**Supplemental table 1** Baseline characteristics of participants who attended follow-up survey and those who did not

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|  | Follow-up survey |  |
|  | Attended | Not attended | *P* value\* |
| No of participants | 1354 | 808 |  |
| Age (mean ± SD, years) | 41.6 ± 9.2 | 44.0 ± 11.5 | <0.001 |
| Sex (men, %) | 89.1 | 89.6 | 0.70 |
| Site (A, %) | 55.2 | 57.3 | 0.35 |
| BMI (mean ± SD, kg/m2) | 23.2 ± 3.4 | 23.4 ± 3.3 | 0.08 |
| Marital status† (married, %) | 67.3 | 63.6 | 0.08 |
| Job grade† (low, %) | 71.5 | 65.6 | 0.004 |
| Night and rotating shift work† (yes, %) | 20.5 | 15.4 | 0.003 |
| Overtime work† (≥30 hours/month, %) | 23.5 | 30.0 | <0.001 |
| Sleep duration† (<6 hours/day, %) | 39.8 | 41.9 | 0.33 |
| Smoking status† (current, %) | 29.6 | 26.2 | 0.10 |
| Alcohol consumption† (≥1 day/week, %) | 52.1 | 53.7 | 0.47 |
| Job strain† (mean ± SD) | 0.48 ± 0.12 | 0.49 ± 0.13 | 0.12 |
| Physical activity†‡ (mean ± SD, METs-hour/day) | 14.1 ± 17.0 | 13.3 ± 16.4 | 0.28 |
| Leisure-time physical activity† (mean ± SD, METs-hour/week) | 9.2 ± 18.0 | 7.2 ± 11.9 | 0.006 |
| Diabetes (yes, %) | 2.3 | 4.2 | 0.01 |
| CES-D score† (mean ± SD) | 12.4 ± 7.8 | 12.6 ± 8.1 | 0.50 |
| Total energy intake† (mean ± SD, kcal/day) | 1796 ± 499 | 1829 ± 578 | 0.17 |
| (Total energy intake† [mean ± SD, kJ/day]) | (7515 ± 2090) | (7652 ± 2418) |  |
| Confectionery intake† (mean ± SD, g/1000 kcal) | 18.8 ± 15.1 | 18.9 ± 15.1 | 0.93 |

\*Based on t-test for continuous variables and chi-squared test for categorical variables.

†Participants with missing information were excluded (marital status: n=4; job grade: n=4; night and rotating shift work n=3; overtime work: n=5; sleep duration: n=4; smoking status: n=9; alcohol consumption: n=3; job strain: n=41; physical activity during work and housework or while commuting: n=3; leisure-time physical activity: n=26; CES-D score: n=4; total energy intake and confectionery intake: n=9).

‡Physical activity during work and housework or while commuting.