

Table 4 Factors associated with serum HDL levels among nurses

	Low (high risk) HDL levels <i>n</i> (%)	<i>P</i> value*	OR (95% CI)
Age (yr)			
<30 (<i>n</i> =79) ^b	16 (20.3)	—	—
30–39 (<i>n</i> =50)	7 (14)	0.36	0.64 (0.22–1.84)
≥40 (<i>n</i> =21)	7 (33.3)	0.20	1.47 (0.60–6.39)
Weight			
Normal (<i>n</i> =74) ^b	16 (21.6)	—	—
Overweight (<i>n</i> =59)	11 (18.6)	0.67	0.83 (0.32–2.12)
Obese (<i>n</i> =17)	3 (17.6)	0.71	0.78 (0.16–3.43)
Dietary behaviour			
Semi-healthy (<i>n</i> =137) ^b	24 (17.5)	0.01	4.04 (1.08–15.02)
Unhealthy (<i>n</i> =13)	6 (46.2)		
Work pattern			
Day shift (<i>n</i> =64)	4 (6.2)	<0.001	6.50 (2.14–19.76)
Night shift (<i>n</i> =86)	26 (30.2)		
Job satisfaction			
Indecisive (<i>n</i> =80) ^b	15 (18.8)	0.68	1.18 (0.49–2.83)
Unsatisfied (<i>n</i> =70)	15 (21.4)		
Smoking			
No (<i>n</i> =132) ^b	22 (16.7)	0.006	4.00 (1.42–11.28)
Yes (<i>n</i> =18)	8 (44.4)		
Physical exercise intensity			
Do not practice/rare (<i>n</i> =85)	22 (25.9)	0.287	1.85 (0.72–4.74)
Light (<i>n</i> =21)	1 (4.8)	0.381	0.26 (0.03–2.30)
Moderate (<i>n</i> =44) ^b	7 (15.9)		
No. of working years			
<5 (<i>n</i> =55) ^b	7 (12.7)	—	—
5–10 (<i>n</i> =59)	11 (18.6)	0.543	1.57 (0.56–4.04)
>10 (<i>n</i> =36)	12 (33.3)	0.036	3.43 (1.20–9.83)

*Using χ^2 test.^bReference group.

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