Work Well & Avoid the Sitting Disease

Presented by:
Ashley M. Varol, M.Ed.
We will discuss:
1. Define the specific health concerns related to a sedentary work life
2. Identify the costs of sedentary employees
3. Discuss challenges in the workplace that may create barriers to a more active work day
4. Strategies for incorporating movement throughout the work day, including taking advantage of the University’s new comprehensive wellness program: **Be Well UC**

As our nation faces epidemic levels of obesity, which is directly related to the number hours seated per day, it is important to focus on strategies such as those suggested in this session to counter the effects.
Define the specific health concerns related to a sedentary work life


• Dr. James Levine, Inventor of the treadmill desk
Define the specific health concerns related to a sedentary work life

- Dubbed the “Sitting Disease,” there are increasingly distinct correlations between the number of hours seated and risk for disease and mortality
  - 50-70% of people spend 6+ hours seated per day
  - 20-35% of people spend at least 4 hours a day watching TV
- When we aren’t moving, our body is burning less than a calorie per minute, one-third of what could be with minimal movement

Define the specific health concerns related to a sedentary work life

- Sedentary work settings are a contributor to many preventable causes of death - **obesity, heart disease, cancer & diabetes** (Nelson & Zeratsky, 2012, et al)

- Too much time seated decreases your BMD, or bone mineral density, which can result in increased risk of bone fracture

- Sitting is actually harder on your back than standing, with back pain being one of the leading musculoskeletal injuries/complaints

http://www.huffingtonpost.com/chris-kresser/sitting-health_b_2897289.html
Define the specific health concerns related to a sedentary work life

• Screen-time (TV & computer) increases our risk of mortality and cardiovascular events, regardless of physical activity participation, due to inflammatory and metabolic risk factors (Stamatakis, Hamer & Dunstan, 2011)

http://www.standingoodhealth.com/Health.html
Define the specific health concerns related to a sedentary work life

- Dr. Martha Grogan, Mayo Clinic cardiologist, compares the risk of heart attack due to hours seated is the same as smoking

http://online.wsj.com/news/articles/SB10001424052702304818404577347982400815676
Define the specific health concerns related to a sedentary work life

- Poor posture results in muscular and postural imbalances in the body and **lower oxygen to the brain**
- Your body’s posture affects hormone levels – specifically:
  - Cortisol - the “stress” hormone, which impacts how our body stores fat
  - Testosterone - the “power” hormone, which improves our ability to focus
- Extended time seated also affect one’s mental capacities and memory, your sleep cycle, your vision and libido

http://www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/general-health/Pages/sedentary-lifestyle.aspx
Define the specific health concerns related to a sedentary work life

- Long periods of sitting followed by “hard-core” exercise can be detrimental as your risk of injury is increased.
- Being an “Active Couch Potato” isn’t necessarily better – research shows you can’t negate the hours seated.
- 95% of American adults fail to regularly meet minimum physical activity guidelines (Weiler & Stamatakis, 2010).

http://www.stfrancis-shakopee.com/services-sports-medicine-weekend-warrior.html
http://www.huffingtonpost.com/chris-kresser/sitting-health_b_2897289.html
“Don't get me wrong. *I burn plenty of calories typing emails.* And I make a point to always click and drag through long websites and documents — *scroll wheels are for lazy people*...But all that strenuous activity pales in comparison to the exercise my forebears did on the job 50 years ago (killing dinosaurs).

*In the 1960s, nearly half of all jobs required physical activity. Today, less than 20% do.* “

http://mashable.com/2012/03/02/work-death-infographic/
Identify the costs of sedentary employees

- World Health Org – insufficient physical activity is the 4th leading risk factor for mortality
  - 6% of deaths worldwide (in 2008, equal to those caused by smoking)
  - As much as 10% of deaths in America are a result of sedentary lifestyle (Active.com)

http://www.who.int/dietphysicalactivity/factsheet_inactivity/en/
Identify the costs of sedentary employees

- Sedentary lifestyle is responsible for an estimated **$24 billion** in direct medical spending (AmericasHealthRankings.org)
- Back pain affects 8 out of 10 people in their lifetime, with neck/back pain related healthcare adding up to approximately **$86 billion** each year (Malamut, Boston Magazine, 2014)
Sedentary employees have lower productivity, increased musculoskeletal pain & use more sick days.

An Australian study found healthy employees were 3x more productive.

