

Supplementary Table 5: Univariable analysis of individual, shift work exposure and workplace environment factors and weekly physical activity levels^a of participants (n = 1298)					
Variables	≥150min/wk	<150min/wk	p-value*	OR	95% CI
	(n = 509)	(n = 789)			
	n (%)	n (%)			
Gender (ref: Female) Male	242 (47.5)	385 (48.8)	ns	1.05	(0.84 - 1.31)
Age Category¹ (ref: 18-34 years)					
Middle-aged (35-54 years)	207 (41.2)	398 (51.2)	<0.001	0.62	(0.49 - 0.79)
Older age (55-65 years)	73 (14.5)	114 (14.7)	ns	0.76	(0.54 - 1.08)
BMI² (ref: Normal)					
Overweight/Obese	223 (50.1)	353 (55.6)	ns	0.80	(0.63 - 1.02)
Socio-economic status³ (ref: ABC1)					
C2DE	246 (49.5)	397 (53.4)	ns	0.86	(0.68 - 1.08)
Occupational Sector (ref: Health & Social Work)					
Accommodation & Food	100 (19.6)	118 (15.0)	0.008	1.59	(1.13 - 2.25)
Retail	90 (17.7)	138 (17.5)	ns	1.23	(0.87 - 1.73)
Manufacturing	37 (7.3)	73 (9.3)	ns	0.95	(0.61 - 1.50)
Other	159 (31.2)	229 (29.0)	ns	1.30	(0.97 - 1.76)
Duration of SW Exposure (ref: <8 yrs)					
≥8 years	246 (48.3)	431 (54.6)	0.027	0.78	(0.62 - 0.97)
Average Shift Length (ref: <8 hours)					
8-11 hours	253 (49.7)	369 (46.8)	ns	0.90	(0.70 - 1.17)
≥12 hours	93 (18.3)	205 (26.0)	0.002	0.60	(0.44 - 0.82)
Predominant SW Pattern (ref: Days)					
Nights	63 (12.4)	101 (12.8)	ns	0.89	(0.62 - 1.28)
Rotating	60 (11.8)	108 (13.7)	ns	0.79	(0.55 - 1.14)
Other	197 (38.7)	311 (39.4)	ns	0.90	(0.70 - 1.17)
Food Preparation Facilities (ref: Yes)					
Not Available at Work	235 (46.2)	379 (48.0)	ns	0.93	(0.74 - 1.16)
Food Storage Facilities (ref: Yes)					
Not Available at Work	195 (38.3)	319 (40.4)	ns	0.92	(0.73 - 1.15)
Vending Machines (ref: None)					
Available at Work	119 (23.4)	235 (29.8)	0.012	0.72	(0.56 - 0.93)
Break Time Adequate⁴ (ref: Agree)					
Disagree	113 (25.3)	223 (33.5)	0.004	0.67	(0.52 - 0.88)
Satisfied with healthy food availability⁵ (ref: Agree)					
Disagree	133 (37.9)	245 (42.5)	ns	0.83	(0.63 - 1.09)
Workplace helps lead a healthy lifestyle⁶ (ref: Agree)					
Disagree	179 (42.4)	317 (51.8)	0.003	0.67	(0.53 - 0.88)
Leisure facilities (ref: Yes)					
Not Available at Work	445 (87.4)	711 (90.1)	ns	0.76	(0.54 - 1.08)

BMI = Body Mass Index

Min/wk = Minutes per week, yrs = years

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

^aAccording to national and international physical activity guidelines^{25,26}⁴Valid denominator = 1281⁵Those categorised as 'Underweight' were excluded (n = 30) (Valid denominator = 759)

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

¹n = 57 participants declined to respond (Valid denominator = 864)²Valid denominator = 1111³Valid denominator = 928⁶Valid denominator = 1034