

<b>Supplementary Table 3: Univariable analysis of individual, shift work exposure and workplace environment factors and frequency of wholegrain consumption<sup>a</sup> of participants (n = 1300)</b>					
<b>Variables</b>	<b>≥1 serv/day</b>	<b>&lt;1 serv/day</b>	<b>p-value*</b>	<b>OR</b>	<b>95% CI</b>
	<b>(n = 512)</b>	<b>(n = 788)</b>			
	<b>n (%)</b>	<b>n (%)</b>			
<b>Gender</b> (ref: Female) Male	269 (52.5)	403 (51.1)	ns	1.06	(0.85 - 1.32)
<b>Age Category<sup>1</sup></b> (ref: 18-34 years)					
Middle-aged (35-54 years)	239 (47.2)	367 (47.2)	ns	1.15	(0.90 - 1.47)
Older age (55-65 years)	90 (17.8)	97 (12.5)	<b>0.004</b>	<b>1.64</b>	<b>(1.17 - 2.31)</b>
<b>BMI<sup>2</sup></b> (ref: Normal)					
Overweight/Obese	237 (54.0)	339 (52.9)	ns	1.05	(0.82 - 1.33)
<b>Socio-economic status<sup>3</sup></b> (ref: ABC1)					
C2DE	257 (51.8)	387 (51.8)	ns	1.00	(0.80 - 1.33)
<b>Occupational Sector</b> (ref: Health & Social Work)					
Accommodation & Food	77 (15.0)	141 (17.9)	ns	0.78	(0.55 - 1.11)
Retail	69 (13.5)	160 (20.3)	<b>0.007</b>	<b>0.62</b>	<b>(0.43 - 0.88)</b>
Manufacturing	43 (8.4)	167 (8.5)	ns	0.92	(0.59 - 1.42)
Other	177 (34.6)	211 (26.8)	ns	1.20	(0.90 - 1.61)
<b>Duration of SW Exposure</b> (ref: <8 yrs)					
≥8 years	299 (58.4)	379 (48.1)	<b>&lt;0.001</b>	<b>1.52</b>	<b>(1.21 - 1.90)</b>
<b>Average Shift Length</b> (ref: <8 hours)					
8-11 hours	241 (47.1)	381 (48.4)	ns	1.09	(0.84 - 1.43)
≥12 hours	132 (25.8)	167 (21.2)	<b>0.049</b>	<b>1.37</b>	<b>(1.00 - 1.86)</b>
<b>Predominant SW Pattern</b> (ref: Days)					
Nights	54 (10.5)	110 (14.0)	<b>0.007</b>	<b>0.60</b>	<b>(0.41 - 0.87)</b>
Rotating	61 (11.9)	107 (13.6)	ns	0.70	(0.48 - 1.00)
Other	190 (37.1)	318 (40.4)	<b>0.017</b>	<b>0.73</b>	<b>(0.57 - 0.94)</b>
<b>Food Preparation Facilities</b> (ref: Yes)					
Not Available at Work	248 (48.4)	367 (46.6)	ns	1.08	(0.86 - 1.35)
<b>Food Storage Facilities</b> (ref: Yes)					
Not Available at Work	210 (41.0)	306 (38.8)	ns	1.10	(0.87 - 1.37)
<b>Vending Machines</b> (ref: None)					
Available at Work	133 (26.0)	222 (28.2)	ns	1.12	(0.87 - 1.44)
<b>Break Times Adequate<sup>4</sup></b> (ref: Agree)					
Disagree	138 (31.9)	199 (29.2)	ns	1.14	(0.88 - 1.48)
<b>Satisfied with healthy food availability<sup>5</sup></b> (ref: Agree)					
Disagree	140 (37.9)	238 (42.5)	ns	0.83	(0.63 - 1.08)
<b>Workplace helps lead a healthy lifestyle<sup>6</sup></b> (ref: Agree)					
Disagree	196 (46.6)	300 (48.9)	ns	0.91	(0.71 - 1.17)
<b>Leisure Facilities</b> (ref: Yes)					
Not Available at Work	462 (90.2)	696 (88.3)	ns	1.22	(0.85 - 1.76)

BMI = Body Mass Index

Serv = Serving, yrs = Years

\*P values &lt;0.05 were deemed significant (denoted in bold font)

<sup>a</sup>According to the Food Safety Authority of Ireland dietary guidelines<sup>16</sup><sup>5</sup>Valid denominator = 1283<sup>7</sup>Those categorised as 'Underweight' were excluded (n = 30)

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

<sup>6</sup>Some participants declined to respond (n = 57)<sup>16</sup>Valid denominator = 1113<sup>16</sup>Valid denominator = 929<sup>16</sup>Valid denominator = 1035