

**Table II - Association of barriers to physical activity with nutritional status, weekly worked hours, and physical activity level in public school teachers (n = 246)**

	Climate conditions	Laziness, tiredness or discouragement	Lack of money	Lack of time	Lack of motivation	Pain, injury or disability	No barrier
	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)
<b>Nutritional status</b>							
Underweight	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -
Normal weight	0.89 (0.06; 2.19)	1.40 (0.28; 6.90)	1.04 (0.67; 2.45)	1.22 (0.25; 5.86)	1.15 (0.35; 4.92)	2.50 (0.89; 4.21)	0.58 (0.23; 1.79)
Overweight	2.60 (0.45; 15.22)	0.76 (0.37; 1.57)	0.51 (0.12; 2.05)	1.04 (0.54; 2.00)	2.51 (0.58; 10.96)	1.33 (0.08; 22.56)	0.76 (0.27; 2.21)
Obesity	1.21 (0.16; 9.02)	2.34 (1.20; 4.56)*	0.92 (0.03; 3.57)	0.72 (0.37; 1.40)	0.84 (0.13; 5.52)	4.47 (0.46; 6.26)	0.07 (0.01; 0.59)*
<b>Years of profession</b>							
10 years or less	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -
11-20 years	1.15 (0.03; 2.78)	1.38 (0.61; 3.15)	1.07 (0.18; 6.19)	0.94 (0.42; 2.10)	0.53 (0.10; 2.76)	2.23 (0.02; 6.32)	2.07 (0.21; 10.29)
20 years or more	1.60 (0.14; 7.34)	0.96 (0.37; 2.72)	1.54 (0.16; 14.95)	1.32 (0.49; 3.57)	0.12 (0.01; 1.95)	2.51 (0.13; 8.39)	2.85 (0.26; 11.17)
<b>Weekly hours worked</b>							
20 hours or less	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -
21-30 hours	0.98 (0.56; 1.45)	4.12 (1.23; 13.85)*	0.28 (0.03; 3.02)	0.75 (0.22; 2.54)	3.01 (0.28; 13.52)	0.65 (0.09; 1.78)	0.98 (0.45; 2.91)
31-40 hours	0.16 (0.03; 0.85)*	1.65 (0.63; 4.32)	0.26 (0.05; 1.28)	1.29 (0.52; 3.24)	0.72 (0.12; 4.19)	3.16 (0.30; 8.57)	1.13 (0.23; 3.50)
40 hours or more	0.14 (0.01; 1.47)	1.36 (0.46; 4.04)	0.63 (0.11; 3.51)	1.92 (0.68; 5.37)	0.27 (0.02; 3.44)	3.87 (0.23; 11.02)	1.07 (0.21; 4.78)
<b>Occupational PA</b>							
High (Q4)	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -
Moderate (Q3)	0.53 (0.03; 8.75)	1.10 (0.52; 2.34)	1.14 (0.20; 6.62)	0.86 (0.40; 1.82)	1.94 (0.21; 17.99)	1.04 (0.95; 1.14)	0.86 (0.22; 3.36)
Low (Q1-Q2)	2.28 (0.26; 20.31)	0.74 (0.35; 1.57)	1.27 (0.23; 7.01)	0.83 (0.40; 1.73)	1.87 (0.20; 17.43)	1.82 (0.19; 17.22)	0.72 (0.19; 2.69)
<b>Sports practice</b>							
High (Q4)	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -
Moderate (Q3)	0.34 (0.06; 1.95)	2.29 (1.10; 4.76)*	2.22 (0.22; 22.11)	0.98 (0.48; 1.99)	0.73 (0.10; 5.64)	0.22 (0.02; 2.28)	0.34 (0.11; 1.07)
Low (Q1-Q2)	0.27 (0.05; 1.58)	1.21 (0.58; 2.50)	4.28 (0.51; 35.98)	1.38 (0.70; 2.71)	2.27 (0.43; 11.95)	0.39 (0.06; 2.53)	0.20 (0.06; 0.70)*
<b>Leisure time PA</b>							
High (Q4)	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -
Moderate (Q3)	0.15 (0.01; 1.50)	1.32 (0.60; 2.91)	1.23 (0.23; 6.54)	2.02 (0.95; 4.30)	0.92 (0.20; 4.19)	0.69 (0.10; 4.96)	0.48 (0.17; 1.39)
Low (Q1-Q2)	0.68 (0.14; 3.42)	2.53 (1.13; 5.70)*	0.78 (0.12; 5.03)	1.42 (0.64; 3.14)	0.82 (0.15; 4.49)	0.17 (0.01; 2.11)	0.09 (0.02; 0.46)*
<b>Total PA</b>							
High (Q4)	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -	1.00 -
Moderate (Q3)	0.31 (0.03; 3.10)	2.03 (0.93; 4.41)	0.45 (0.04; 5.13)	0.64 (0.29; 1.39)	1.38 (0.21; 9.09)	2.76 (0.27; 28.45)	0.52 (0.16; 1.75)
Low (Q1-Q2)	0.57 (0.12; 2.72)	1.42 (0.70; 2.86)	2.08 (0.42; 10.29)	1.12 (0.59; 2.14)	1.87 (0.35; 10.12)	0.77 (0.07; 8.92)	0.20 (0.06; 0.66)*

PA = Physical activity; OR = Odds ratio; CI = Confidence interval. Q4 = 4th quartile of Baecke score; Q3 = 3rd quartile of Baecke score; Q1-Q2 = 1st and 2nd quartiles of Baecke score; \*Statistical significance at  $p < 0.05$  level in the analysis adjusted by sex, age, and socioeconomic condition