

Supplementary file

Table S1. Baseline characteristics of participants followed-up versus lost to follow-up.

	Followed-up (N=334)	Lost to follow-up (N=130)	P value
Age (years)	39.8(11.1)	37.0 (11.9)	0.016
Male	261 (78.1)	108 (83.1)	0.24
Education			
Up to Post-Secondary	81 (24.3)	35 (26.9)	0.84
Diploma and Professional Qualification	133 (39.8)	50 (38.5)	
Degree	120 (35.9)	45 (34.6)	
Ethnicity			
Chinese	219 (65.6)	77 (59.2)	0.032
Malay	61 (18.3)	38 (29.2)	
Indian	42 (12.6)	9 (6.9)	
Others ^a	12 (3.6)	6 (4.6)	
Marital status			
Single ^b	126 (37.7)	58 (44.6)	0.17
Married	208 (62.3)	72 (55.4)	
Monthly income			
< S\$ 4000	237 (71.0)	94 (72.3)	0.77
≥ S\$ 4000	97 (29.0)	36 (27.7)	
Years employed in the current company	4.0 (1.0–8.0)	1.5 (0.6–4.0)	< 0.001
Job type			
Control room staff	160 (47.9)	65 (50.0)	0.79
Office staff	100 (29.9)	40 (30.8)	
Workshop staff	74 (22.2)	25 (19.2)	
Work hours/week	43.1 (6.8)	42.2 (5.2)	0.16
Shift work (yes)	221 (66.2)	77 (59.2)	0.16
Current smoking (yes)	72 (21.6)	41 (31.5)	0.024
Alcohol use (last 12 months) (yes)	180 (53.9)	68 (52.3)	0.76
Standard drinks of alcohol (on a drinking day)	1 (0–2)	1 (0–2)	0.87
Physically active ^c	258 (77.3)	99 (76.2)	0.8
Sitting/reclining time (hours/day)	6.7 (3.6)	6.8 (3.9)	0.77
AHEI score	25.0 (8.5)	24.1 (8.6)	0.33
≥ 5 servings of fruit and vegetables/day	115 (34.4)	43 (33.1)	0.78
Weight (kg)	72.5 (17.3)	73.7 (16.8)	0.47
Body mass index (kg/m ²)	25.6 (5.3)	25.6 (5.1)	0.97
Overweight or obese ^d	219 (65.6)	92 (70.8)	0.29
Waist-to-hip ratio	0.87 (0.07)	0.86 (0.07)	0.67
Central obesity ^e	118 (35.3)	42 (32.3)	0.54

AHEI, Alternative Healthy Eating Index. Data are mean (standard deviation) or median (inter-quartile range) for continuous variables, and frequency and percentage for categorical variables. ^aIncludes mixed ethnicities, Indonesians, Pakistanis and Filipinos. ^bIncludes never married, widowed, divorced and separated. ^cActive were those doing at least 150 min of moderate physical activity per week or at least 75 min of vigorous physical activity per week. ^dBody mass index ≥23 kg/m². ^eWaist-to-hip ratio ≥0.90 in men and ≥0.85 in women.