



Reducing children's classroom sitting time using sit-to-stand desks:

Findings from pilot studies in UK and Australian primary schools

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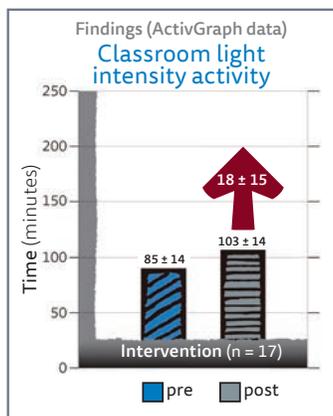
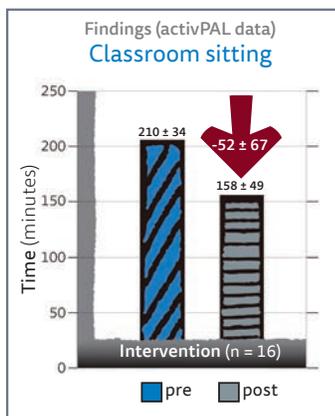
In this pilot study published by the *Journal of Public Health*, irrespective of implementation, incorporating sit-to-stand desks into classrooms appears to have effectively reduced classroom sitting in a diverse sample of children. Based on these findings, longer-term efficacy trials will determine effects on children's health and learning.

Methods: Pilot controlled trials with similar intervention strategies were conducted in primary schools in Melbourne, Australia, and Bradford, UK using sit-stand desks by Ergotron.

- UK**
 - 30 students
 - Six sit-to-stand desks replaced a bank of standard desks
 - Each child exposed to the sit-to-stand desk once a day for at least one hour
- AU**
 - 44 students
 - Sit-to-stand desks replaced all standard desks
 - Children initially encouraged to stand for at least one 30-minute class per day, increased gradually over trial

- * Children were exposed to the sit-to-stand desks for 9–10 weeks
- * Control classrooms retained their normal seated desks
- * Classroom sitting time was measured at baseline and follow-up using the activPAL3 inclinometer

Results: Students provided valid activPAL data at baseline and follow-up. The proportion of time spent sitting in class decreased significantly at follow-up in both intervention groups. See graphs below:



LearnFit™ Adjustable Standing Desk
Students changed the height of their desktops with a simple hand brake to work and collaborate

In children, adverse associations between sedentary behavior (sitting) and the following have been reported: ¹⁻⁴

- cardio-metabolic health risk markers (obesity, blood pressure, cholesterol, insulin)
- fitness
- cognitive development
- academic achievement

- * From a pedagogical standpoint there are wider benefits in "promoting children's social, emotional and cognitive development"
- * Parents and children expressed support for sit-to-stand desks in classrooms

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