



PREVENTION RESEARCH CENTER
Prevention & Population Sciences

Prevention Research Center Noon Conference Series: Journal Club



The Sedentary Office: An Expert Statement on the Growing Case for Change Toward Better Health and Productivity

Partial Abstract:

An international group of experts convened to provide guidance for employers to promote the avoidance of prolonged periods of sedentary work. For those occupations which are predominantly desk based, workers should aim to initially progress towards accumulating 2h/day of standing and light activity (light walking) during working hours, eventually progressing to a total accumulation of 4 h/day. To achieve this, seated-based work should be regularly broken up with standing-based work, the use of sit-stand desks, or the taking of short active standing breaks. Along with other health promotion goals (improved nutrition, reducing alcohol, smoking and stress), companies should also promote among their staff that prolonged sitting, aggregated from work and in leisure time, may significantly and independently increase the risk of cardiometabolic diseases and premature mortality. It is appreciated that these recommendations should be interpreted in relation to the evidence from which they were derived, largely observational and retrospective studies, or short-term interventional studies showing acute cardiometabolic changes.

Article for Discussion: The sedentary office: an expert statement on the growing case for change towards better health and productivity. John P Buckley, Alan Hedge, Thomas Yates, Robert J Copeland, Michael Loosemore, Mark Hamer, Gavin Bradley, David W Dunstan

***Br J Sports Med* doi:10.1136/bjsports-2015-094618**

Please read the article before the presentation so that we may have a lively discussion afterwards!

Presenter: Sarah Sanders

Date: Tuesday, April 5, 2016

Time: 12:00 noon to 1:00 pm

Place: Research Incubator Building (RIB) Commons
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