**Supplemental Material. Questions and response distribution in percent from the questionnaire**

**1.** The following questions are about how you have felt in the last 4 weeks.

 (One cross in each line)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | All the time | Most of the time | A part of the time | A bit of the time | Not at all |
| How often have you been irritable? | *0.1%* | *4.4%* | *16.3%* | *62.2%* | *16.1% unansw* 1% |
| How often have you been impatient? | *0.4%* | *5.2%* | *18.3%* | *57.2%* | *17.7%* unansw*1.2%* |
| How often have you been anxious? | *0.3%* | *2.8%* | *7.1%* | *27.4%* | *61.2%* unansw *1.2%* |
| How often have you been tense? | *0.5%* | *6.2%* | *15.7%* | *45.9%* | *30.4% unansw 1.4%* |
| How often have you felt being under pressure? | *1.5%* | *10.5%* | *20.8%* | *44.0%* | *22.2% unansw 1.0%* |
| How often have you been unable to relax? | *0.7%* | *9.4%* | *20.2%* | *47.6%* | *20.9% unansw 1.2%* |
| How often have you had difficulty remembering? | *0.5%* | *3.7%* | *10.5%* | *41.0%* | *43.5% unansw 0.9%* |
| How often have you had difficulty thinking clearly? | *0.2%* | *1.9%* | *6.8%* | *37.2%* | *53.0% unansw 0.9%* |
| How often have you had difficulty making decisions? | *0.1%* | *1.5%* | *5.5%* | *33.8%* | *58.2% unansw 0.9%* |
| How often have you had difficulty concentrating? | *0.2%* | *2.5%* | *9.2%* | *42.7%* | *44.4% unansw 1.0%* |
|

| **Most of the time/all the time at least one stress symptom in the last 4 weeks**  |
| --- |
|  | ***Yes, stress symptom most of/all the time in last 4 weeks*** | **No** | **All** |
|  | **Quantity (Quant.)** | **%** | **Quant.** | **%** |  |
|  |  |  |  |  |  |
|  | 2018 | 26.0 | 5735 | 74.0 | 7753 |
| Proportion in groups which have been short-term sickness absent within 14 days |  | 20.0 |  | 14.2 |  |

 |

**2.** *Do you feel stressed in your daily life?* Proportion in Proportion of

 percent short-term

 sickness absents

 within 14 days (%)

🞏 Yes, often *12.6% 21.5%*

🞏 Yes, some of the time *65.4% 15.6%*

🞏 No, almost never *21.3% 13.4%*

🞏 Don’t know *0.3% -*

 Unanswered: *0.4%*

***3.*** *Do you find yourself getting enough sleep to feel rested?* Proportion of short-term

 Proportion in sickness absents

percent within 14 days (%)

🞏Yes, usually *56.7% 14.1%*

🞏Yes, but not often enough *34.9% 17.2%*

🞏No, never or almost never *7.8% 23.3%*

 Unanswered: *0.6%*

*4A. How tall are you (without footwear)?*

Height in cm *mean: 174.2 cm*

4B*. How much do you weigh? (in kilos without clothes)*

Write weight in kg *mean: 74.6 kg*

| **BMI in categories (WHO)** |
| --- |
|  | **Under/normal weight < 25** | **Overweight 25-29.9** | **Fat 30+** | **All** |
|  | **Quant.** | **%** | **Quant.** | **%** | **Quant.** | **%** |  |
|  |  |  |  |  |  |  |  |
|  | 4798 | 62.5 | 2332 | 30.4 | 553 | 7.2 | 7683 |
| Proportion in groups which have been short-term sickness absent within 14 days |  | 15.0 |  | 16.1 |  | 22.8 |  |

***5A*** *How often do you usually eat the following? (One cross in each line)*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Never/very rarely | Less than once a week | Once a week | Several times a week | Every day | Several times a day |
| Prepared vegetables (eg. cooked or as an accompaniment in a wok) | *2.0%* | *7.1%* | *11.0%* | *52.0%* | *23.9%* | *3.4% unansw:**0.6%* |
| Salad/raw food/“snack veggies” (e.g. carrot, tomato, cucumber) | *1.3%* | *4.4%* | *7.3%* | *42.1%* | *37.3%* | *7.2% unansw: 0.5%* |
| Fruit (eg. apple, banana, orange) | *1.5%* | *3.9%* | *6.8%* | *32.0%* | *34.9%* | *20.4% unansw: 0.5%* |
| Fish | *8.1%* | *32.5%* | *37.2%* | *20.4%* | *1.0%* | *0.2% unansw: 0.6%* |

***5B*** *What type of fat do you use on bread? (You may tick off more than one)*

🞎 None *57.5%*

🞎 Margarine, diet *5.2%*

🞎 Plant-based margarine *5.3%*

🞎 Butter or mixed butter products *55.2%*

🞎 Fat *1.9%*

🞎 Other fat products, write which \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *1.3%*

