



BeUpstanding™ Champion Toolkit Pilot Study



Key Terms

Dynamic work environment

a workplace that encourages less sitting and more movement

Prolonged sitting

sitting for long periods of time (i.e. greater than 30mins) without getting up

BACKGROUND

Too much sitting is now being considered a population-wide health risk, linked to several detrimental health outcomes, including poor heart health, poor mental health, diabetes, and early death. How much we sit, as well as **how** we accrue our sitting time is important, with prolonged, unbroken sitting particularly detrimental for heart health.

One of the key settings to address prolonged sitting is the workplace.

Our internationally recognised Stand Up Australia program of research shows that it is possible to introduce activity-permissive strategies (e.g. standing meetings, relocating bins and printers) within the office workplace to significantly reduce sitting time and increase movement, to create a 'dynamic' work environment. However, to do this, considerable change to the workplace culture and environment is needed. Also, management commitment and **workplace champions are key** to initial and sustainable change.

We developed the BeUpstanding™ Champion Toolkit: a free, evidence-based online, step-by-step guide with accompanying resources to **help workplace Champions create a dynamic work environment.** The Toolkit helps raise awareness about the dangers of too much sitting, and builds a supportive culture to create lasting change, where sitting less and moving more is the norm for a happier, healthier workforce.





WHAT WE DID

We conducted a pilot evaluation of the feasibility and acceptability of the BeUpstanding™ Champion Toolkit to help workplace champions deliver an evidence-based sitting reduction program in their workplace, over three months.

WHAT WE FOUND

The Toolkit was **feasible** to implement and Champions found the materials **easy to use**. **The Toolkit was effective at reducing sitting time in & out of the workplace**. On average, there was a 7% (95% confidence intervals: -10.7% to -3.0%) reduction in sitting time at the workplace. Importantly, there was a marked (8%, 95% confidence intervals: -13.7% to -0.5%) reduction in time accrued in prolonged sitting.

The Toolkit helped **raise awareness and change culture** around sitting less and moving more in the workplace. **Over 90% of participants were satisfied with the BeUpstanding™ initiative** and 100% of worksites intended to continue to support BeUpstanding™ messages (i.e. to stand up, sit less and move more).

IMPLICATIONS

This pilot study provides **the first evidence internationally** on the acceptability and effectiveness of a sitting reduction program delivered by the workplace, for the workplace. In addition to significantly advancing the evidence-base and providing proof of concept to inform larger trials, this study has also begun to capture the practice-based evidence needed to inform ongoing, sustainable public health initiatives.

FIND OUT MORE

If you have questions about our study, or would like to find out more about the BeUpstanding™ Champion Toolkit please contact Dr Ana Goode: a.goode@sph.uq.edu.au

Who Participated?

Seven desk-based workplaces (with seven workplace champions), participated, with representation across government/ non-government; metropolitan and regional; small, medium and large organisations. A total of 236 employees completed an online questionnaire at baseline and 170 completed it at follow-up, with 92 completing it at both time points.

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