Other	1.15 (0.59-2.24)	0.68		
Education level				
Primary school or less	1.36 (0.73-2.52)	0.33		
Secondary school	Reference			
Matrix/college/university	1.21 (0.83-1.74)	0.32		
Stable relationship	0.37 (0.21-0.64)	<0.01	0.45 (0.25-0.78)	<0.01

Appendix 3: Sensitivity analysis. Working ≥ 4 night shifts a week compared to 0-1 night shifts a week (n=74)

Linear regression	Log (FRS)			
	Univariable Unstandardized β coefficient (95% CI)	P	Multivariable Unstandardized β coefficient (95% CI)	P
Day/night shift (4 or more nights)	-0.05 (-0.15-0.05)	0.37	0.002 (-0.05-0.05)	0.93
Age	0.04 (0.04-0.04)	<0.01	0.04 (0.04-0.04)	<0.01
Country of origin				
Zimbabwe	-0.07 (-0.14--0.00)	0.04	0.01 (-0.04-0.06)	0.70
South Africa	Reference			
Zambia	-0.03 (-0.16-0.10)	0.67	0.04 (-0.03-0.12)	0.28
Other	0.05 (-0.06-0.16)	0.38	0.02 (-0.04-0.09)	0.47
Education level				
Primary school or less	0.13 (0.01-0.25)	0.04	-0.09 (-0.15--0.02)	<0.01

Secondary school	Reference			
Matrix/college/university	-0.02 (-0.09-0.05)	0.65	0.01 (-0.03-0.04)	0.73
Stable relationship	0.31 (0.20-0.41)	<0.01	0.10 (0.05-0.16)	<0.01

Linear regression	Log (ASCVD)			
	Univariable		Multivariable	
	Unstandardized β coefficient (95% CI)	<i>P</i>	Unstandardized β coefficient (95% CI)	<i>P</i>
Day/night shift (4 or more nights)	-0.04 (-0.11-0.04)	0.35	0.00 (-0.04-0.04)	0.99
Age	0.03 (0.03-0.03)	<0.01	0.03 (0.03-0.03)	<0.01
Country of origin	Reference			
Zimbabwe	-0.65 (-0.12--0.01)	0.02	0.00 (-0.03-0.03)	0.98
South Africa	Reference			
Zambia	-0.01 (-0.11-0.09)	0.82	0.04 (-0.01-0.09)	0.13
Other	0.04 (-0.05-0.12)	0.37	0.01 (-0.03-0.06)	0.57
Education level	Reference			
Primary school or less	0.10 (0.01-0.19)	0.03	-0.07 (-0.12--0.03)	< 0.01
Secondary school	Reference			
Matrix/college/university	-0.02 (-0.08-0.03)	0.38	-0.01 (-0.03-0.02)	0.56
Stable relationship	0.22 (0.14-0.30)	<0.01	0.06 (0.02-0.10)	< 0.01

Linear regression	Log (mean CCA-IMT)			
	Univariable		Multivariable	
	Unstandardized β coefficient (95% CI)	<i>P</i>	Unstandardized β coefficient (95% CI)	<i>P</i>
Day/night shift (4 or more nights)	-0.05 (-0.14-0.03)	0.21	-0.02 (-0.07-0.03)	0.39
Age	0.01 (0.004-0.01)	<0.01	0.03 (0.03-0.03)	<0.01
Country of origin	Reference			
Zimbabwe	-0.01 (-0.04-0.03)	0.74		

South Africa	Reference			
Zambia	-0.02 (-0.07-0.01)	0.24		
Other	-0.04 (-0.05-0.04)	0.83		
Education level				
Primary school or less	0.01 (-0.01-0.04)	0.29		
Secondary school	Reference			
Matrix/college/university	-0.01 (-0.03-0.01)	0.30		
Stable relationship	0.04 (0.01-0.06)	< 0.01	0.05 (-0.01-0.10)	0.10