***5C*** *What type of fat do you use in your cooking? (You may tick off more than one)*

🞎 None *9.2%*

🞎 Margarine, diet *32.6%*

🞎 Plant-based margarine *10.6%*

🞎 Butter or mixed butter products *24.5%*

🞎 Fat/palm oil *0.3%*

🞎 Food/Salad/Rapeseed oil *24.8%*

🞎 Olive oil *63.8%*

🞎 Corn/Sunflower/or Grapeseed oil *40.6%*

🞎 Other fat products, write which \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*3.4%*

| **Overall Food Habit Score in categories\*)** |
| --- |
|  | ***0-2 points – unhealthy food*** | **3-5 points – medium healthy food** | **6-8 points healthy food** | **All** |
|  | **Quant.** | **%** | **Quant.** | **%** | **Quant.** | **%** |  |
|  |  |  |  |  |  |  |  |
|  | 735 | 9.6 | 6090 | 79.2 | 863 | 11.2 | 7688 |
| Proportion in groups which have been short-term sickness absent within 14 days |  | 18.8 |  | 15.7 |  | 14.6 |  |

*\*) Food score is based on the following questions:*

*Vegetables: (5A1 + 5A2)*

*Fruit (5A3)*

*Fish (5A4)*

*Fat (5B+5C)*

*Reference:*

*Toft U, Kristoffersen LH, Lau C, Borch-Johnsen K, Jørgensen T. The Dietary Quality Score: validation and association with cardiovascular risk factors: the inter99 study. European Journal of Clinical Nutrition; 61 (2): 270-8, 2007*

*Unhealthy food score is: 0-2 points*

*Medium healthy food score is: 3-5 points*

*Healthy food score is: 6-8 points*

 *Score Vegetables:* *0 point: <= 1/week (or several times/week for one of them)*

 *1 point: several times/week for both questions*

 *2 points: every day for at least one of the questions+*

*Score fruit: 0 point: <= 1/week (or several times for one of them)*

 *1 point: several times/week*

 *2 points: 1/day+*

*Score fish: 0 point: very rarely or never*

 *1 point: 1/week*

 *2 points: several times/week+*

*Overall score for fat products in diet:*

*0 point: score “0” in both fat questions*

 *1 point: score “1-3” when adding scores in both fat questions*

 *2 points: score “4” when adding scores in both fat questions*

*(Score criteria for the two fat questions:)*

*Score fat on bread 0 point: answers other than for 1 and 2*

 *1 point: margarine (calorie) or plant-based margarine*

 *2 points: nothing*

*Score fat in cooking 0 point: butter, fat, margarine or other fat products*

 *1 point: vegetable-based and other oil products*

 *2 points: nothing or olive oil*

**6.** *Do you smoke?* Proportion in Proportion of

 percent short-term

 sickness absents

 within 14 days (%)

 🞎 Yes, daily *17.5% 21.1%*

🞎 Yes, but there are days when I do not smoke *2.8% 15.1%*

🞎 Yes, occasionally (less than 1 cigarette, cigarillo,

cigar or pipe stop daily) *4.7% -*

🞎 No, I have quit smoking *21.2% 15.4%*

🞎 No, I’ve never smoked *52.6% 14.6%*

*unanswered: 1.1%*

**7.** *How much of the following have you drunk on average per week in the last 12 months?*

|  |  |
| --- | --- |
|  | Regular beers per week *mean: 2.2 >=1: 55.2%*  |
|  | Strong beers per week *mean: 0.3 >=1: 8.0%* |
|  | Glasses of wine per week (1/1 bot. Wine = 6 glasses) *mean: 4.1 >=1: 76.6%* |
|  | Glasses of liqueur per week (eg. sherry, port wine) *mean: 0.1 >=1: 4.7%*  |
|  | Glasses of schnapps or other spirits per week *mean: 0.6 >=1: 20.1%*  |
|  | I do not drink alcohol at all (unanswered) 7*.8% (6.5%)* |
|  |

| **Regularly exceeds recommended weekly alcohol limit** |
| --- |
|  | ***Yes, regularly exceeds item limit (14/21)*** | **No** | **All** |
|  | **Quant.** | **%** | **Quant.** | **%** |  |
|  |  |  |  |  |  |
|  | 459 | 5.9 | 7294 | 94.1 | 7753 |

 |

Alcohol habits among employees in categories

 Proportion in  Proportion of

 percent short-term

 sickness absents

 within 14 days (%)

Employees who don’t drink alcohol *14.3% 20.0%*

Employees who drinks below limits *67.1% 14.1%*

Employees who exceeds 7/14 up to 14/21 st.dr./week *12.8% 11.0%*

Employees who exceeds 14/21 up to 21/28 st.dr./week 3*.9% 9.9%*

 Employees who exceeds 21/28 st.dr./week *1.9%* 20.3*%*

***8.*** *How many hours per week are you physical active? (please mark the option that is closest to your activity level – include walks, bike rides, gardening and transportation to work)*

Proportion in Proportion of short-term sickness

 percent absents within 14 days (%)

🞎 None *0.9%* *29.8%*

*24.2%*

🞎 Approx. half an hour per week *1.9% 21.9%*

🞎 Approx. 1 hour per week *8.5% 17.1%*

🞎 Approx. 2-3 hours per week *34.0% 16.4%*

🞎 Approx. 3-4 hours per week *32.9% 15.0%*

*15%*

* Approx. 4-6 hours per week *16.2%* *15.0%*
* 7 hours or more *5.7% 15.1%*

*unanswered: 0.5% -*