

#63 THE SEDENTARY OFFICE: A GROWING CASE FOR CHANGE TOWARDS BETTER HEALTH AND PRODUCTIVITY. EXPERT STATEMENT COMMISSIONED BY PUBLIC HEALTH ENGLAND AND THE ACTIVE WORKING COMMUNITY INTEREST COMPANY

GET BRITAIN STANDING, JOHN P BUCKLEY, ALAN HEDGE, THOMAS YATES, ROBERT J COPELAND, MICHAEL LOOSEMORE, MARK HAMER, GAVIN BRADLEY, DAVID W DUNSTAN Report, 2015

Topic for advocacy HEPA - Physical Activity and Health

http://www.getbritainstanding.org/pdfs/BJSM_Expert%20Statement%202015_06.pdf

Description of the good example

Public Health England and Active Working CIC invited a group of international experts to provide guidelines for employers over the avoidance of prolonged periods of sedentary work. The expert panel convened to evaluate the current evidence surrounding inactive lifestyles provided some core recommendations in a form of a initial guide for employers, ergonomists, equipment suppliers and occupational health promoters. Seated-based work should be regularly broken up with standing-based work by using of a sit-stand desks, or by taking short but active standing breaks. Along with other health promotion goals, such as improved nutrition, less alcohol smoking and stress, companies should also promote ballance between sitting and standing. If not, it may significantly increase the risk of cardiometabolic diseases and risk of premature mortality.

Target - Who can best use this example or document?

Public health and Medicine Departments, Workplace Health Coordinators, policy makers.

**All information in this entry is sourced from the link above and contact mentioned in the document.*

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

Traditional perception of physical activity largely revolves around recreational sport. However, this research provides a unique new angle and new ways of improving one's physically activity. By using an evidence-based approach, the research argues to establish practical solutions to eliminate office-based inactivity. These solutions raise the awareness of physical inactivity outside the office hours and can be applied in any organisation.

Learning points - What can we learn from it?

The amount of time office workers should avoid sitting equates to a minimum accu ulation of standing and/or moving within the office space for at least 2 h/day, ideally 4 h/day. Workplaces should therefore plan activities which reduce sedentary time of their employees.

Further information

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