

Shift work and the risk of knee osteoarthritis among Chinese workers: a retrospective cohort study

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1. *Supplementary table*

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Supplementary Table1. HRs (95% CI) for KOA by demographic factors, lifestyles, and occupational characteristics. [BMI=body mass index; CI=confidence interval; HR=hazard ratio; KOA=knee osteoarthritis; NA=not applicable.]

Variables	No. of KOA (%)	Model 1 ^a		Model 2 ^b		Model 3 ^c		Model 4 ^d	
		HR	95% CI	HR	95% CI	HR	95% CI	HR	95% CI
Gender									
Male	264(4.2)	1	reference						
Female	610(8.2)	2.87	2.48, 3.32						
BMI (kg/m ²)	NA	1.09	1.06, 1.11						
Physical exercise									
No	94(6.7)	1	reference	1	reference				
Yes	788(6.3)	0.98	0.78, 1.21	1.11	0.89, 1.38				
Smoking									
Non-Smokers	704(7.3)	1	reference	1	reference				
Current-Smokers	74(3.4)	0.80	0.68, 0.94	0.88	0.67, 1.14				
Ex-Smokers	96(5.1)	0.70	0.53, 0.94	1.07	0.83, 1.38				
Drinking									
Non-Drinkers	638(6.8)	1	reference	1	reference				
Current-Drinkers	186(5.4)	0.44	0.35, 0.56	1.45	1.21, 1.74				
Ex-Drinkers	50(5.7)	0.54	0.44, 0.67	1.43	1.05, 1.95				
Work postures									
Sitting	299(6.2)	1	reference	1	reference	1	reference	1	reference
Standing	401(6.7)	1.20	1.03, 1.39	0.98	0.84, 1.14	0.98	0.84, 1.14	0.91	0.78, 1.06
Bending	120(6.4)	1.19	0.96, 1.47	0.96	0.77, 1.18	0.95	0.77, 1.18	0.82	0.65, 1.03
Squatting or	52(5.1)	0.94	0.70, 1.26	1.08	0.80, 1.45	1.06	0.79, 1.42	0.97	0.72, 1.31
Occupational									
No	765(6.4)	1	reference	1	reference	1	reference	1	reference
Yes	109(6.3)	1.04	0.85, 1.27	1.00	0.82, 1.23	1.01	0.82, 1.23	0.96	0.78, 1.18
Early retirement									
No	479(5.3)	1	reference	1	reference	1	reference	1	reference
1-4 y	209(7.5)	1.96	1.66, 2.32	1.64	1.39, 1.95	1.63	1.37, 1.93	1.61	1.35, 1.91
≥5 y	186(9.4)	4.88	4.08, 5.85	4.18	3.47, 5.03	4.16	3.45, 5.01	4.07	3.35, 4.93

^a Model 1 was crude HR.

^b Model 2 was adjusted for gender, and BMI (continuous).

^c Model 3 was adjusted for gender, BMI (continuous), smoking, drinking, and physical exercise.

^d Model 4 was adjusted for gender, BMI (continuous), smoking, drinking, physical exercise, and working years.