

Break it Up!

Reducing long periods of
desk time whilst working from home



Focus Group - with employees

Jan / Feb 2022

Meeting Agenda

- Introductions and housekeeping
- Project overview / aims
- Over to you - discussions and ideas for breaking up sitting while working at home
- Solutions that work in the office - what do you think?!
- Next steps

Flash intros!

- ▶ Name
- ▶ Job role
- ▶ Where you work
- ▶ Tea or coffee?!
- ▶ Favourite biscuit?

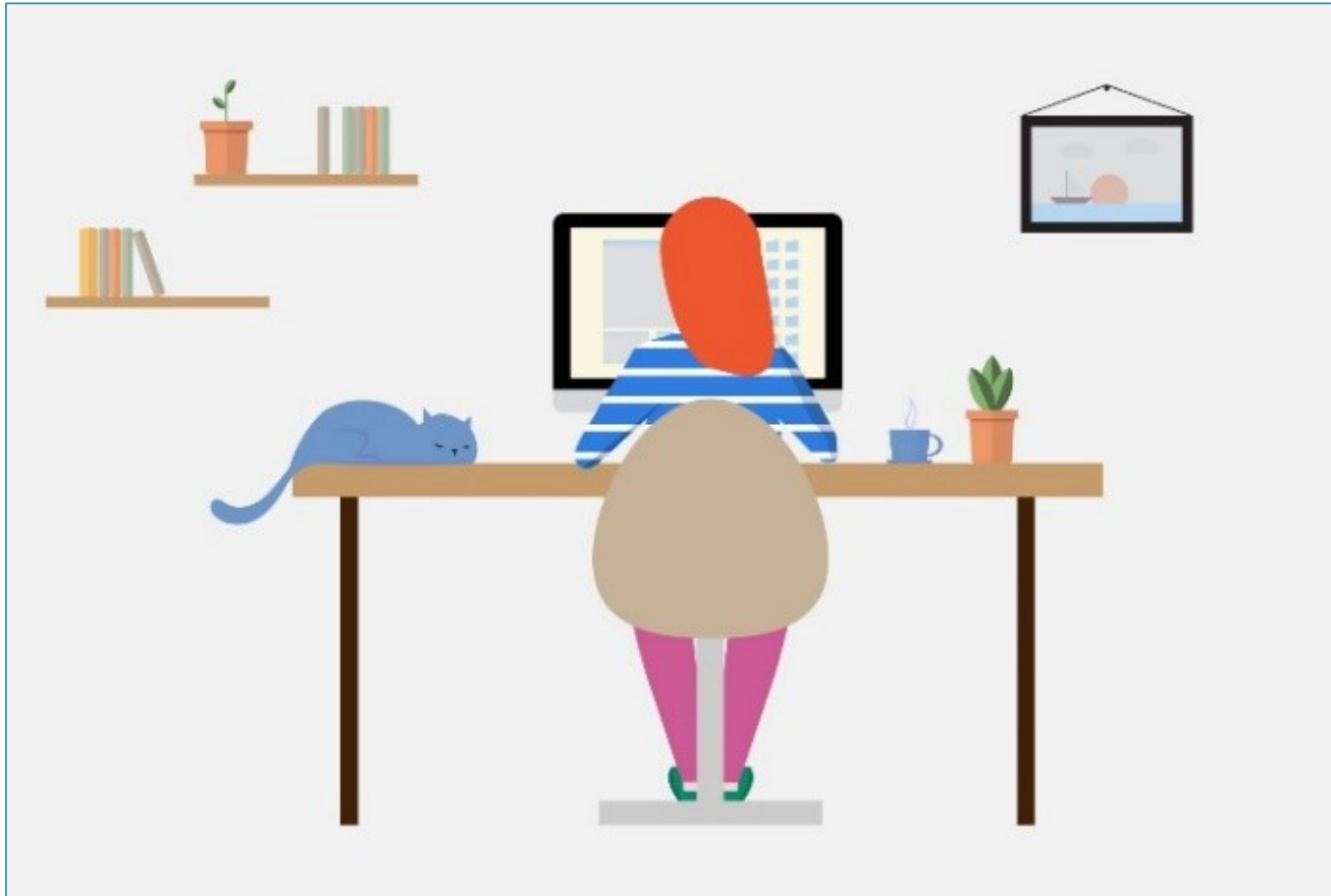


Housekeeping



- ▶ **No right and wrong answers.** All opinions are valuable.
- ▶ **Only one person speaking at a time** - it helps with transcribing!
- ▶ We're **recording the discussion** - what you say is **confidential** and stays in this room. We won't identify you in our reports / publications.
- ▶ Please **do not share discussions** outside this room.
- ▶ Please **be respectful** of everyone's opinions.
- ▶ You are **free to leave** at any time without giving a reason.
- ▶ Feel free to **use the chat** function for any links / suggestions / points / etc.
- ▶ And of course - **stand up / stretch / move anytime you wish**

COVID lockdown has led us to new ways of working



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We need your input to:

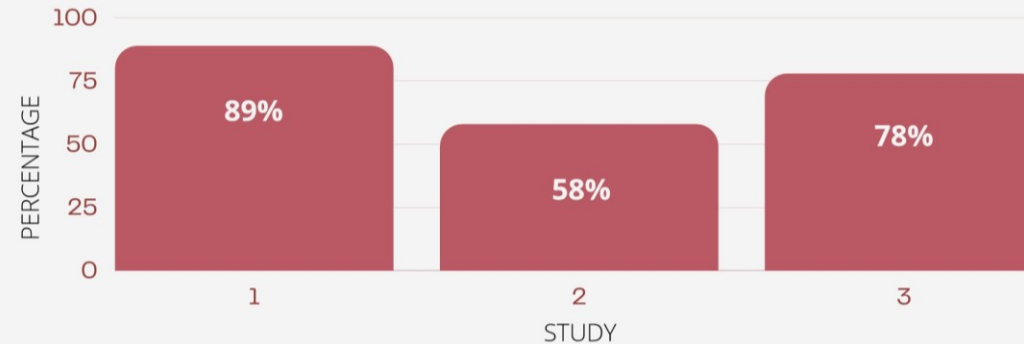
1. Understand challenges while working from home
2. Identify where there are opportunities to break up sitting while working at home

WHAT ARE THE RISKS OF TOO MUCH SITTING?



- High levels are associated with:
 - increased risk of all-cause cardiovascular disease and cancer mortality
 - increased likelihood of developing cardiovascular disease, some cancers, or type 2 diabetes
- Also associated with negative impact on mental health:
 - increased risk of anxiety, depression, and sleep disorders
