sleep and were less physically active. Metabolic syndrome prevalence was 33.1% among the participants. The adjusted odds ratio for the shift workers to develop metabolic syndrome was 0.55 (95% CI 0.24–1.29) with a P value of 0.17.

**Conclusion** Metabolic syndrome was present in every third person among the study participants and there was no significant association with shift work.

### Oral Presentation

**Shift Work**

**OBJECTIVELY MEASURED NON-OCCUPATIONAL AND OCCUPATIONAL PHYSICAL ACTIVITY LEVELS OF SHIFT WORKERS COMPARED TO NON-SHIFT WORKERS**

**Background** Shift work may alter workers’ physical activity (PA) level, making PA a potential underlying mechanism of the negative health effects of shift work. As prior studies on shift work and PA have generally used self-reported, overall PA measures, the results may be susceptible to bias. Therefore, our aim was to compare objectively measured non-occupational and occupational PA levels between shift workers and non-shift workers.

**Methods** Data were used from Klokwerk+, a prospective cohort study examining the health effects of shift work among health care workers. In total, 401 rotating and/or night shift workers and 78 non-shift workers were included, who wore Actigraph GT3X+ accelerometers for 7 consecutive days. Time spent sitting, standing, walking, running, stairclimbing, and cycling during leisure and at work was estimated using Acti4-software. Linear regression was used to compare proportions of time spent in these activities between shift and non-shift workers.

**Results** Average accelerometer wear-time was 105.9 hours (SD=14.0) over an average of 6.9 days (SD=0.6). No differences between shift workers and non-shift workers were found in PA behaviours during leisure-time (p>0.05). At work, shift workers were less sedentary (B=−10.6 (95%-CI=−14.3−−6.8)) and spent larger proportions of the time standing (B=9.5 (95%-CI=6.4−12.6)) and walking (B=1.2 (95%-CI=0.1−2.2)) than non-shift workers.

**Conclusions** Non-occupational PA levels of shift workers were similar to that of non-shift workers, but shift workers were more physically active (i.e. standing/walking) at work. Future research should focus on the role of this difference in occupational PA in the health effects of shift work.