Binomial logistic regression	LVH combined			
	Univariable OR (95% CI)	<i>P</i>	Multivariable OR (95% CI)	<i>P</i>
Day/night shift (4 or more nights)	0.99 (0.81-1.18)	0.95	0.93 (0.73-1.28)	0.79
Age	0.98 (0.96-1.00)	0.03	0.99 (0.98-1.00)	0.10
Country of origin				
Zimbabwe	1.34 (0.86-2.08)	0.21		
South Africa	Reference			
Zambia	1.18 (0.55-2.51)	0.67		
Other	1.15 (0.59-2.24)	0.68		
Education level				
Primary school or less	1.36 (0.73-2.52)	0.33		
Secondary school	Reference			
Matrix/college/university	1.21 (0.83-1.74)	0.32		
Stable relationship	0.37 (0.21-0.64)	<0.01	0.41 (0.28-0.65)	<0.01

Appendix 4: Sensitivity analysis. Including only truck drivers working more than 10 years as a truck driver (n=229)

Linear regression	Log (FRS)			
	Univariable Unstandardized β coefficient (95% CI)	<i>P</i>	Multivariable Unstandardized β coefficient (95% CI)	<i>P</i>

Day/night shift	0.12 (-0.08-0.33)	0.24	0.06 (-0.06-0.19)	0.32
Age	0.08 (0.07- 0.09)	<0.01	0.08 (0.07-0.08)	<0.01
Country of origin				
Zimbabwe	-0.42 (-0.69--0.16)	0.36		
South Africa	Reference			
Zambia	-0.12 (-0.54-0.31)	0.59		
Other	0.15 (-0.51-0.21)	0.41		
Education level				
Primary school or less	0.17 (-0.14-0.47)	0.28		
Secondary school	Reference			
Matrix/college/university	0.18 (-0.05-0.42)	0.24		
Stable relationship	0.59 (0.16-0.1.02)	0.07	0.27 (0.01-0.54)	0.04

Linear regression	Log (ASCVD)			
	Univariable		Multivariable	
	Unstandardized β coefficient (95% CI)	<i>P</i>	Unstandardized β coefficient (95% CI)	<i>P</i>
Day/night shift	0.04 (-0.03-0.11)	0.27	0.02 (-0.02-0.06)	0.38
Age	0.03 (0.03-0.03)	<0.01	0.03 (0.02-0.03)	< 0.01
Country of origin				
Zimbabwe	-0.03 (-0.12--0.01)	0.26		
South Africa	Reference			
Zambia	-0.01 (-0.15-0.12)	0.75		
Other	0.03 (-0.04-0.14)	0.37		
Education level				
Primary school or less	0.08 (0.01-0.11)	0.56		
Secondary school	Reference			
Matrix/college/university	-0.03 (-0.07-0.04)	0.34		
Stable relationship	0.28 (0.19-0.33)	<0.01	0.07 (-0.01-0.15)	0.08

Linear regression	Log (mean CCA-IMT)
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	Univariable		Multivariable	
	Unstandardized β coefficient (95% CI)	<i>P</i>	Unstandardized β coefficient (95% CI)	<i>P</i>
Day/night shift	-0.01 (-0.01-0.003)	0.15	-0.03 (-0.08-0.001)	0.05
Age	0.01 (0.005-0.01)	<0.01	0.008 (0.005-0.01)	<0.01
Country of origin				
Zimbabwe	-0.02 (-0.05-0.04)	0.72		
South Africa	Reference			
Zambia	-0.03 (-0.08-0.02)	0.35		
Other	-0.05 (-0.06-0.05)	0.77		
Education level				
Primary school or less	0.01 (-0.01-0.05)	0.28		
Secondary school	Reference			
Matrix/college/university	-0.01 (-0.04-0.01)	0.38		
Stable relationship	0.04 (0.01-0.05)	< 0.01	0.018 (-0.1-0.13)	0.75

Binomial logistic regression	LVH combined			
	Univariable OR (95% CI)	<i>P</i>	Multivariable OR (95% CI)	<i>P</i>
Day/night shift	0.98 (0.73-1.45)	0.91	0.92 (0.65-1.31)	0.78
Age	0.99 (0.97-1.00)	0.04	0.99 (0.96-1.00)	0.08
Country of origin				
Zimbabwe	1.62 (0.96-2.25)	0.25		
South Africa	Reference			
Zambia	1.21 (0.53-2.66)	0.75		
Other	1.12 (0.54-2.22)	0.58		
Education level				
Primary school or less	1.36 (0.73-2.52)	0.33		
Secondary school	Reference			
Matrix/college/university	1.21 (0.83-1.74)	0.32		
Stable relationship	0.34 (0.23-0.69)	<0.01	0.51 (0.33-0.84)	<0.01