 - lower levels of emotional wellbeing
- Risk can be reduced by moving throughout the day. [1]

HOW HAS WORKING FROM HOME CHANGED OFFICE WORKERS SITTING BEHAVIOUR?



- Study 1 – Working at home (Niven et al, in prep) [2]
 - Study 2 – Office based workers (Maes et al, 2020) [3]
 - Study 3 – Office based workers (Rosenkranz et al, 2020) [4]
- All data from self reported OSPAQ questionnaire [5]

NOW OVER TO YOU!



THE UNIVERSITY of EDINBURGH
Moray House School of
Education and Sport

How have you found working from home?

- ▶ What did you think of the information on the infographic about sitting?
- ▶ Are you sitting more / less than you were when you were working in the office? What influences this?
- ▶ Is there anything you can think of that would be a good idea for breaking up sitting - even if you haven't already tried it out yourself?

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These are some
ideas we have
identified that
work in the office

How do you think
they would work
at home?

Education about
SB and the health
consequences

Regular prompts

Personal and/or
individual
feedback on SB

Next steps following today's discussions

- ▶ Next steps:
 - ▶ More focus groups - with line managers and employees (during Jan and Feb 2021)
 - ▶ Workshops - to review findings from the focus groups and present our preliminary solutions (planned for spring)
 - ▶ Thank you voucher - Sarah will be in touch soon to arrange
 - ▶ We will keep in touch with updates about the project - unless you ask us not to

THANK YOU FOR YOUR TIME AND INPUT TODAY

We are still recruiting participants for our focus groups - if you are able to share details about our project with your networks - please get in touch.



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