



Public Health Improvement Research Network  
Rhwydwaith Ymchwil i Wella Iechyd y Cyhoedd

## **Health Challenge Wales Seminar 22: Tackling Workplace Sedentary Behaviour**

Lecture Theatre GT9012. Alfred Russel Wallace Building, Upper Glyntaff Campus,  
University of South Wales, Pontypridd.

Thursday 18<sup>th</sup> September 2014

The purpose of this seminar is to discuss the issue of sedentary behaviour in the workplace. The seminar will consider evidence that demonstrates links between sedentary behaviour and health; the business case for reducing workplace sedentary behavior; measurement of sedentary behaviour; and best practice examples in designing and evaluating workplace health programmes to reduce sedentary behaviour.

Over half of the UK working population have sedentary occupations - most notably office-based jobs, where the majority of the working day is spent sitting. Reducing population levels of sedentary time is a major UK public health priority as it has been shown to be associated with negative health outcomes independent of physical activity levels. Interruptions in sedentary time have been shown to be associated with health benefits related to conditions such as type II diabetes and cardiovascular disease. As such, public health guidelines recommend that people of all ages should avoid being sedentary for prolonged periods.

The seminar aims to provide a forum to promote discussion between policy makers, practitioners, and researchers across public, voluntary and private sectors, to facilitate networking, generate new ideas for improving outcomes and influencing workplace policy, and establish opportunities for research collaborations.

The seminar will be of interest to policy makers from health and occupational health, public health and occupational health practitioners, academics with an interest in workplace health and sedentary behaviour, and employers or employer representatives, for example, staff employed in human resources or occupational health.

Attendance at the seminar is free but registration in advance is essential. To book a place, please follow this link: <https://www.eventbrite.co.uk/e/health-challenge-wales-seminar-tackling-workplace-sedentary-behaviour-registration-12223890987>

For further information about the academic content of this event please email Jemma Hawkins on [HawkinsJ10@cardiff.ac.uk](mailto:HawkinsJ10@cardiff.ac.uk).

Please see over for a draft programme for the seminar.

**We will be tweeting from @DECIPHerCentre during the seminar. For those of you on Twitter, please join in the conversation using the hashtag #HCW22**





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### **Programme:**

**09.00** Registration and coffee

**09.30** Introduction

**09.40** Epidemiology of sedentary behavior in office workers (Stacy Cledes, Loughborough University)

**10.10** Healthy Working Wales (Sue Wing, Public Health Wales)

**10.40** Questions for speakers

**10.50** Coffee

**11.20** Development and evaluation of workplace health promotion programmes (Emma Adams, Loughborough University)

**11.50** Conducting physical activity and sedentary behaviour research in the workplace (Gemma Ryde, University of Stirling)

**12.20** The Active Buildings research project (Lee Smith, University College London)

**12.40** Questions for speakers & discussion

**13.00** Summary and closing

The aim of the Health Challenge Wales seminar series is to create a dialogue between academics and policy makers within an on-going programme of seminars. There is no charge to attend the seminars but you are required to register in advance and will be asked to confirm attendance for each event.

To facilitate discussion, participant numbers have been restricted so early confirmation is strongly recommended. You can register for the event here: <https://www.eventbrite.co.uk/e/health-challenge-wales-seminar-tackling-workplace-sedentary-behaviour-registration-12223890987>  
Although this event is free, because of limited space and high demand, a fee of £20 will be charged if cancellation is given in less than 48 hours.

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