

Menu of potential strategies to support workers to stand up, sit less, and move more

Strategy	Acceptable and Feasible?	Effectiveness		Indicative cost per item
		Sitting	Activity	
Substitution strategies				
Standing meetings	yes ¹⁻⁴	↓ prolonged sitting ^{5,6}	no effect detected ^{5,6}	Minimal
Central resources	yes ^{1,7}	↓ prolonged sitting ⁶	no effect detected ⁶	Minimal
Walking meetings	yes ^{4,8,9}	no effect detected ^{5,6}	no effect detected ^{5,6,9}	Minimal
Job task rotations	acceptable, unclear feasibility ^{2,7}	not yet evaluated	not yet evaluated	Minimal
Engineering controls				
Sit-stand workstations	yes ¹⁰⁻¹³	↓ sitting ¹⁴⁻¹⁷	↑ standing ¹⁵ no effect detected for stepping ¹⁵	Desk mounts: \$69-\$1870; Desks: \$249-\$1299 ¹⁸⁻²⁰
Treadmill workstations	acceptable, mixed feasibility ^{21,22}	mixed evidence ¹⁵	↑ activity ¹⁵	\$1398-\$7062 ^{22,23}
Cycling and pedal workstations	acceptable, mixed feasibility ²⁴⁻²⁶	mixed evidence ^{24,25}	mixed evidence ^{24,25}	\$97-\$1835 ^{27,28}
Standing meeting desks and rooms	mixed evidence ^{29,30}	not yet evaluated	not yet evaluated	6-8 person fixed standing only: \$349 ³¹ Electric: \$2399 ³²
Warning systems				
Computer prompts	mixed evidence ^{2,33,34}	↓ prolonged sitting ^{35,36}	↑ energy expenditure, activity ^{36,37}	Software cost: \$0-\$99 ^{38,39}
Activity trackers	mixed evidence ^{4,40-43}	↓ prolonged sitting ⁴⁰	↑ activity ^{44,45}	\$79-\$697 ⁴⁶
Apps	not yet evaluated	not yet evaluated	not yet evaluated	\$0-\$1.65 ⁴⁷
Administrative controls				
Promoting stair use	yes ^{4,48,49}	↓ prolonged sitting ^{5,6}	↑ activity ¹⁵	Minimal
Incidental walking strategies	mixed evidence ^{4,50,51}	mixed evidence ^{6,52,53}	mixed evidence ^{6,52,53}	Minimal
Workplace break policies	mixed evidence ^{7,54,55}	not yet evaluated	↑ activity ⁵⁶	Minimal
Other strategies				
Competitions	acceptable, mixed feasibility ⁵⁷⁻⁶⁰	mixed evidence ^{6,57,61}	↑ activity ^{6,57,61-63}	~\$100 pp including pedometer ⁶⁴
Group physical activity sessions	acceptable, mixed feasibility ^{7,65-67}	no effect detected ⁶	↑ activity ^{6,68} ↑ fitness ^{68,69}	~\$20 pp/class (workers may pay half costs)

Quality of evidence:

= good quality evidence from multiple studies including systematic reviews

= some evidence supporting the effect

Strategies are ordered from most to least evidence, within each level of the hierarchy of risk control^{70,71} where applicable. pp = per person. Costs are an indication and may not represent the full range of costs, or any discounts that may be received if buying in bulk. Prices are in Australian dollars.

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