



DUSONwellness Sit-Stand Program

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Tina Leiter, Director of Facility Operations

Cassandra Callas, CHES, DUSON Wellness Coordinator

WHY WOULD I WANT TO STAND IN THE OFFICE?

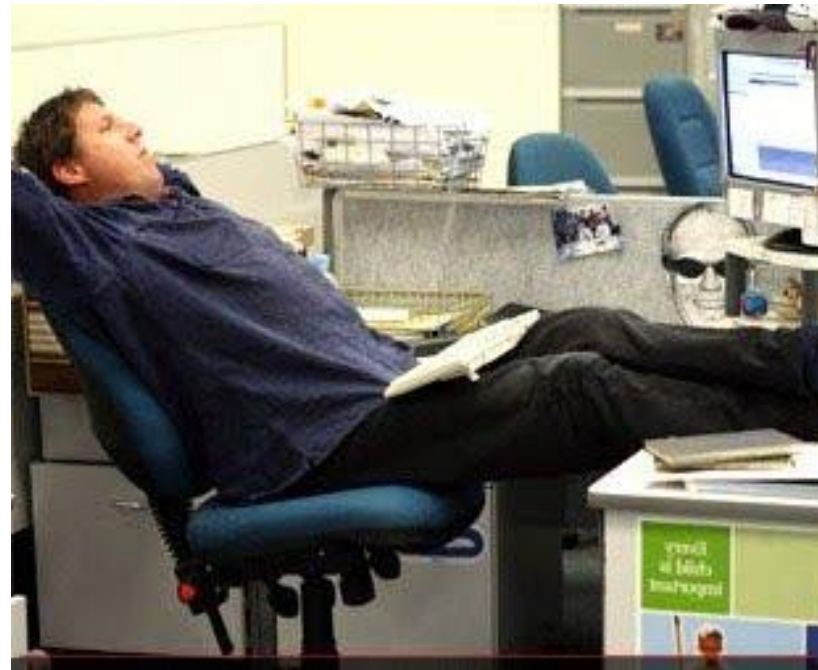
Unless you live under a rock you have probably heard that “*Sitting is the New Smoking*” or maybe that “*Your Chair is Killing You.*”



We sit, sit, sit, etc... working at our desk, meetings, lunch, dinner, driving, watching TV, etc each day!

“Chair-living has proven so enticing that we have forsaken our legs. It is now time to find ways to get us back onto our legs.”

