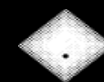



Move more sit less survey results

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



VICTORIA UNIVERSITY
INSTITUTE OF SPORT, EXERCISE AND ACTIVE LIVING

move **sitTM**
re less

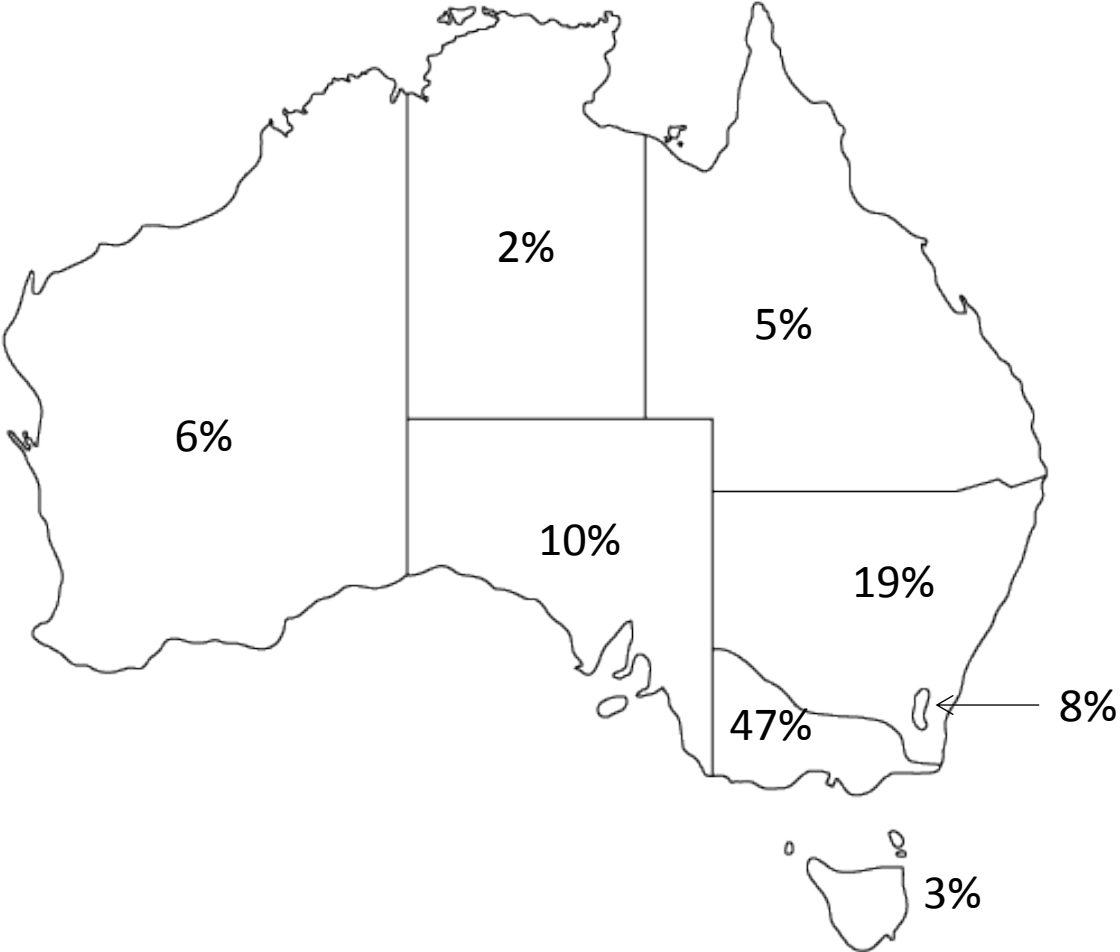
an initiative of  **BLUEARTH**

Online Survey

- To businesses and individuals involved with Bluearth
- Social media
- Professional networks
- N=1,032

