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Prolonged “Chair” Sitting - Detrimental to Workplace Health

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1) Presenter Information

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Department of Movement Sciences

Department Chair

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Philip W. Scruggs is an Associate Professor and Chair of the Department of Movement Sciences at the University of Idaho. Philip stepped into the department chair role in January of 2014. He also continues to serve as a faculty member in the undergraduate Physical Activity Pedagogy Program and graduate Healthy Active Lifestyles Program. Dr. Scruggs' scholarly focus has centered on school-based physical education as a public health program where physical activity assessment, engagement and promotion have been his passion. After earning his Ph.D. in Exercise Science, with an emphasis in Physical Activity Pedagogy, at the University of Utah, he was a faculty member at Miami University and the University of Wisconsin – Madison. As Philip has stepped into his new role as department chair, he has developed an interest in the workplace environment being one that encourages and enables health-enhancing and physically active workplace behaviors of staff and faculty.

2) Additional presenter information (if applicable):

N/A

3) Title of presentation: Maximum of 10 words.

Prolonged "Chair" Sitting - Detrimental to Workplace Health

4) **Abstract:** 25-50 words. If selected, the abstract you submit will become the basis for the session description in the conference program and on the website, therefore we recommend that you use a direct and active writing style that explains clearly what participants will learn during your session.

Session participants and the presenter will share, discuss and challenge experiences and insights of successes and challenges with policy (e.g., faculty and staff activity participation), environmental (e.g., sit-stand desks, walking meetings, active deliveries, etc.) and cultural (e.g., physical activity as a legitimate workplace behavior) changes for a healthy active workplace.

5) **Keywords:** Five (5) keywords about your presentation. These are used to help participants search for sessions in the conference proceedings.

1. Health-enhancing
2. Physical activity
3. Productive
4. Workplace environment
5. Sitting time

6) **Presentation topic themes:** Technology and online education, pressing issues and trends in higher education, evaluation and assessment, faculty development, leadership and management, or communications. Compelling proposals that fall outside of these themes are also welcome.

Leadership and Management, Stress, Leading Change

7) **Target audience:** New, intermediate, experienced or all department chairs.

All Department Chairs

8) **Type of presentation:** Interactive workshop, best practice presentation, or roundtable discussion.

Brown Bag Lunch Discussion

9) **Objective(s) of the presentation:** Purpose of the session, what the audience can expect to gain from attending the session.

Attendees will be invited to collaboratively develop connections between successes and challenges experienced and perceived as administrators in encouraging and enabling a healthy active and productive workplace environment for faculty and staff, and the participants given administration position and context. The session outcomes will be aimed at attendees learning about and experiencing success stories, identifying how success can be implemented, and sharing their ideas for implementing aligned successes in their given institutional contexts.

10) **Description of the session (300 -500 words):** Include the relevance of the session to chairpersons, presentation focus, recommendations that will be made for chairpersons, and how the audience will be involved.

Relevance: A significant proportion of the adult population spend many waking hours in occupational settings where sitting (i.e., sedentary time) is a dominate behavior. Excessive sitting has shown to increase lifestyle related diseases.¹ The Institute of Medicine (2012) has identified workplace environments as critical for impacting the health of adults.² In institutions of higher learning, both faculty and staff, spend considerable time engaged in “sitting jobs” where they are locked in with sedentary technologies. University administrators are in a strategic position to provide engagement, leadership and action in establishing healthy, active, enjoyable and productive workplace settings for faculty and staff. At the University of Idaho, Department of Movement Sciences; staff, faculty and administration have come together in order to enable and encourage a healthy, active, enjoyable and productive workplace environment.

Focus: Healthy, active, enjoyable and productive workplace environment with a specific focus on decreasing “sitting time” and increasing physical activity, while maintaining or enhancing productivity.

Recommendations: Administrators are encouraged to engage in shared decision making with faculty and staff in order to develop a workplace setting where policy, environment and culture are developed to decrease “sitting time”, maintain or enhance productivity, and view physical activity in the workplace as a strategic and legitimate workplace occupational task.

Audience Involvement: The audience will learn about successes and challenges within the Department of Movement Sciences concerning departmental efforts around sit-stand desks, standing and walking meetings, active transport of campus documents, outdoor breaks, physical activity program engagement, active commuting, and outdoor settings. The attendees will engage with the presenter and peers in developing connections between identified successes and challenges, and their respective administrative roles and institutions. Audience attendees and presenters will identify possible opportunities for enhancing the workplace for decreasing “sitting time” in order to enable and encourage a healthy, active, enjoyable and productive occupational setting.

¹Biswas, A.; Oh, P; Faulkner, G.; Bajaj, R.; Silver, M.; Mitchell, M.; Alter, D. (2015). Sedentary time and its association with risk for disease incidence, mortality, and hospitalization in adults: A systematic review and meta-analysis. *Ann Intern Med.* 162, 123-132.

²IOM (Institute of Medicine). 2012. *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*. Washington, DC: The National Academies Press.