Move more sit less survey results

Stuart Biddle
Professor of Active Living & Public Health
Institute of Sport, Exercise and Active Living
Online Survey

• To businesses and individuals involved with Blueearth
• Social media
• Professional networks
• N=1,032
Online Survey

• Awareness of risks
• Perceived and self-reported sitting
• Awareness of guidelines
• Feelings associated with prolonged sitting
• Feelings about breaking up sitting
• Perceptions about sitting and well-being
• Strategies to reduce sitting
Age distribution

- <20: 22%
- 20-29: 29%
- 30-39: 26%
- 40-49: 14%
- 50-59: 8%
- 60+: 1%
Perceived v. ‘actual’ sitting
Is 30 mins of activity enough to keep you healthy?

- Yes
- No
How do you feel after long periods of sitting?

- Tired/less energetic: 82%
- Less healthy: 69%
- Less productive: 65%
- Less happy/fed up: 54%
- Stiff/tense: 50%
How do you feel when you get up and move around?

• Top 5:
  1. Refreshed
  2. Like I should do it more often
  3. More productive
  4. Relaxed
  5. Healthy
Open-ended response question

“What would it take to get more people to change their sitting habits and move more?”
Inductive Content Analysis

Found 10 general dimensions of responses:

- Attempts at change
- Changes in work organisation
- Changes to work environment
- Community changes
- Cultural change
- Education
- Individual motivation
- Para-work changes
- Perceptions and barriers to change
- Prompts and reminders
Changes in work organisation

- **Breaks**
  - Active breaks
  - Compulsory & guided breaks
  - Longer breaks
  - More breaks
  - Regular breaks
  - Time for breaks
- **Employees choice to sit or stand**
- **Flexible work hours**
  - Leave the workplace at a reasonable time to encourage outdoors activities
  - 'Time in lieu' to accommodate overtime worked
- **Include physical activity and sedentary behaviour risks in OH&S reminders**

- **Meetings**
  - Agenda items linked to standing
  - Fewer meetings
  - Meetings linked to physical activity
  - Standing meetings
  - Walking meetings
- **Stand during certain tasks**
- **Workload adaptations**
  - Decrease workload to allow for additional breaks
  - Fewer administrative duties (i.e. paperwork)
  - Fewer emails
Changes to work environment

• Facilities
  • Exercise opportunity at work
  • Stairs
• Interior design
  • Equipment away from desk
  • More space
  • Multiple work locations
  • Standing meeting rooms

• Workstations
  • Comfort-ergonomics
  • Fitball to sit on
  • Flexible desk height - sit-stand
  • Hotdesk
  • Standing desks
  • Walking desks
Cultural change

- Active others
- Government-policy initiatives
- Leadership to drive culture change
  - Attitude change
  - Financial considerations
    - Funding
      - Additional funding required to purchase sit-stand desks
      - Government subsidies and tax deductions
  - Motivators
    - Less sick days and higher productivity if people are more active
- Managers as role models
- Normalizing
- Productivity
  - Fear
  - Time management
Para-work changes

- Walk to work more
move more sit less™
an initiative of BLUEARTH
Stuart Biddle
stuart.biddle@vu.edu.au
Twitter: @stuart_biddle

world congress on active ageing 2016

28 June - 1 July 2016 Melbourne Australia

www.wcaa2016.com.au