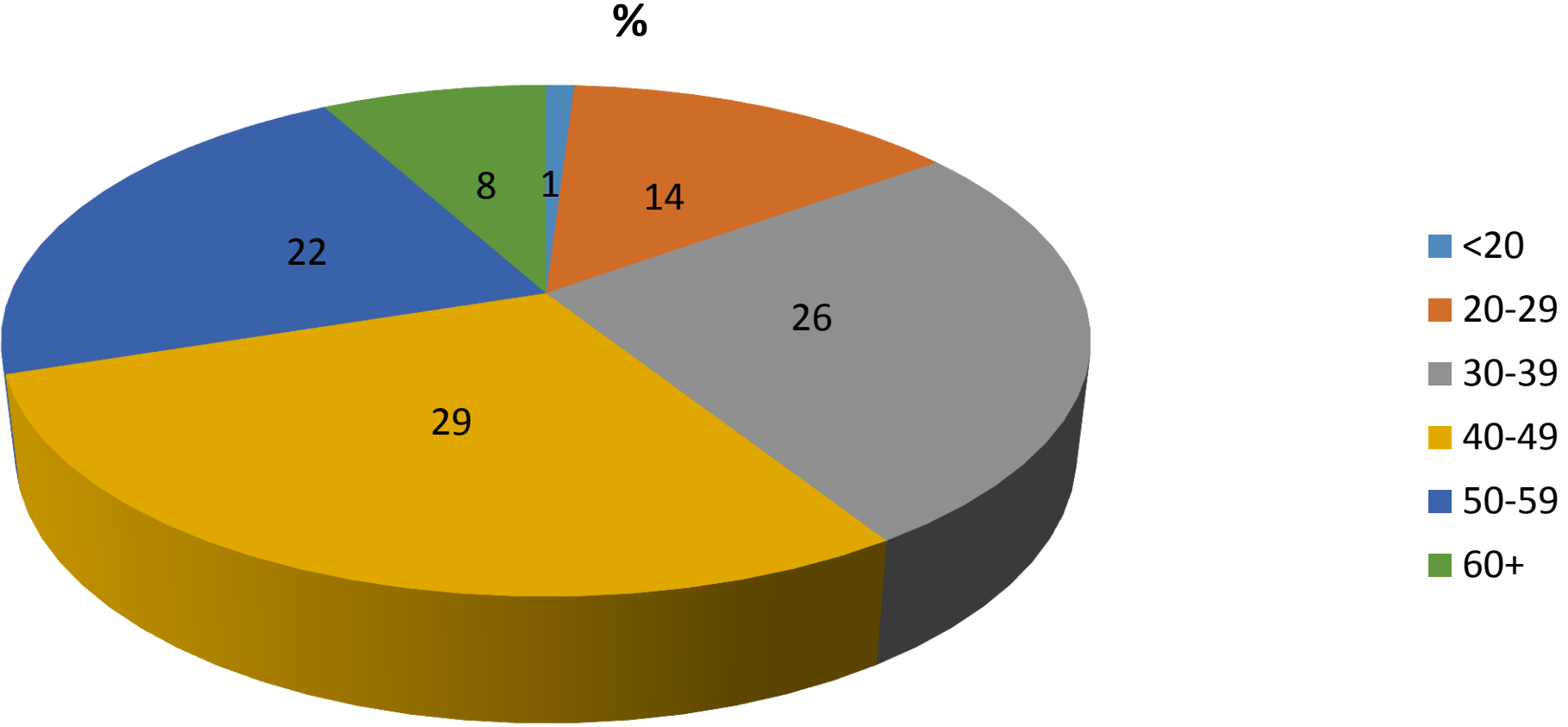
Online Survey

- 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

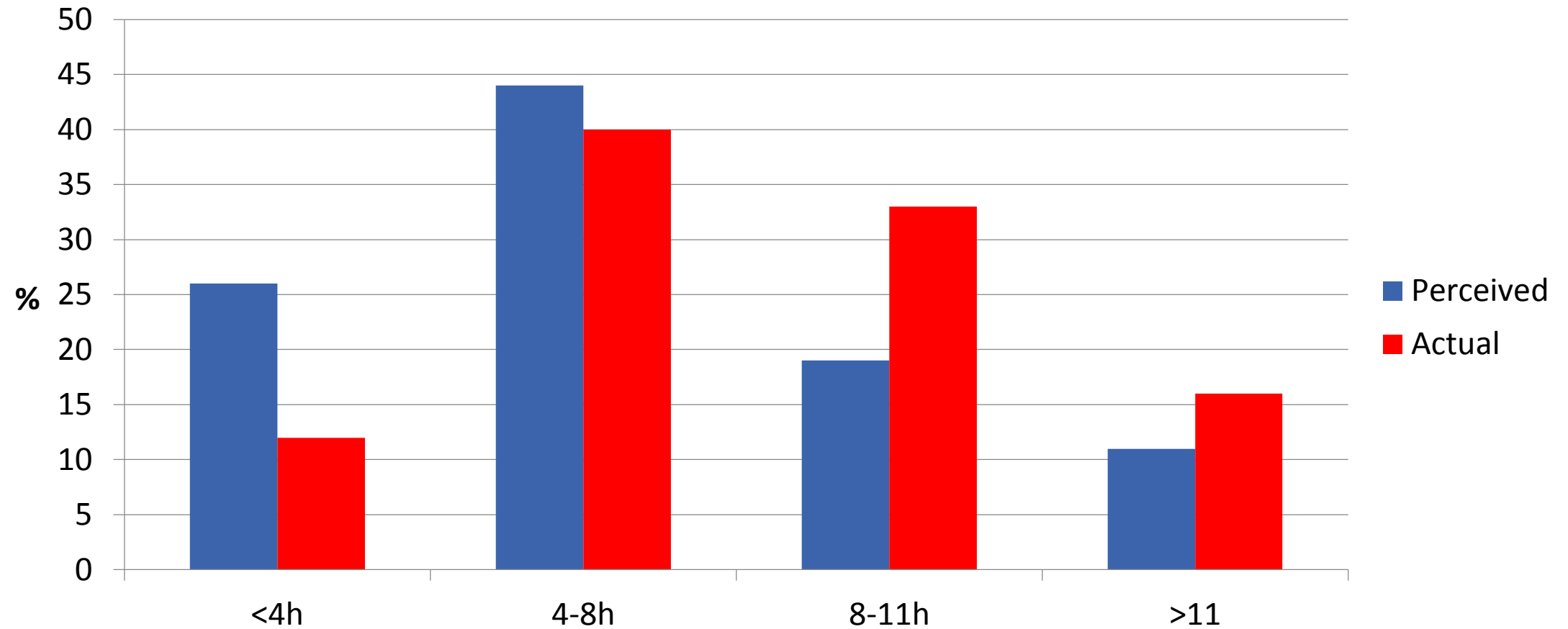


73%
female

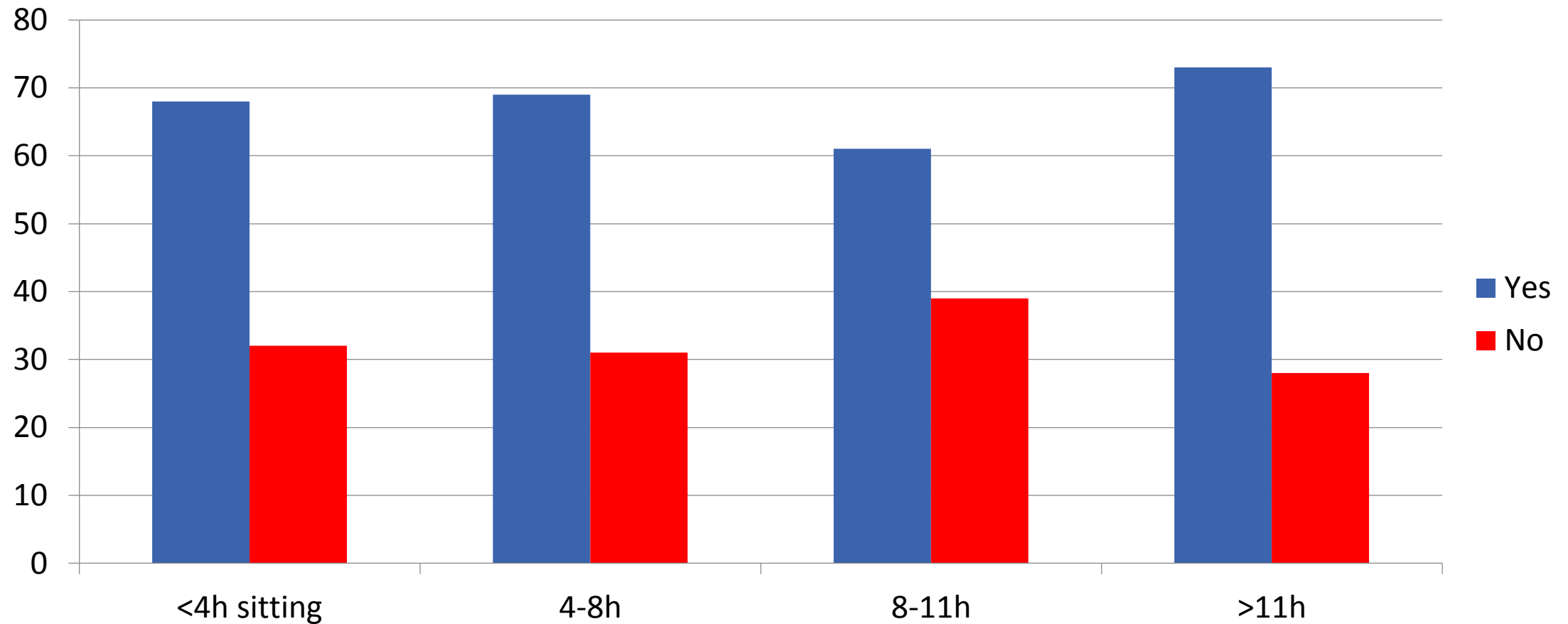
