

Table 2 Factors associated with serum TG levels among nurses

	TG >200 (mg/dl) No. (%)	<i>P</i> value ^a	OR (95% CI)
Age (yr)			
<30 (<i>n</i> =79) ^b	29 (36.7)	—	—
30–39 (<i>n</i> =50)	28 (56)	0.03	2.19 (1.01–4.82)
≥40 (<i>n</i> =21)	14 (66.7)	0.01	3.45 (1.13–10.80)
Body weight			
Normal (<i>n</i> =74) ^b	30 (40.5)	—	—
Overweight (<i>n</i> =59)	28 (47.5)	0.42	1.32 (0.63–2.80)
Obese (<i>n</i> =17)	13 (76.5)	0.007	4.77 (1.27–19.37)
Dietary behaviour			
Semi-healthy (<i>n</i> =137) ^b	64 (46.7)	0.62	1.33 (0.38–4.76)
Unhealthy (<i>n</i> =13)	7 (53.8)		
Work system			
Day shift (<i>n</i> =64)	20 (31.2)	0.001	3.21 (1.62–6.34)
Night shift (<i>n</i> =86)	51 (59.3)		
Job satisfaction			
Indecisive (<i>n</i> =80) ^b	37 (46.3)	0.006	2.54 (1.23–5.24)
Unsatisfied (<i>n</i> =70)	48 (68.5)		
Smoking			
No (<i>n</i> =132) ^b	64 (48.5)	0.444	0.68 (0.22–2.03)
Yes (<i>n</i> =18)	7 (38.9)		
Physical exercise intensity			
Do not practice/rare (<i>n</i> =85)	40 (47.1)	0.909	0.97 (0.47–2.02)
Light (<i>n</i> =21)	10 (47.6)	0.993	0.996 (0.35–2.82)
Moderate (<i>n</i> =44) ^b	21 (47.7)	—	—
No. of working years			
<5 (<i>n</i> =55) ^b	27 (49.1)	—	—
5–10 (<i>n</i> =59)	27 (45.8)	0.72	0.88 (0.39–1.95)
>10 (<i>n</i> =36)	17 (47.2)	0.86	0.93 (0.37–2.34)

^aUsing χ^2 test.^bReference group.

CI = confidence interval; OR = odds ratio; TG = triglyceride.