

Additional File 2 Employee characteristics at baseline and follow-up

Table A1 Employee characteristics at baseline and follow-up

Characteristic	Baseline		Follow-up		<i>p</i>
	n=1544		n=918		
	n ^a	%	n ^a	%	
Gender					
Female	932	68.3	526	65.6	0.189
Age (years)					
16-30	436	34.2	247	31.3	0.251
31-44	491	38.5	331	42.0	
≥45	348	27.3	210	26.6	
Ethnicity					
White	1252	93.1	730	91.9	0.466
Highest educational qualification					
University degree	327	46.5	323	40.7	0.113
Higher education/certificate	143	10.6	89	11.2	
GCE 'A' Level	272	20.2	192	24.2	
GCSE Grades A to C	251	18.6	150	18.9	
No formal qualification	18	1.3	15	1.9	
Distance live from work					
≤2 miles	308	21.3	155	17.5	0.010
2.1-5 miles	413	28.6	249	28.1	
5.1-10 miles	333	23.0	254	28.7	
>10 miles	391	27.1	227	25.6	
Occupation					
Senior or Middle Manager	232	16.9	150	18.5	0.079
Professional occupation	347	25.3	167	20.6	
Clerical	751	54.9	473	58.3	
Technical or manual	39	2.8	21	2.6	
Working hours					
Full-time	1051	76.9	637	78.8	0.305
Part-time	315	23.1	171	21.2	
Work-related physical activity					
Sitting occupation	1368	91.6	813	90.8	0.269
Physical activity levels					
Meeting current recommendations ^b	317	23.2	181	22.6	0.754

^a Numbers do not sum up to total due to missing responses.

^b Assessed using a single item measure of physical activity [21]