

To examine the effects of micro-breaks in prolonged sitters and observe the changes in body parameters after breaking of their sedentary behaviour

“STAND-UP CHANDIGARH CAMPAIGN”

ABSTRACT

Sitting down at work could be contributing to weight gain and increase our risk of developing serious diseases such as type 2 diabetes and cancer. Regular short bursts of movement reduces these risks and may also boost performance.

How chair-aware is your organisation? Long periods of time spent sitting is bad for our health and bad for concentration, because we often underestimate the number of hours we spend sitting in work everyday.

Prolonged sitting culture is becoming prevalent in modern days which is an example of unhealthy workplace, we must change our sedentary lifestyle.

As more occupations in the IT & Banking sector call for long periods of sitting down, it is crucial to encourage people to look for opportunities to get up and move at work. In addition to reducing our risk of developing serious diseases, the performance benefits are considerable: better concentration, more energy, less fatigue.

No one would dispute the benefits of exercising regularly, however this typically happens outside the workplace, where we spend ever more time sitting. Research shows that regular exercise does not offset completely the negative health effects of prolonged sitting.

STAND-UP CHANDIGARH campaign has plenty of suggestions to reduce the health risks of prolonged sitting and enjoy an energy boost by staying active at work.

What are Health risks associated with prolonged sitting?

If you are sedentary more than 4 hours/day you might be at risk for the following health risks

1. Obesity
2. Cancer
3. Anxiety
4. Cardiovascular disease
5. Diabetes
6. Depression
7. Stroke
8. High Blood pressure
9. Poor Blood circulation

TARGET CUSTOMER

- IT Firms
- Banking sector
- Prolonged Sitters
- Medical insurance companies



METHODOLOGY

Pilot study

2 months Study on Prolonged sitters in IT firm with intervention of micro breaks divided into 5 phases will be carried out with ethical permission from PGIMER Chandigarh to find the changes in blood parameters such as glucose, fat etc.

Data analysis

Statistical data analysis will be done, comparing results of every phase and recommendations would be made with the guidelines of PGIMER.

Reminder for Users:

Stand-Up Chandigarh APP will be made which will let the user to know his activity statistics. Objective of app will be to remind the user about his prolonged sitting with alarm to take micro-breaks.

Designing Height Adjustable Worktable

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PROBLEM DEFINITION

Studies done internationally indicate that prolonged sitting leads to multiple diseases such as MSD, Type II Diabetes, CVD. In India the Banking & IT sector having large number of jobs related to prolonged sitting and has a very high incidence of the referred diseases, and sedentary habits related to work environment has not been studied. No attempt has been made to understand this by policy makers or the industry.



SITTING EPIDEMIC:

We are sitting up to 13 hours a day and research suggests it's wreaking havoc on our health.

It's called sitting disease. Daily exercise is not enough to counteract excessive sitting. If you are physically inactive, you are at "significant risk", and if you are physically active, you are still at "HIGH RISK."

Key fat burners shut off the minute we sit. Every 2 hours spent just sitting reduces blood flow, raises blood sugar level and drops good cholesterol levels by 20%

Excessive sitting is cited as a key risk factor in 4 of 7 US killers: heart disease, strokes, diabetes and some cancers. It is also linked to obesity and early mortality rates



- Medical associations recommends alternative means to prolonged sittings like standing desks, Height adjustable worktables and treadmills.
- Centres for disease control indicates adjustable sit-stand tables are effective solution for reduction prolonged sitting.
- American cancer society recommends all public health messages should include both being physical active and reducing times spent sitting.
- Research shows if people sat 3 hours less a day, it would add 2 years to average life expectancy.

UNIQUE INSIGHTS/BENIFITS

- Ergonomic Workstations with height adjustable worktable will increase efficiency of employees, lesser medical expenses.
- Height adjustable worktables results lesser breaks from work, help employees to alter posture at their workstation only thus help in increasing overall productivity of firm.
- It also benefits medical insurance companies



KEY IMPLEMENTATION CHALLENGES

1. Such studies have been done only in countries like Australia, UK, and USA. Only a few countries are working in this field. There is need of creating awareness about the benefits of micro breaks.
2. Availability of smart worktables to implement proper micro breaks intervention method without disturbing work schedule.
3. Need tie up with IT firm for study of longer duration on prolonged sitting with larger sample sizes.

PROJECT POTENTIALS

Pilot Study would help us in finding effects of micro-breaks on Indian population which is new study in India in own. Results from this study will be published and will help in creating awareness in Indian employees from various sectors about adverse effects of prolonged sitting.

This will also reflect changes in office worktables/furniture designs. Availability of indigenous production of height adjustable worktables will help users in posture alterations to break their prolonged sitting workcultures making health Indian workforce.