**Methods**

**Study design and setting**

The National Center for Health Statistics (NCHS) administered the National Health and Nutrition Examination Survey (NHANES) during 2017 and 2018. This survey recorded health information, status, and measurements for the purpose of estimating nationwide disease prevalence and aiding in health policy development. The sample design was a complex multi-level process that oversampled and undersampled certain demographics that later became weighted to represent the whole noninstitutionalized civilian population of the United States. Participants were interviewed about their personal demographics, health status, and behaviors, while measurements were recorded by a mobile clinic during a standardized physical examination.

**Study population**

During 2017-2018 the National Health and Nutrition Examination Survey (NHANES) recruited 9,254 participants. Of these participants, 1,971 were selected based on their blood tests and questionnaire results. All selected observations had recorded total blood cholesterol measurements, at least 30 total hours worked at all jobs during the week prior to being surveyed, were not currently taking cholesterol medication, and were at least 18 years of age.

**Data sources and measurement**

*Exposure:* Total working hours in the week prior to the survey administration was obtained from a series of questions. First participants were asked “In this part of the survey I will ask you questions about your work experience. Which of the following were you doing last week?” The options to answer this question were as followed: Working at a job or business; with a job or business but not at work; looking for work; not working at a job or business; refused; or don’t know. Only those who responded that they worked at a job or business were considered for this study. A follow-up question was asked to those who responded as such: “How many hours did you work last week at all jobs or businesses?” Those who answered between 1 and 5 hours were recorded as “5”. Six to 78 hours were recorded as discrete values. No respondents reported 79 hours, and those who reporting 80 or more were recorded as “80”. Refusals to report and “Don’t know” were also recorded. The goal of this study was to examine full-time workers, so observations were dropped from the analysis if they worked less than 30 hours, refused to report, or did not know how many hours they worked last week.

*Outcome:* Total blood cholesterol was recorded by a combined effort of collecting blood samples by the mobile examination clinic and enzymatic assay methods performed by contracted laboratories. Collection of the samples occurred immediately prior to when questionnaire data was obtained. After the completion of the laboratory analyses, total blood cholesterol was recorded as discrete values with units of milligrams per deciliter (mg/dL) of blood. No parameters were placed to make exclusions based on these results.

*Covariates:*

**Efforts to address bias**

**Statistical methods**