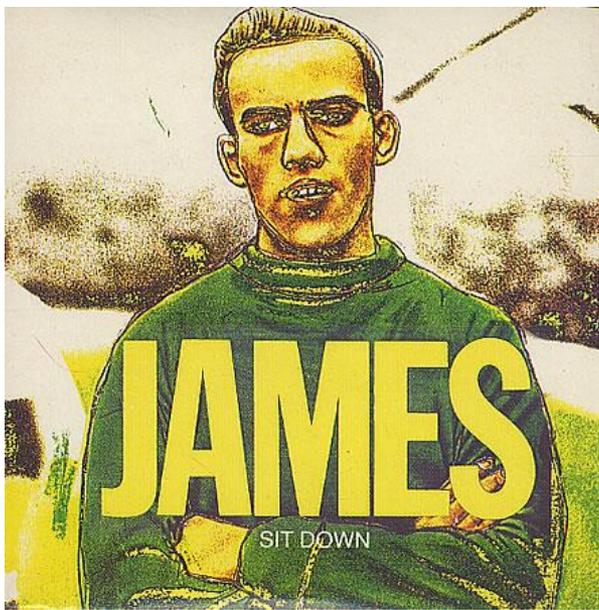


“Oh sit down”

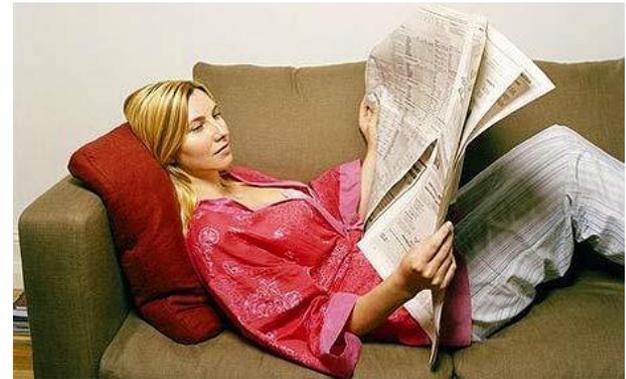
**A qualitative exploration of factors
that promote sedentary behaviour
and physical activity at work**

Dr Mark Tully





*Oh sit down
Sit down next to me
Sit down, down, down, down,
down
In sympathy*



Sitting down for too long is a 'silent killer', medics warn

A report published in the British Journal of Sports Medicine recommends that workers find ways to stand for an extra four hours every day

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Workers can burn up to 144 calories per day by standing for three hours. Photo: Getty

“Office workers should be on their feet for at least two hours daily during working hours”

“This daily quota should eventually be increased to four hours a day, breaking up prolonged periods of sitting with the use of standing desks and regular walks around the office”



Aim

Explore desk-based office workers' perceptions of factors that limited or encouraged sedentary behaviour and physical activity at work



Participants

Location:

Software engineering company

Participants:

5 employees & 2 managers



Methods

Semi structured interviews

Topics:

- participants' current activity levels
- perceived barriers and facilitators to sedentary behaviour

Measurement

- 1 week of recording of physical activity and sedentary behaviour

Prompt

- Mobile phone app to record behaviours and prompt reflection



Results

Sedentary Behaviour / Physical Activity

400 mins of sedentary behaviour but only 36 minutes of physical activity per day

19% reduction in the time spent in sedentary behaviour after two weeks of using the mobile phone app to self-track behaviour



Barriers to Reducing Sedentary Behaviour and Increasing Physical Activity

Context of the Workplace

Influence of Task

“In the software environment, you need to sit down, because you need to concentrate.”

Social Pressure to Conform

We just need people who work all hours to get stuff done ... I'm a great believer that they should stay at their desk and do it.



Barriers (2)

Preference / Habit

Compartmentalised Routine

“Its 8 ½ work day, with an hour lunch, but I usually only ever really take a half an hour, so I can leave a wee bit early to get to the gym and do my fitness after work”

Preferred alternatives

People entertain themselves when they have a break by continuing to work at a computer



Barriers (3)

Environmental Support

Something else to do

It's a pity that we don't have a canteen ... a lot of office workers will sit at their desk and eat their lunch

Somewhere else to work

I do think they need to have more social areas, away, completely away, in another room from the work space ... because you get pulled back (to work jobs)



Incentives for Reducing Sedentary Behaviour and Increasing Physical Activity

Purpose to Leave Desk

If need to get up and do something I will, speak to colleagues or even go to the printers, to get stationery, things like that.



Incentives (2)

Relief of Symptoms

(Getting up more) would make me feel more refreshed



Incentives (3)

Social Interaction

Sometimes we come here and have whiteboard sessions and everyone has a chance to stand up and write something on the board, discussion, it's better than sitting.



Conclusions

In developing advice to reduce sedentary behaviour

- Address perceived cultural context
- Introduce changes to the physical environment



Thanks for Listening

Dr Mark Tully

UKCRC Centre of Excellence for Public Health (NI)

Centre for Public Health

Queen's University Belfast



m.tully@qub.ac.uk



@marktully_qub



Co-Authors

Dr Judith Cole

Prof Margaret Cupples

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