Table S1. Results regarding workers´demographic data

Demographic data	Percentage (%) or Mean (SD)
BMI (kg/m²)	
M(S)	25.52 (4.76)
Time at current job (months)	
M(S)	168.1 (105)
Weekly working hours	
M(S)	35.62 (2.51)
Civil status	
Married	54.8
Single	22.9
Separated	22.3
Education level	
Lower secundary	0.6
Upper secundary	11
Vocational training	74.4
University	12.7
Master or above	1.3
Work shift	
Fixed work	3.3
Shift work	93.5
Split Shift	0.6
Irregular	2.7
Smoke	
Non-Smoker	53.7
Ex-smoker	17.5
Smoker	28.8
Alcohol	
No	53.3
Eventually	46.3
On a daily basis	0.4
Physical activity	
No	13.9
Less than once a month	10.1
More than once a month	76

BMI: body mass index; M: mean; SD: standard deviation