

Supplementary Table 1. Regression coefficients and odds ratios of the differences in physical activity levels between shift workers and non-shift workers, stratified for white-collar workers outside and inside health care and blue-collar workers¹

	White-collar outside health care (n=3,509)	White-collar inside health care (n=501)	Blue-collar (n=503)
	<i>B (95%-CI)</i>	<i>B (95%-CI)</i>	<i>B (95%-CI)</i>
PA Type			
<i>Walking (hours/week)</i>	1.1 (-0.4 – 2.5)	1.7 (-0.9 – 4.4)	2.0 (-1.1 – 5.2)
<i>Exercise (hours/week)</i>	0.2 (-0.2 – 0.6)	-0.4 (-1.0 – 0.2)	-0.2 (-0.8 – 0.5)
<i>Chores (hours/week)</i>	-0.1 (-1.3 – 1.2)	-0.8 (-2.9 – 1.3)	-0.1 (-2.4 – 2.3)
PA Intensity			
<i>Vigorous PA (hours/week)</i>	0.6 (-0.1 – 1.3)	-1.0 (-2.0 – 0.0)	1.1 (-0.2 – 2.3)
	White-collar outside health care (n=3,509)	White-collar inside health care (n=501)	Blue-collar (n=503)
	<i>OR (95%-CI)</i>	<i>OR (95%-CI)</i>	<i>OR (95%-CI)</i>
Sports activities			
<i>Plays sports (yes)</i>	1.0 (0.7 – 1.3)	0.7 (0.4 – 1.0)	1.0 (0.6 – 1.6)

Reference group: non-shift workers.

Abbreviations: B, Regression coefficient; CI, confidence interval; PA, physical activity; OR, odds ratio.

¹ Adjusted for age, gender, educational level, marital status, smoking status, diet, and occupational PA.

*p<0.05.