**Supplemental Table 1. The association between work engagement at baseline and healthy behaviour at one-year follow up by socioeconomic conditions**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Smoke | | | Alcohol | | | Exercise | | |
|  | OR | 95%CI | P value | OR | 95%CI | P value | OR | 95%CI | P value |
| **Years of education\*** |  |  |  |  |  |  |  |  |  |
| 12 or less | 1.10 | 0.83-1.47 | 0.495 | 1.09 | 1.00-1.18 | 0.05 | 1.12 | 1.03-1.22 | 0.001 |
| More than 13 | 0.86 | 0.67-1.13 | 0.485 | 1.00 | 0.92-1.09 | 0.95 | 1.24 | 1.15-1.34 | <0.001 |
| **Occupation \*\*** |  |  |  |  |  |  |  |  |  |
| Manager | 0.82 | 0.50-1.36 | 0.441 | 1.03 | 0.89-1.19 | 0.679 | 1.2 | 1.04-1.39 | 0.012 |
| Non-manual | 0.90 | 0.64-1.23 | 0.482 | 1.00 | 0.91-1.10 | 0.754 | 1.21 | 1.11-1.32 | <0.001 |
| Manual | 1.18 | 0.86-1.63 | 0.3 | 1.21 | 1.06-1.37 | <0.001 | 1.17 | 1.05-1.30 | 0.005 |
| Others | 0.88 | 0.45-1.73 | 0.72 | 0.96 | 0.78-1.18 | 0.678 | 1.16 | 0.97-1.37 | 0.09 |
| **Household income (million JPY/year) \*\*\*** |  |  |  |  |  |  |  |  |  |
| Less than 2.74 | 0.84 | 0.51-1.43 | 0.54 | 1.30 | 1.08-1.58 | <0.001 | 1.29 | 1.07-1.54 | <0.001 |
| 2.75–5.49 | 0.89 | 0.67-1.18 | 0.41 | 1.05 | 0.95-1.16 | 0.42 | 1.18 | 1.07-1.3 | <0.001 |
| More than 5.50 | 1.20 | 0.83-1.72 | 0.34 | 1.03 | 0.91-1.17 | 0.64 | 1.08 | 0.96-1.23 | 0.2 |

\* Adjusted for age, sex, household income, occupational stress, support of supervisor and colleague, K6, occupation, workplace, smoking history, alcohol history, and exercise at baseline.

\*\* Adjusted for age, sex, household income, education, occupational stress, support of supervisor and colleague, K6, workplace, smoking history, alcohol history, and exercise at baseline.

\*\*\* Adjusted for age, sex, education, occupational stress, support of supervisor and colleague, K6, occupation, workplace, smoking history, alcohol history, and exercise at baseline.

CI = confidence interval; OR = odds ratios; ref = reference.