Age distribution



Perceived v. 'actual' sitting



Is 30 mins of activity enough to keep you healthy?



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

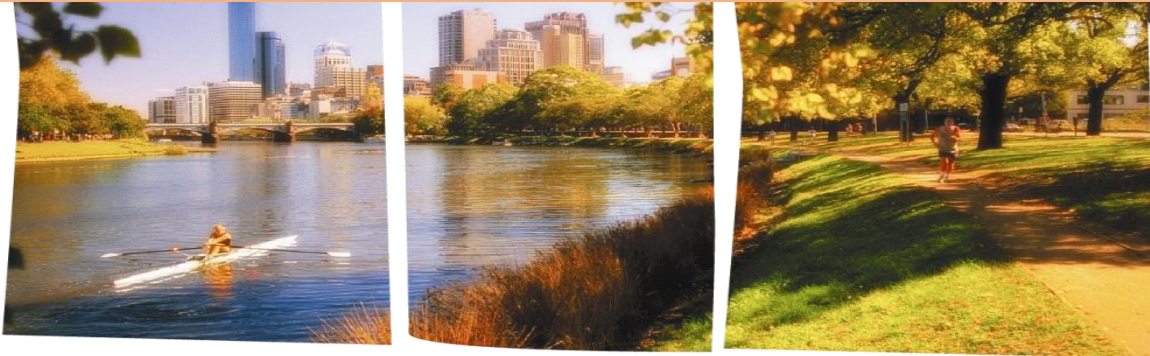
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an initiative of  **BLUEARTH**

Stuart Biddle

stuart.biddle@vu.edu.au

Twitter: @stuart_biddle



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