

Supplementary Table 3: Univariable analysis of individual, shift work exposure and workplace environment factors and frequency of wholegrain consumption^a of participants (n = 1300)					
Variables	≥1 serv/day (n = 512)	<1 serv/day (n = 788)			
	n (%)	n (%)	p-value*	OR	95% CI
Gender (ref: Female) Male	269 (52.5)	403 (51.1)	ns	1.06	(0.85 - 1.32)
Age Category¹ (ref: 18-34 years)					
Middle-aged (35-54 years)	239 (47.2)	367 (47.2)	ns	1.15	(0.90 - 1.47)
Older age (55-65 years)	90 (17.8)	97 (12.5)	0.004	1.64	(1.17 - 2.31)
BMI² (ref: Normal)					
Overweight/Obese	237 (54.0)	339 (52.9)	ns	1.05	(0.82 - 1.33)
Socio-economic status³ (ref: ABC1)					
C2DE	257 (51.8)	387 (51.8)	ns	1.00	(0.80 - 1.33)
Occupational Sector (ref: Health & Social Work)					
Accommodation & Food	77 (15.0)	141 (17.9)	ns	0.78	(0.55 - 1.11)
Retail	69 (13.5)	160 (20.3)	0.007	0.62	(0.43 - 0.88)
Manufacturing	43 (8.4)	167 (8.5)	ns	0.92	(0.59 - 1.42)
Other	177 (34.6)	211 (26.8)	ns	1.20	(0.90 - 1.61)
Duration of SW Exposure (ref: <8 yrs)					
≥8 years	299 (58.4)	379 (48.1)	<0.001	1.52	(1.21 - 1.90)
Average Shift Length (ref: <8 hours)					
8-11 hours	241 (47.1)	381 (48.4)	ns	1.09	(0.84 - 1.43)
≥12 hours	132 (25.8)	167 (21.2)	0.049	1.37	(1.00 - 1.86)
Predominant SW Pattern (ref: Days)					
Nights	54 (10.5)	110 (14.0)	0.007	0.60	(0.41 - 0.87)
Rotating	61 (11.9)	107 (13.6)	ns	0.70	(0.48 - 1.00)
Other	190 (37.1)	318 (40.4)	0.017	0.73	(0.57 - 0.94)
Food Preparation Facilities (ref: Yes)					
Not Available at Work	248 (48.4)	367 (46.6)	ns	1.08	(0.86 - 1.35)
Food Storage Facilities (ref: Yes)					
Not Available at Work	210 (41.0)	306 (38.8)	ns	1.10	(0.87 - 1.37)
Vending Machines (ref: None)					
Available at Work	133 (26.0)	222 (28.2)	ns	1.12	(0.87 - 1.44)
Break Times Adequate⁴ (ref: Agree)					
Disagree	138 (31.9)	199 (29.2)	ns	1.14	(0.88 - 1.48)
Satisfied with healthy food availability⁵ (ref: Agree)					
Disagree	140 (37.9)	238 (42.5)	ns	0.83	(0.63 - 1.08)
Workplace helps lead a healthy lifestyle⁶ (ref: Agree)					
Disagree	196 (46.6)	300 (48.9)	ns	0.91	(0.71 - 1.17)
Leisure Facilities (ref: Yes)					
Not Available at Work	462 (90.2)	696 (88.3)	ns	1.22	(0.85 - 1.76)
<small> BMI = Body Mass Index Serv = Serving, yrs = years *P values <0.05 were deemed significant (denoted in bold font) ^aAccording to the Food Safety Authority of Ireland dietary guidelines¹⁶ ^bValid denominator = 1283 ^cThose categorised as 'Underweight' were excluded (n = 30) OR, 95% CI = Odds Ratio, 95% Confidence Interval ^dSome participants declined to respond (n = 57) ^eValid denominator = 1113 ^fValid denominator = 929 ^gValid denominator = 1035 </small>					