

REDUCING SITTING TIME IN OFFICE WORKERS: Short-Term Efficacy of a Multicomponent Intervention

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Objective

To investigate the short-term efficacy of a multicomponent intervention to reduce office workers' sitting time.

Methods

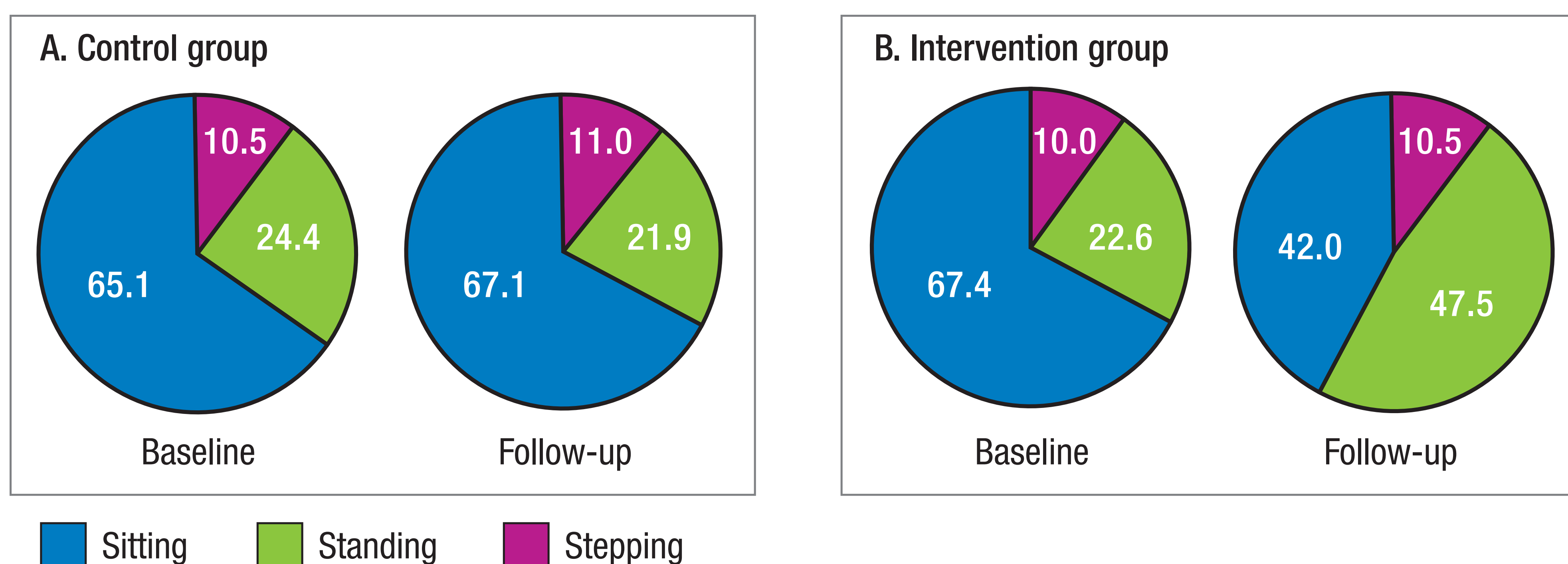
Allocation for this non-randomized controlled trial (n = 43 participants; 56% women; 26–62 years; Melbourne, Australia) was by office floor, with data collected during July–September 2011. The 4-week intervention emphasized three key messages: **“Stand Up, Sit Less, Move More”** and comprised organizational, environmental, and individual elements. Changes in minutes/day at the workplace spent sitting (primary outcome), in prolonged sitting (sitting time accumulated in bouts ≥ 30 min), standing, and moving were objectively measured (activPAL3).



The **WorkFit-S Sit-Stand Workstation** from Ergotron was used in the Stand Up Comcare pilot. It allows users to easily switch from a sitting to a standing position in one simple motion.

WorkFit makes computing comfortable while providing many positive health benefits.

Results of *Stand Up Comcare* pilot: Percentage of time spent sitting, standing and stepping



Australian Government

Comcare

Conclusions

This multicomponent workplace intervention demonstrated that substantial reductions in sitting time are achievable in an office setting. Larger studies with longer timeframes are needed to assess sustainability of these changes, as well as their potential longer-term impacts on health and work-related outcomes.

