

Supplementary material

Supplementary table 1. Baseline characteristics of study subjects by occupational physical activity.

	Total n = 9,836	OPA 1* n = 4,997	OPA 2** n = 2,568	OPA 3*** n = 1,922	OPA 4**** n = 349
Age					
Mean (SD)	42.7 (10.7)	43.2 (10.1)	43.0 (10.9)	41.5 (11.4)	40.9 (11.2)
< 45 years, n (%)	5,247 (53.3)	2,602 (52.1)	1,322 (51.5)	1,111 (57.8)	212 (60.1)
45-54 years, n (%)	3,121 (31.7)	1,701 (34.0)	820 (31.9)	512 (26.6)	88 (25.2)
≥ 55 years, n (%)	1,468 (14.9)	694 (13.9)	426 (16.6)	299 (15.6)	49 (14.0)
Sex					
Men, n (%)	6,739 (68.5)	3,075 (61.5)	1,751 (68.2)	1,621 (84.3)	292 (83.7)
Women, n (%)	3,097 (31.5)	1,922 (38.5)	817 (31.8)	301 (15.7)	57 (16.3)
Myocardial infarction during follow-up, n (%)	243 (2.5)	116 (2.3)	74 (2.9)	46 (2.4)	7 (2.0)
Socioeconomic status					
Manual workers, n (%)	4,258 (43.3)	965 (19.3)	1,257 (49.0)	1,749 (91.0)	287 (82.2)
Low and intermediate non-manual workers, n (%)	4,323 (44.0)	3,008 (60.3)	1,102 (42.2)	162 (8.4)	51 (14.6)
Professionals, n (%)	1,246 (12.7)	1,017 (20.4)	208 (8.1)	10 (0.5)	11 (3.2)
Smoking					
Never smoked, n (%)	4,602 (47.9)	2,435 (49.6)	1,209 (48.1)	810 (43.8)	148 (43.7)
Former smoker, n (%)	2,839 (29.6)	1,500 (30.6)	728 (29.0)	512 (27.7)	99 (29.2)
Current smoker, n (%)	2,166 (22.5)	972 (19.8)	575 (22.9)	527 (28.5)	92 (27.1)
Leisure time physical activity					
Never or seldom, n (%)	2,440 (24.8)	1,181 (23.7)	609 (23.7)	544 (28.4)	106 (30.5)
Sometimes, n (%)	3,773 (38.4)	1,787 (35.8)	1,019 (39.7)	811 (42.3)	156 (44.8)
Regularly, n (%)	3,611 (36.8)	2,025 (40.6)	938 (36.6)	562 (29.3)	86 (24.7)
Consumption of fruit					
One piece or more per day, n (%)	6,094 (63.1)	3,130 (63.5)	1,618 (64.2)	1,159 (62.1)	187 (55.2)
Consumption of vegetables					
One portion or more per day, (%)	3,220 (34.2)	1,895 (39.1)	792 (32.3)	440 (24.6)	93 (28.7)
Consumption of alcohol					
Non-drinker, n (%)	480 (5.0)	185 (3.8)	147 (5.8)	130 (7.0)	18 (5.3)
Moderate, n (%)	8,465 (87.9)	4,408 (89.5)	2,231 (88.7)	1,538 (83.1)	288 (85.0)

Intermediate, n (%)	300 (3.1)	158 (3.2)	64 (2.5)	65 (3.5)	13 (3.8)
Heavy, n (%)	387 (4.0)	176 (3.6)	73 (2.9)	118 (6.4)	20 (5.9)

*OPA 1 = Seated for more than 50 % of working day, no lifting or carrying.

**OPA 2 = Standing or walking for more than 50 % of working day, no lifting or carrying.

***OPA 3 = Standing or walking for more than 50 % of working day and lifting or carrying.

****OPA 4 = Seated for more than 50 % of working day and lifting and carrying.

Supplementary table 2. The association between occupational physical activity and risk of myocardial infarction. Analysis made for the total sample and restricted to those working 35 hours per week or more. Hazard ratios (HR) with 95 % confidence intervals (95% CI).

	Model 1 [§]	Model 2 ^{§§}	Model 3 ⁺	Model 4 ⁺⁺	Model 5 [‡]
	HR (95% CI)	HR (95% CI)	HR (95% CI)	HR (95% CI)	HR (95% CI)
OPA (Total)	n=9,836	n=9,836	n=9,827	n=8,948	n=8,956
1 [*]	1	1	1	1	1
2 ^{**}	1.29 (0.96-1.73)	1.21 (0.91-1.63)	1.13 (0.83-1.54)	1.12 (0.80-1.56)	1.16 (0.84-1.59)
3 ^{***}	1.17 (0.83-1.65)	0.96 (0.68-1.35)	0.83 (0.56-1.24)	0.79 (0.51-1.23)	0.85 (0.58-1.25)
4 ^{****}	0.99 (0.46-2.12)	0.82 (0.38-1.76)	0.73 (0.33-1.59)	0.88 (0.40-1.94)	0.93 (0.43-2.01)
OPA (>35h/week)	n=8,948	n=8,948	n=8,939	n=8,159	n=8,167
1 [*]	1	1	1	1	1
2 ^{**}	1.37 (1.00-1.86)	1.29 (0.95-1.76)	1.18 (0.85-1.63)	1.13 (0.80-1.61)	1.21 (0.86-1.70)
3 ^{***}	1.22 (0.85-1.74)	1.00 (0.70-1.44)	0.82 (0.54-1.25)	0.78 (0.50-1.24)	0.90 (0.60-1.35)
4 ^{****}	1.06 (0.49-2.28)	0.91 (0.42-1.95)	0.76 (0.35-1.67)	0.91 (0.41-2.03)	1.04 (0.48-2.25)

*OPA 1 = Seated for more than 50 % of working day, no lifting or carrying.

**OPA 2 = Standing or walking for more than 50 % of working day, no lifting or carrying.

***OPA 3 = Standing or walking for more than 50 % of working day and lifting or carrying.

****OPA 4 = Seated for more than 50 % of working day and lifting and carrying.

[§]Model 1, adjusted for age.

^{§§}Model 2, adjusted for age and sex. Model 3⁺, adjusted for age, sex and socioeconomic status.

⁺⁺Model 4, adjusted for age, sex, socioeconomic status and lifestyle factors (smoking, leisure time physical activity, alcohol, fruit and vegetable consumption.

[‡]Model 5, adjusted for age, sex and lifestyle factors.

Supplementary table 3: The association between the combination of occupational physical activity and leisure time physical activity, and risk of myocardial infarction. Hazard ratios (HR) with 95 % confidence intervals (95% CI) adjusted for age, sex and socio-economic status.

	Leisure time physical activity					
	Never or seldom		Sometimes		Regularly	
	n	HR (95% CI)	n	HR (95% CI)	n	HR (95% CI)
OPA 1*	1,181	1.25 (0.79-2.00)	1,787	1.07 (0.69-1.66)	2,025	1
OPA 2**	609	1.83 (1.09-3.09)	1,019	1.39 (0.87-2.24)	938	0.71 (0.38-1.32)
OPA 3***	689	1.06 (0.58-1.91)	1,017	1.06 (0.63-1.79)	682	0.71 (0.34-1.46)

*OPA 1 = Seated for more than 50 % of working day, no lifting or carrying.

**OPA 2 = Standing or walking for more than 50 % of working day, no lifting or carrying.

***OPA 3 = Lifting or carrying regardless of seated or standing/walking.