

**Table 1 Demographic and work characteristics of the study participants**

<b>Characteristic</b>	<b>No. (%) (n = 415)</b>
<b>Education level</b>	
< High-school diploma	293 (70.6)
> High-school diploma	122 (29.4)
<b>Marital status</b>	
Married	330 (79.5)
Single	85 (20.5)
<b>Duration of job at workplace (years)</b>	
< 2	94 (22.7)
≥ 2	321 (77.3)
<b>Work type</b>	
Blue collar	326 (78.6)
White collar	89 (21.4)
<b>Shift work</b>	
Yes	308 (74.2)
No	107 (25.8)
<b>Income per month (US\$)</b>	
< 1000	157 (37.8)
1000–1500	211 (50.8)
> 1500	47 (11.4)
<b>Smoking</b>	
Yes	38 (9.2)
No	377(90.8)
<b>Fasting blood sugar (mg/dL)</b>	
≥ 100	62 (14.9)
< 100	353 (85.1)
<b>Triglycerides (mg/dL)</b>	
≥ 150	180 (43.4)
< 150	235 (56.6)
<b>Total cholesterol (mg/dL)</b>	
≥ 200	96 (23.1)
< 200	319 (76.9)
<b>Systolic blood pressure (mmHg)</b>	
≥ 130	100 (24.1)
< 130	315 (75.9)
<b>Diastolic blood pressure (mmHg)</b>	
≥ 85	74 (17.8)
< 85	341 (82.2)
<b>Waist circumference (cm)</b>	
≥ 102	107 (25.8)
< 102	308 (74.2)