

Supplementary Table 4. Hazard ratios of the incidence of diabetes and prediabetes in relation to the shift work pattern stratified according to age

Age (years)	Shift work pattern	Incidence per 1,000 person-years (95% CI)	No. of cases	Follow-up time (years)	cHR (95% CI)	aHR (95% CI)	
						Model 1 ^a	Model 2 ^b
Diabetes							
20–29							
	Three-shift work	3.42 (2.62–4.22)	71	20,759.40	Ref.	Ref.	Ref.
	Two-shift work	8.99 (4.59–13.40)	16	1,779.64	3.33 (1.92–5.78)	2.68 (1.48–4.87)	2.75 (1.26–5.97)
30–39							
	Three-shift work	7.30 (6.09–8.51)	140	19,177.58	Ref.	Ref.	Ref.
	Two-shift work	11.87 (7.02–16.72)	23	1,937.96	1.87 (1.19–2.93)	1.51 (0.95–2.42)	1.37 (0.76–2.48)
40–49							
	Three-shift work	18.43 (14.65–22.22)	91	4,936.82	Ref.	Ref.	Ref.
	Two-shift work	20.28 (13.66–26.90)	36	1,775.16	1.19 (0.80–1.77)	1.23 (0.83–1.85)	1.13 (0.69–1.85)
≥50							
	Three-shift work	27.25 (19.54–34.96)	48	1,761.38	Ref.	Ref.	Ref.
	Two-shift work	31.13 (22.32–39.94)	48	1,541.85	1.28 (0.85–1.93)	1.47 (0.97–2.24)	1.52 (0.93–2.46)
Prediabetes							
20–29							
	Three-shift work	64.26 (60.52–68.00)	1,134	17,646.09	Ref.	Ref.	Ref.
	Two-shift work	103.84 (87.11–120.57)	148	1,425.21	1.88 (1.58–2.24)	1.35 (1.13–1.62)	1.34 (1.09–1.65)
30–39							
	Three-shift work	103.03 (97.72–108.35)	1,442	13,995.29	Ref.	Ref.	Ref.
	Two-shift work	180.47 (156.40–204.54)	216	1,196.89	2.12 (1.83–2.45)	1.62 (1.39–1.88)	1.42 (1.18–1.72)
40–49							
	Three-shift work	154.16 (139.74–168.58)	439	2,847.76	Ref.	Ref.	Ref.
	Two-shift work	182.18 (156.61–207.75)	195	1,070.35	1.23 (1.04–1.46)	1.25 (1.05–1.49)	1.30 (1.05–1.62)
≥50							
	Three-shift work	201.80 (171.00–232.59)	165	817.66	Ref.	Ref.	Ref.
	Two-shift work	201.29 (170.48–232.09)	164	814.76	1.00 (0.81–1.25)	1.03 (0.82–1.28)	0.97 (0.75–1.25)

aHR: adjusted hazard ratio; BMI: body mass index; cHR: crude hazard ratio; CI: confidence interval; HRs: hazard ratios.

^aModel 1 adjusted for sex, BMI, family history of diabetes, smoking status, alcohol consumption, and exercise frequency; ^bModel 2 adjusted for sex, BMI, family history of diabetes, smoking status, alcohol consumption, exercise frequency, weekly working hours, consecutive night work days, quick return, and years of shift work