

Table 4: Average days missed at work per year and its costs according to gender and body mass index

	IRR	Average annual number of workdays absent due to health (95% CI)	Additional absent workdays compared to normal weight (95% CI)	Cost of absenteeism per employee/year (95% IC)	Cost of absenteeism due to obesity /year for Portugal	Additional cost of absenteeism per employee/year (95% IC) compared to normal weight (95% CI)	Additional cost of absenteeism due to obesity/year for Portugal compared to normal weight
Overall	n= 7946						
Normal Weight	-	6.4 (5.2-7.5)		223.5 € (193.0€-254.2€)			
Overweight	1	8.2 (7.0 - 9.4)	1.8 (1.1-2.5)	300.0€ (255.4€-344.7€)		76.5€ (51.9€-101.0€)	
Obese	1.31***	10.2 (8- 12.4)	3.8 (3.1-4.5)	382.3€ (297.3€- 467.2)	568 031,74 €	158.8€ (134.2€-183.3€)	235 949,36 €
Men	n= 3373						
Normal Weight	-	4.5 (3.4-5.6)		188.1€ (139.5€- 236.6€)			
Overweight	0,94	5 (3.8-6.3)	0.5 (-0.4-1.4)	225.5€ (169.9€- 281.0€)		37.4€ (0.49€ -75.2€)	
Obese	1,14	8 (4.7 -11.2)	3.5 (2.6-4.4)	361.5€ (213.6€- 509.6€)	240 153,49 €	173.4€ (135.5€ -211.3€)	115 193,96 €
Women	n= 4573						
Normal Weight	-	7.4 (6.2-8.6)		243.5 € (204.2€- 282.8€)			
Overweight	1,04	11.4 (9.2-13.5)	4.0 (3.0-5.0)	376.8 € (306.65€- 447€)		133.3€ (101€-165.5€)	
Obese	1.41***	12 (9.04-14.96)	4.6 (3.6-5.6)	398.6 € (301€-496€)	323 701,47 €	155.1€ (122.9€- 187.3€)	125 956,09 €

Compared to normal weight and adjusted to age, sex, education level, NUTII, chronic disease and lifestyle habits

* p < 0.10, ** p < 0.05, *** p < 0.01

IRR, incidence rate ratio

CI- confidence interval

Normal Weight – 18.5 -24.9 kg/m²; BMI Overweight 25.0-29.9 kg/m²; BMI; Obese >= 30.0 kg/m² BMI.