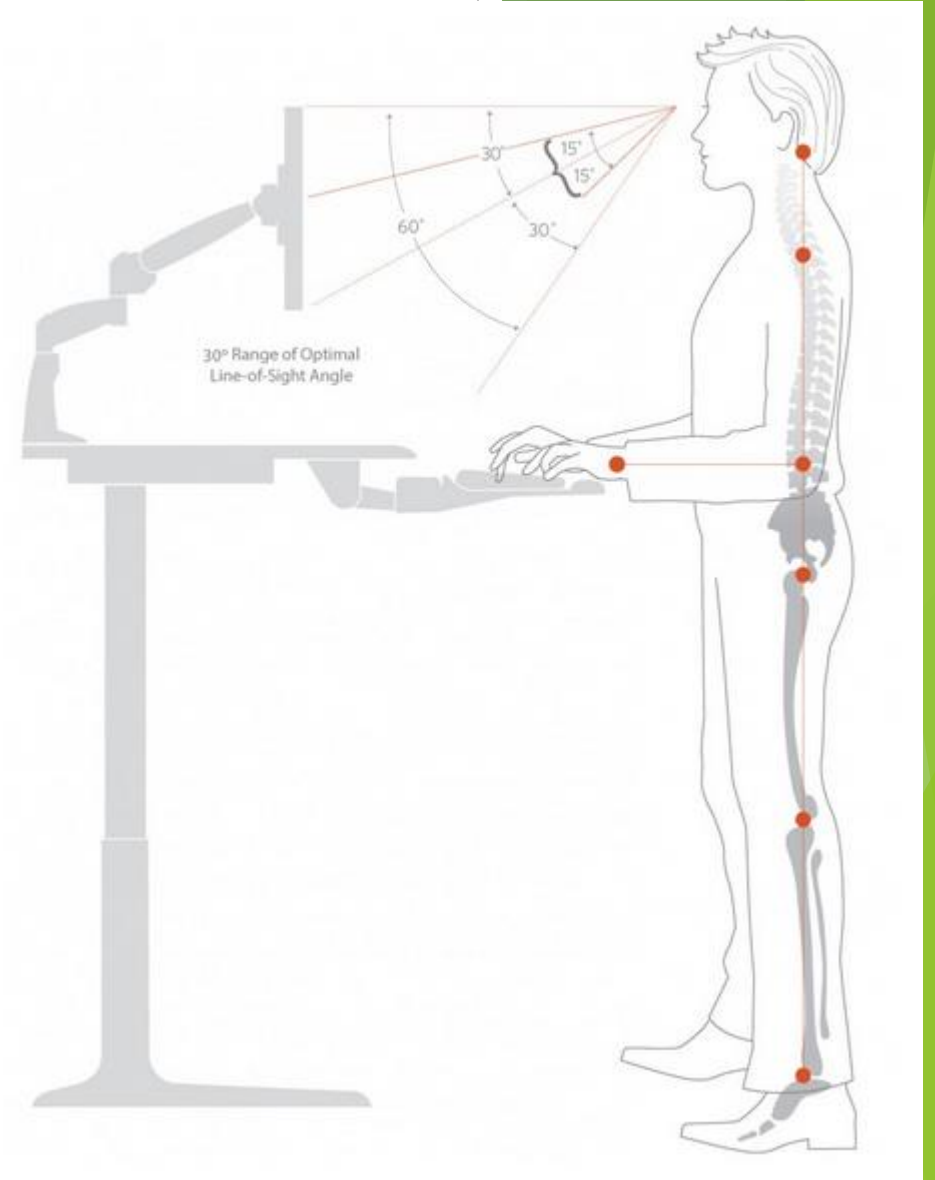
Where this research really got attention was the dramatic increase in obesity, high blood pressure, diabetes and other potentially very damaging health issues...



Got your Attention now!

WHAT IS A STANDING DESK?

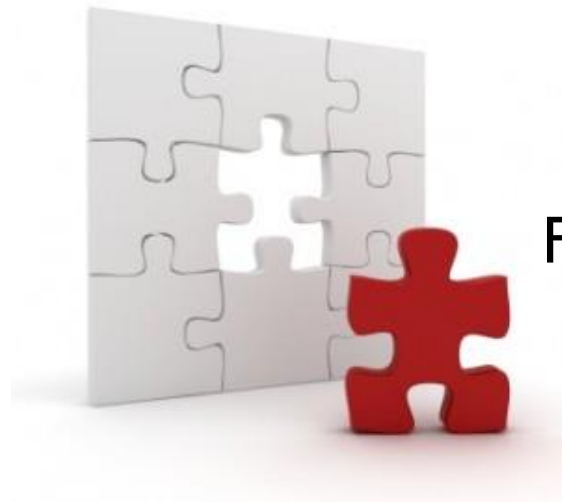
- ▶ A standing desk, also called a stand-up desk, is essentially a desk that allows you to stand up comfortably while working.
- ▶ Many modern versions are adjustable, so that you can change the height of the desk and alternate between sitting and standing.
- ▶ These are referred to as height-adjustable desks, or sit-stand desks.



MANY TYPES OF SIT-STAND DESK UNITS



Each model has its pros and con...



Finding the perfect fit



Perils of Sitting

- Sitting > 1hr has been shown to:
 - Induce changes in fat metabolism
 - Induce changes in glucose metabolism
 - Leading to deposit of fats in adipose tissue
- Related to heart disease risk (correlational data)
- Less energy output than standing or moving around

Perils of Standing

- Tiring if done for too long
- Additional load on circulatory system (concern for those with ischemic heart disease)
- Requires ~20% more energy
- Could lead to leg fatigue, edema (swelling at the ankles), or foot pain



DUSON WELLNESS SIT-STAND DESK PROGRAM

► SIT-STAND DESK QUALIFICATIONS

Participants qualify if they are assigned an individual workspace in the Duke School of Nursing, and utilize that space for a minimum of 20 hours per week. Those who exclusively use public/shared workspace in the School of Nursing do not qualify for an individual sit-stand desk.

