

Table 3 Factors associated with serum HDL levels among nurses

	LDL >130 (mg/dl) <i>n</i> (%)	<i>P</i> value ^a	OR (95% CI)
Age (yr)			
<30 (<i>n</i> =79) ^b	22 (27.8)	—	—
30–39 (<i>n</i> =50)	19 (38)	0.22	1.59 (0.70–3.61)
≥40 (<i>n</i> =21)	13 (61.9)	0.003	4.21 (1.39–13.07)
Body weight			
Normal (<i>n</i> =74) ^b	22 (29.7)	—	—
Overweight (<i>n</i> =59)	26 (44.1)	0.088	1.86 (0.86–4.06)
Obese (<i>n</i> =17)	6 (35.3)	0.65	1.29 (0.37–4.42)
Dietary Behaviour			
Semi-healthy (<i>n</i> =137) ^b	49 (35.8)	0.84	1.12 (0.30–4.07)
Unhealthy (<i>n</i> =13)	5 (38.5)		
Work system			
Day shift (<i>n</i> =64)	17 (26.6)	0.038	2.08 (1.04–4.20)
Night shift (<i>n</i> =86)	37 (43)		
Job satisfaction			
Indecisive (<i>n</i> =80) ^b	28 (35.0)	0.78	1.10 (0.53–2.26)
Unsatisfied (<i>n</i> =70)	26 (37.1)		
Smoking			
No (<i>n</i> =132) ^b	48 (36.4)	0.835	0.90 (0.28–2.79)
Yes (<i>n</i> =18)	6 (33.3)		
Physical exercise intensity			
Do not practice/rare (<i>n</i> =85)	33 (38.8)	0.55	1.36 (0.63–2.94)
Light (<i>n</i> =21)	7 (33.3)	0.87	1.07 (0.35–3.24)
Moderate (<i>n</i> =44) ^b	14 (31.8)	—	—
No. of working years			
<5 (<i>n</i> =55) ^b	19 (34.5)	—	—
5–10 years (<i>n</i> =59)	16 (27.1)	0.39	0.71 (0.29–1.69)
>10 (<i>n</i> =36)	19 (52.8)	0.08	2.12 (0.82–5.48)

^aUsing χ^2 test.^bReference group.

CI = confidence interval; LDL = low-density lipoprotein; OR = odds ratio.