In a typical month, that resulted in 140 effective hours of work vs. 45 effective hours of work.

http://www.inc.com/articles/0502/action-tips-for-healthy-employees.html
Discuss challenges in the workplace that may create barriers to a more active work day

- Common challenges people have when asked to implement new behaviors
  - Common answers – lack of time, don’t want to participate with co-workers, don’t see benefits, concerned about workplace knowing too much
- Prochaska’s Stages of Behavior Change:
What I am NOT saying...

http://www.varierfurniture.com/blog/tag/sedentary-lifestyle/
Strategies for incorporating movement throughout the work day

- “NEAT” – Non-Exercise Activity Thermogenesis – low impact movements to keep muscles warm, and both metabolism and circulation occurring throughout your body

- Physical activity reduces insulin insensitivity, and reduces hormonal imbalances and both body fat and inflammation
  - You’ll not only be healthier, but your daily life will be easier

- What could you incorporate into your day?
  - Focus on 5-10 minutes of movement per hour

http://atvb.ahajournals.org/content/26/4/729.full
<table>
<thead>
<tr>
<th>Instead of….</th>
<th>Do this…</th>
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<tbody>
<tr>
<td>Sitting at your desk (during a phone call or a</td>
<td>Stand at your desk for the same length of time, add in calf raises or a</td>
</tr>
<tr>
<td>conversation with a co-worker)</td>
<td>wall-sit</td>
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<tr>
<td>Riding the elevator</td>
<td>Take the stairs, even just 1 flight</td>
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<tr>
<td>Driving to work</td>
<td>Walk or bike (if possible); take the bus</td>
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<tr>
<td>Getting lunch/dinner delivered</td>
<td>Cook at home or walk to get it – pick a day to “prep” all your meals</td>
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<tr>
<td>Emailing a co-worker</td>
<td>Walk to their office for a quick review of the topic</td>
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<tr>
<td>Sitting in a conference room for a meeting</td>
<td>Have a walking meeting around your building and have it recorded</td>
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<tr>
<td>Using a typical office chair</td>
<td>Try several types of chairs, exercise balls, or stools to add variety</td>
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<tr>
<td>Seated video games/TV watching</td>
<td>Wii or Xbox Kinect, play games or complete movement during the commercials</td>
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<tr>
<td>Shopping online</td>
<td>Shop in a store</td>
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Strategies for incorporating movement throughout the work day

• Just standing up and doing a few stretches can increase blood flow to the extremities, decreasing risk of Deep Vein Thrombosis (DVT) and other serious health concerns

• If you’re leading a meeting, consider **engaging your group a mental refresher** – pulling knees to the chest, letting head hang down, opening up and sitting tall - especially during longer meetings
Strategies for incorporating movement throughout the work day

• How you sit, and how often you change that, can make a big impact – there are lots of “fancy” options, but the best option is to keep moving around in your space and adjusting your body weight
• “Your best posture is your next posture”
Strategies for incorporating movement throughout the work day

- Set an alarm to go off each hour
- Create “movement appointments” in your calendar
- Get fresh air when you can
- Encourage your co-workers, find an accountability partner, set the example for subordinates
- Drink more water!

https://www.usu.edu/wellness/htm/fitness/stretching-at-work
Take advantage of Be Well UC as a resource

- Be Well UC launched August 17, 2015
- Our mission is to **educate, support and empower** faculty and staff to make healthy lifestyle choices while building an overall culture of health for our campus and community.
- 5 themes or buckets encompass focus areas with resources related – and can help you **combat the Sitting Disease**
Take advantage of Be Well UC as a resource

- Incentives are available to those who participate in the two steps:

**Step 1**
- By November 30, 2015:
  - Health Assessment
  - Health Screening
- What you get:
  - $25 Amazon Gift Card

**Step 2**
- By August 31, 2016:
  - Lunch & Learns
  - Courses
  - Challenges
  - Pop-Up Events
- What you get:
  - Up to $240
Take advantage of Be Well UC as a resource

- There are several programs on the calendar (www.uc.edu/hr/bewelluc/events) that can help you to Work Well – by improving how you Feel, Live and Move:
  - **Live Well Pop-Up Event Series:** City Silence – locations changing monthly. This month: Van Wormer Hall Rotunda
  - **L&L Oct 19:** “Your Health Benefits Explained” – presented by Anthem (slides available on our website)
  - **L&L Oct 27:** “Small Movements for Any Time, Any Day” – presented by Ashley Varol
  - **On-Campus Health Screenings:** 10/20, 10/21, 11/4, 11/6, 11/10 and 11/17 – includes an opportunity for Health Coaching and Goal Setting
Take advantage of Be Well UC as a resource

Many people are taking advantage of Be Well UC already:

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<tr>
<td>Total Logins</td>
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<td>Unique Logins</td>
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<td>Course Completions</td>
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<td>Health Assessment Completion</td>
<td>889</td>
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<tr>
<td>Health Screening Completed/Booked</td>
<td>729</td>
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And - we have 57 Wellness Ambassadors on campus to help share the program!

As your employee resource, we want to make sure the program serves your needs. **Reach out to us if:**

- You’d like a presentation provided to your department to explain/demonstrate the program features and to answer questions
- Your department has specific needs for programming you’d like to request
- You have any questions about the program or ideas you’d like to see implemented

Have a **speaker request** or recommendation?

- Consider leading a Lunch & Learn program or let us know if there is something specific you are looking for! Contact us for the speaker application – all topics are welcome!
“All we actually have is our body and its muscles that allow us to be under our own power”

Allegra Kent

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