

Supplementary Table 2: Univariable analysis of individual, shift work exposure and workplace environment factors and number of daily servings of fruits and vegetables^a of participants (n = 1300)					
Variables	≥5/day (n = 522)	<5/day (n = 778)	p-value*	OR	95% CI
	n (%)	n (%)			
Gender (ref: Female) Male	227 (43.5)	445 (57.2)	<0.001	0.58	(0.46 - 0.72)
Age Category¹ (ref: 18-34 years)					
Middle-aged (35-54 years)	249 (48.6)	357 (46.3)	ns	1.15	(0.90 - 1.47)
Older age (55-65 years)	78 (15.2)	109 (14.1)	ns	1.18	(0.84 - 1.66)
BMI² (ref: Normal)					
Overweight/Obese	215 (49.0)	361 (56.3)	0.018	0.74	(0.58 - 0.95)
Socio-economic status³ (ref: ABC1)					
C2DE	237 (46.9)	407 (55.1)	0.004	0.72	(0.57 - 0.90)
Occupational Sector (ref: Health & Social Work)					
Accommodation & Food	87 (16.7)	131 (16.8)	ns	0.77	(0.54 - 1.08)
Retail	89 (17.0)	140 (18.0)	ns	0.73	(0.52 - 1.03)
Manufacturing	44 (8.4)	66 (8.5)	ns	0.77	(0.50 - 1.19)
Other	137 (26.2)	251 (32.3)	0.002	0.63	(0.47 - 0.84)
Duration of SW Exposure (ref: 8 years)					
≥8 years	269 (51.5)	409 (52.6)	ns	0.96	(0.77 - 1.20)
Average Shift Length (ref: <8 hours)					
8-11 hours	243 (46.6)	379 (48.7)	ns	0.95	(0.73 - 1.23)
≥12 hours	126 (24.1)	173 (22.2)	ns	1.08	(0.79 - 1.46)
Predominant SW Pattern (ref: Days)					
Nights	56 (10.7)	108 (13.9)	ns	0.69	(0.48 - 1.00)
Rotating	76 (14.6)	92 (11.8)	ns	1.10	(0.77 - 1.57)
Other	193 (37.0)	315 (40.5)	ns	0.82	(0.63 - 1.06)
Food Preparation Facilities (ref: Yes)					
Not Available at Work	230 (44.1)	385 (49.5)	ns	0.80	(0.64 - 1.01)
Food Storage Facilities (ref: Yes)					
Not Available at Work	199 (38.1)	317 (40.7)	ns	0.90	(0.71 - 1.13)
Vending Machines (ref: None)					
Available at Work	379 (72.6)	566 (72.8)	ns	0.99	(0.77 - 1.27)
Break Times Adequate⁴ (ref: Agree)					
Disagree	145 (32.3)	192 (28.9)	ns	1.17	(0.91 - 1.52)
Satisfied with healthy food availability⁵ (ref: Agree)					
Disagree	154 (38.4)	224 (42.4)	ns	0.85	(0.65 - 1.10)
Workplace helps lead a healthy lifestyle⁶ (ref: Agree)					
Disagree	186 (43.3)	310 (51.2)	0.011	0.73	(0.57 - 0.93)
Leisure facilities (ref: Yes)					
Not Available at Work	459 (87.9)	699 (89.8)	ns	0.82	(0.58 - 1.17)

BMI = Body Mass Index

*P values <0.05 were deemed significant (denoted in bold font)

¹According to the Food Safety Authority of Ireland dietary guidelines¹⁶²Valid denominator = 1283³Those categorised as 'Underweight' were excluded (n = 30)

OR, 95% CI - Odds Ratio, 95% Confidence Interval

⁴Some participants declined to respond (n = 57)⁵Valid denominator = 1113⁶Valid denominator = 929⁷Valid denominator = 1035