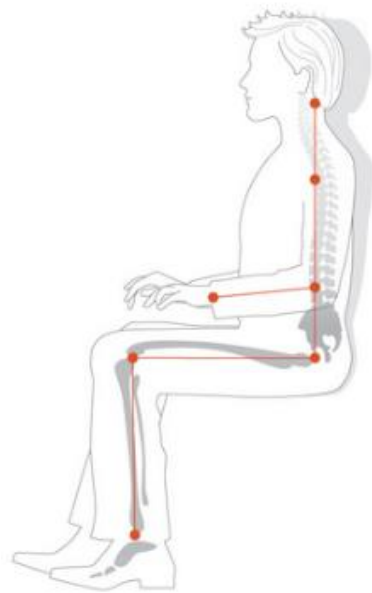
► IMPLEMENTATION PROCESS

1. Reserve time to try out one (or both) of DUSON's trial sit-stand desks for a minimum of 6 hours via Meeting Room Manager. The trial desks will be located in Float Rooms 3002 and 3004, which will be clearly marked on Meeting Room Manager. The trial sessions must be booked for a minimum of 2 hours at a time. Plan to bring work items to the trial session to effectively replicate duties involved in a typical work session.
2. Complete the sit-stand request form on [Qualtrics](#) – describe your experience, state your goals with a sit-stand desk, and bring the form to orientation.
3. Register for and attend a sit-stand desk orientation, held once per semester at DUSON.
4. After completing orientation, choose one of the standing desk options that would be the best fit for your individual needs and existing workstation set-up.
5. Appropriate sit-stand desk will be installed at the workstation by DUSON Facilities.
6. Evaluation of the sit-stand desk submitted via Qualtrics after 12 weeks of use.

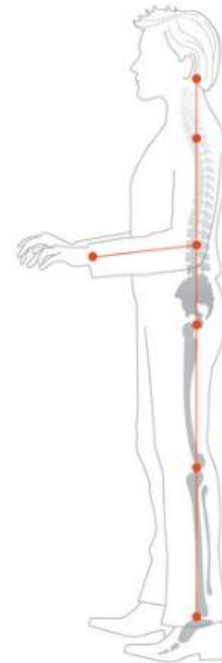
SIMPLE RULE OF OFFICE ERGONOMICS

- ▶ The bottom line: use a combination of sitting, standing, and movement breaks.
- ▶ A minimum of two points of adjustment. This typically addresses the position of the keyboard (affecting arms & wrists) and the position of the monitor (affecting head, neck and shoulders).

ACCEPTABLE WORKING POSTURES



Upright
Sitting



Standing

SMALL ADJUSTMENTS MAKE A BIG DIFFERENCE

- ▶ To benefit your physical and mental wellbeing, and to promote sustained energy, make a commitment to incorporating movement into your workday.
- ▶ For every hour of computer work:
 - ▶ Sit to do computer work
 - ▶ Every 20 minutes, stand for 8 minutes
 - ▶ Every 20 minutes, move for 2 minutes
- ▶ Movement and standing can be incorporated:
 - ▶ Stand while you take a phone call
 - ▶ Take a walk around the hall
 - ▶ Send a print job to a more distant printer
 - ▶ Go up and down at least one flight of stairs
 - ▶ Do some office stretches
 - ▶ Get in touch with your Wellness Coordinator for more suggestions!



TO SUMMARIZE

- ▶ Take advantage of the available resources.
- ▶ Standing is not a cure-all. Remember to incorporate movement for a whole-system wellness approach.
- ▶ Listen to your body! Experiment with what makes you happy, comfortable and productive.
- ▶ Focus on ergonomics to avoid musculoskeletal strain - ask for help from your coaches or your Wellness Coordinator.
 - ▶ Tina Leiter
 - ▶ Nanika Rhodes
 - ▶ Cassandra Callas

Any Questions?

