

Table 1. Characteristics of the employees of the Greek National Railway Organisation who participated in the study in Phase I (2005) and in Phase II (2010). For comparisons, the Student's t-test was applied for continuous variables and chi-square test for categorical variables.

Characteristic	Phase I (N=226)	Phase II (N=224)	p value
Male sex (% participants)	100%	100%	
Age (years)	46.9 ± 3.9	51.0 ± 4.0	<0.001
Work years (years)	21.9 ± 4.3	24.9 ± 5.4	<0.001
BMI (Kg/m ²)	28.7 ± 3.7	28.3 ± 3.7	0.258
Current smokers (%)	59.7%	51.4%	0.087

BMI: body mass index.