

# We take our own medicine: SDU Moves

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**3** GOOD HEALTH  
AND WELL-BEING



SDU Moves is a SDG-challenge at SDU. The project was chosen and designed by a group of employees through a democratic session at a kick-off event. SDU Moves was one of three SDG-projects that SDU's management decided to finance.

The connection to SDG 3 has the purpose to maintain focus through the project on:

- Increasing awareness regarding the importance and effects of movement throughout the workday
- Creating a culture within the workday that inhabits movement



- 16% of employees finds that over the past two years they have been moving more during their workday
- 38% of employees has participated in SDU Moves activities
- 60% of employees experience that they don't have time during their workday to implement movement
- 24% of employees has tried to participate or conduct walking meetings

The key results presented are from the 2022 annual survey. It is distributed to 6503 employees. 1233 have answered.



In the future the project aims to retain the focus on cultural and behaviour changes among the employees. The focus will be on:

- Employees are initiated local activities
- Employees are participating in movement offers
- Employees are engaging in implementing walking meetings in their workday

Another focus in the future will be to extend the project and make it more permanent by showing SDU's management the effect of the project among the employees.

## THE PROJECT

The purpose with SDU Moves is to contribute to the integration of a healthy and active culture within the everyday lives of employees at University of Southern Denmark.

By integrating more movement during the workday, we aim to bettering the general health and well-being among the employees at SDU.

The project started in October 2020 and will for now continue until September 2025. SDU Moves is based in the Department of Sports Science and Clinical Biomechanics and the Citizen Science Knowledge Centre.

## SUSTAINABLE DEVELOPMENT GOALS



SDU Moves is based on Citizen Science and endeavours to engage staff to develop and implement the project. This follow the principles of inclusion, contribution and reciprocity (Golumbic et al., 2017). Their engagement in the project creates communities and embed movement into the employee's workday.

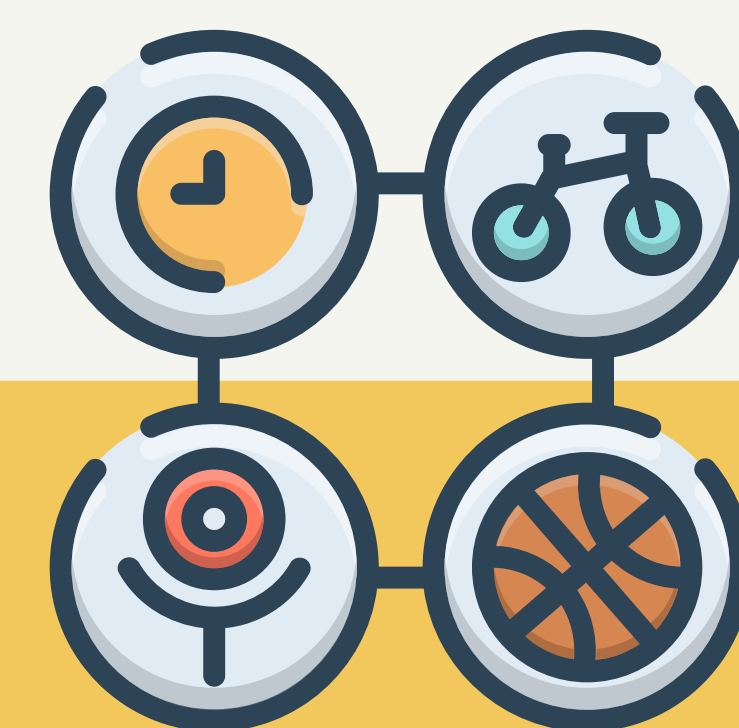
Employees is engaging in the project via:

- Volunteer as movement ambassadors and participate in workshops discussing which initiatives to conduct in the project
- Giving data via annual survey
- Initiate movement activities in own departments

## ENGAGE STAFF

## KEY RESULTS

## KEY INITIATIVES



- Movement ambassadors
- Annual Movement Day
- Annual survey
- Promoting walking meeting
- Promoting the evidence-based training concept Intelligent Physical Exercise Training
- One monthly activity for employees every month
- Present findings to SDU's management

During the project 70 planned activities and initiatives has been conducted, and 7 new activities and initiatives are planned in the future.

## THE FUTURE