Examsining the efficacy and feasibility of digital activity monitors and shared active desks to reduce employee sedentary behavior

Author
Jones, Christopher A.

Document URL

Abstract
This study examines data gathered in a workplace wellness trial whose interventions were aimed at reducing sedentary behavior. The 3 groups at Wake Forest Baptist health were analyzed and they differed based on variations in methods to improve workplace wellness, and included health education, activity monitors and active work desks. A recently published systematic review and meta-analysis by Biswas et al. found that sedentary behavior over long periods of time were associated with an increased risk of dying (from various causes, cancer and cardiovascular diseases) and increased the risk for certain forms of cancer (specifically breast, colon, colorectal, endometrial, and epithelial ovarian cancer), cardiovascular disease and type 2 diabetes. The meta-analysis found that the highest-risk association with sedentary behavior was type 2 diabetes (a 91% increased risk). Moreover, their analysis showed that the risk of dying prematurely from all-causes was 30% greater in those who spent little to no time in regular physical activity than those who at least met their physical activity recommendations of 30 minutes/day.