Sit Less - Move More

Reducing sedentary behaviour to improve health

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• Sedentary Behaviour vs Physical Inactivity
• Health effects of Sedentary Behaviour
• How sedentary are the population?
• Reducing / interrupting sedentary behaviour
Physical Activity and Sedentary Behaviour

“any waking activity characterized by an energy expenditure ≤ 1.5 metabolic equivalents and a sitting or reclining posture.”
Opportunities for sitting engineered into modern life
Work – Rest – Play – Transport
Dunstan et al. 2010  Too Much Sitting and Metabolic Risk-Has Modern Technology Caught Up with Us? European Endocrinology, Vol. 6, p. 20,
Dangers of prolonged sitting

- Good cholesterol drops 20%
- Blood flow/circulation decreases
- Blood sugar rises
- Metabolism slows by 25% to 50%

http://www.juststand.org/
Sitting Time and All-Cause Mortality

53,440 men and 69,776 women followed for 14 years
Even if you exercise enough to meet the guidelines

The UK Physical Activity Guidelines 2011

Department of Health (2011) Start active, stay active: a report on physical activity from the four home countries' Chief Medical Officers.
Available at http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_128209
Physical activity guidelines for adults

Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous intensity activity.

Adults should also undertake physical activity to improve muscle strength on at least two days a week.

All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.
2018
4 CMOs Reviewing Physical Activity Guidelines Likely to include more specific recommendations on sedentary behaviour

http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/
Sedentary Behaviour in NI Primary School Children
by Lynda Hegarty, PhD Researcher, School of Sport

Study 1: Measured amount of time primary school children, their teachers and parents spent sitting in school

Key finding: Children spent 9.6 hours per day sitting – more time sitting than their teachers and parents.

Study 2: Intervention currently being designed to help reduce sitting time of children during school.
Physical Activity & Sedentary Behaviour

Online Survey n=9197 in 31 higher education institutions
- Classroom-administered survey of a representative sample of students

Physical Activity
- 66.7% of students (73% M, 60% F) meeting current PA guidelines

Time spent sitting
- 71% of students report sitting >7h per day on weekdays
- 56% of students report sitting >7h per day on weekend
- No difference by gender
Correlates of Sedentary Behaviour

**Children**
- Age
- Family TV viewing
- Low SEC
- Playground density
- Facility/equipment
- Eating in front of TV

**Adults**
- Age
- Female
- Low physical activity
- Smoking
- Mobile phone use
- Access to green spaces
- Living in rural area

**Older Adults**
- Age
- Education
- Unemployment
- Retirement
- Loneliness
- Obesity
- Ill health
Changing behaviour
Digital interventions to reduce sedentary behaviour in the workplace
Aoife Stephenson, PhD researcher

- Systematic review and meta-analysis
- Focus Groups (Public/Private employees and employers)
- Intervention and App development
- Feasibility Trial and Process Evaluation

Self reporting and feedback

Goal Setting

Prompts to break sitting

Educational “Factoid”
The bar chart shows the average hours spent per day across three conditions: Control, App, and App and Desk, for Baseline and Week 8.

- **Control**: Baseline hours/day range from 12.5 to 13, with Week 8 hours/day slightly lower, ranging from 12 to 12.5.
- **App**: Baseline hours/day range from 12.5 to 13, similar to Control. Week 8 hours/day are slightly lower, ranging from 12 to 12.5.
- **App and Desk**: Baseline hours/day range from 13 to 13.5, significantly higher than the other conditions. Week 8 hours/day are lower, ranging from 12.5 to 13.

The chart indicates that the app and desk intervention led to the highest increase in activity levels compared to the other conditions.
Environments /Settings

• Nurseries, Crèches and Childcare facilities
• Primary and Secondary Schools
• Further and Higher Education
• Workplaces- including public and private sector
• Residential Care Homes
Changing sedentary behaviour culture

• Height adjustable workstations

• Breaks in school sitting

• Healthy meetings
  • encouraging breaks in sitting
  • normalise standing / moving
# Healthy Meetings

## SCPN

### Scottish Cancer Prevention Network

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## Directions to the meeting promoting ACTIVE travel

- Prior to the meeting, provide directions for the best walking and cycling routes
- Indicate the nearest bike racks
- Give walking directions from public transport

## Opportunities for hourly, brief “comfort breaks” (for stretching and standing etc)

- Use natural breaks between agenda items or presentations

## Chair encouragement to move, stand and/or stretch during the meeting

- Most rooms allow people to stand at the side without causing a disruption or blocking views
- Encourage the chairperson to lead by example
- Be sensitive to ability and disability level
Healthy Meetings

Please be upstanding!

This meeting is standing friendly. Please feel free to take standing and stretch breaks at the back of the room and break up that sedentary time!

#HealthyMeetings
3 take home messages

• Even for those meeting physical activity guidelines—prolonged uninterrupted sitting produces physiological changes which over time can damage health.

• High proportions of the population spend too much time sitting during transport, work, school, college and in their leisure time.

• Changing sedentary behaviour requires efforts at individual, interpersonal, environmental and policy levels including a culture change to make standing or breaking up sitting a normal part of the school/work day.
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