

Does occupational lifting affect the risk of hypertension? Cross-sectional and prospective associations in the Copenhagen City Heart Study ¹

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1. *Supplementary tables*
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Table S1. Adjusted associations between self-reported heavy occupational lifting and systolic blood pressure (mmHg), diastolic blood pressure (mmHg), pulse pressure (mmHg) and mean arterial pressure (mmHg), adjusted for relevant confounders. Cross-sectional analysis was based on 11,408 observations among 7,052 participants. Prospective analysis was based on 3,668 observations among 2,821 participants.

Heavy occupational lifting	Cross-sectional		Prospective	
	β (mmHg)	95% CI	β (mmHg)	95% CI
Systolic blood pressure	0.13	-0.75 to 1.01	0.27	-0.96 to 1.51
Diastolic blood pressure	0.25	-0.32 to 0.82	0.11	-0.71 to 0.92
Pulse pressure	-0.09	-0.79 to 0.61	0.24	-0.83 to 1.30
Mean arterial pressure	0.20	-0.41 to 0.81	0.17	-0.67 to 1.01

CI = Confidence interval.

Occupational physical activity groups are clustered by answering “yes” or “no” to exposure to heavy occupational lifting, “yes” are in the heavy lifting category and “no” are divided in the other categories set by their self-reported level of occupational physical activity where the categories of walking, some handling of material AND heavy manual work, but no heavy lifting are collapsed.

The cross-sectional model is adjusted for sex, age, BMI, smoking and education.

The prospective model is adjusted for sex, age, BMI, smoking, education, self-rated cardiorespiratory fitness, vital exhaustion and BP at baseline.

Table S2. Results of linear regressions on systolic blood pressure (SBP) as a function of occupational physical activity, adjusted for relevant confounders. Cross-sectional analysis was based on 11,039 observations among 7,052 participants. Prospective analysis was based on 3,668 observations among 2,821 participants.

Occupational physical activity	N	Cross-sectional differences in SBP		Prospective differences in delta SBP	
		β (mmHg)	95% CI	β (mmHg)	95% CI
Heavy lifting (Ref.)	652	Ref.	-	Ref.	-
Walking, some handling of material or heavy manual work, but no heavy lifting	464	-0.45	-1.58 to 0.68	0.10	-1.76 to 1.96
Sitting or standing, some walking	1,329	-0.05	-1.03 to 0.94	0.77	-0.64 to 2.17
Predominantly sedentary work	1,445	-0.30	-1.31 to 0.71	-0.78	-2.13 to 0.57

CI = Confidence interval; Ref. = Reference group

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