S6 Table. Odds ratios (ORs) (removed leisure-time physical activities) and 95% confidence intervals (95% CIs) for the association between the different types of night shift work and obese outcomes obtained from the baseline survey of 3,871 Chinese workers

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Characteristics | | | | BMI<25 kg/m2 |  | BMI≥25 kg/m2 | |  | BMI≥30 kg/m2 | |
| N (%) | N (%) | Adjusted OR\* (95% CI) | N (%) | Adjusted OR\* (95% CI) |
| No. of participants | | | | 2749 (100.0) |  | 1039 (100.0) | -- |  | 83 (100.0) | -- |
| Types of shift work a | | | |  |  |  |  |  |  |  |
|  | Daytime work | | | 1,142 (41.5) | 496 (47.7) | 1.00 | 39 (47.0) | 1.00 |
|  | Night shift work | | | 1607 (58.5) | 543 (52.3) | 1.17 (0.97-1.40) | 44 (53.0) | 1.24 (0.73-2.14) |
|  | | Previous night shift work | | 267 (9.7) | 157 (15.1) | 1.33 (0.99-1.79) | 13 (15.7) | 1.19 (0.52-2.72) |
|  | | Current night shift work | | 1,340 (48.7) | 386 (37.2) | 1.12 (0.92-1.37) | 31 (37.3) | 1.27 (0.70-2.29) |
|  | | | Permanent night shift | 14 (0.5) | 11 (1.1) | 3.94 (1.40-11.05) | 0 (0.0) | NA e |
|  | | | Rotating night shift | 1,127 (41.0) | 278 (26.8) | 0.95 (0.76-1.19) | 22 (26.5) | 1.09 (0.55-2.17) |
|  | | | Irregular night shift | 199 (7.2) | 97 (9.3) | 1.56 (1.13-2.14) | 9 (10.8) | 2.31 (0.95-5.59) |
| Years of night shift work b c | | | |  |  |  |  |  |
|  | | | Daytime work | 1,142 (41.5) | 496 (47.7) | 1.00 | 39 (47.0) | 1.00 |
|  | | | <5 years | 1,095 (39.8) | 253 (24.4) | 0.85 (0.60-1.21) | 26 (31.3) | 1.76 (0.72-4.33) |
|  | | | 5-10 years | 286 (10.4) | 139 (13.4) | 1.11 (0.75-1.64) | 8 (9.6) | 0.36 (0.08-1.71) |
|  | | | ≥10 years | 226 (8.2) | 151 (14.5) | 1.25 (0.81-1.91) | 10 (12.0) | 1.27 (0.38-4.20) |
|  | | | *p value (test for trend)* |  |  | *0.022* |  | *0.687* |
|  | | | | Mean±SD |  | Mean±SD | Adjusted OR\* (95% CI) |  | Mean±SD | Adjusted OR\* (95% CI) |
| Years engaged in night shift work c | | | | 4.15±5.19 |  | 6.60±6.05 | 1.02 (0.99-1.04) |  | 7.77±7.87 | 1.02 (0.97-1.08) |
| Nights of shifts per week d | | | | 1.24±0.81 | 1.46±1.21 | 1.18 (1.03-1.36) | 1.28±0.38 | 1.32 (0.89-1.95) |

\* Model 1: In addition to the type of shift work, the variables included in Model 1 are age at interview, sex, marital status, education level, smoking status, drinking habits, consumption of fruit and vegetables, sleep duration, sleep quality, working hours and mental stress; a Using daytime work as a reference group; b Using shift work year= 0 as a reference group; c The variable ‘night shifts per week’ is also included in Model 1; d The variable “years engaged in night shift work” is also included in Model 1; e NA: not applicable, as the calculation was not possible due to no cases in this group