Is workplace sedentary behavior increasing with age?

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Introduction

- **Sedentary behavior:** risk factor for pre-mortality independently of daily physical activity (Clemes et al., 2014; Mullane et al., 2017)

- **Office-based workers:** particularly exposed to long periods of unbroken workplace sitting (Thorp et al., 2012)

- **Working older adults:** the number of working older adults is increasing (Desilver, 2016)

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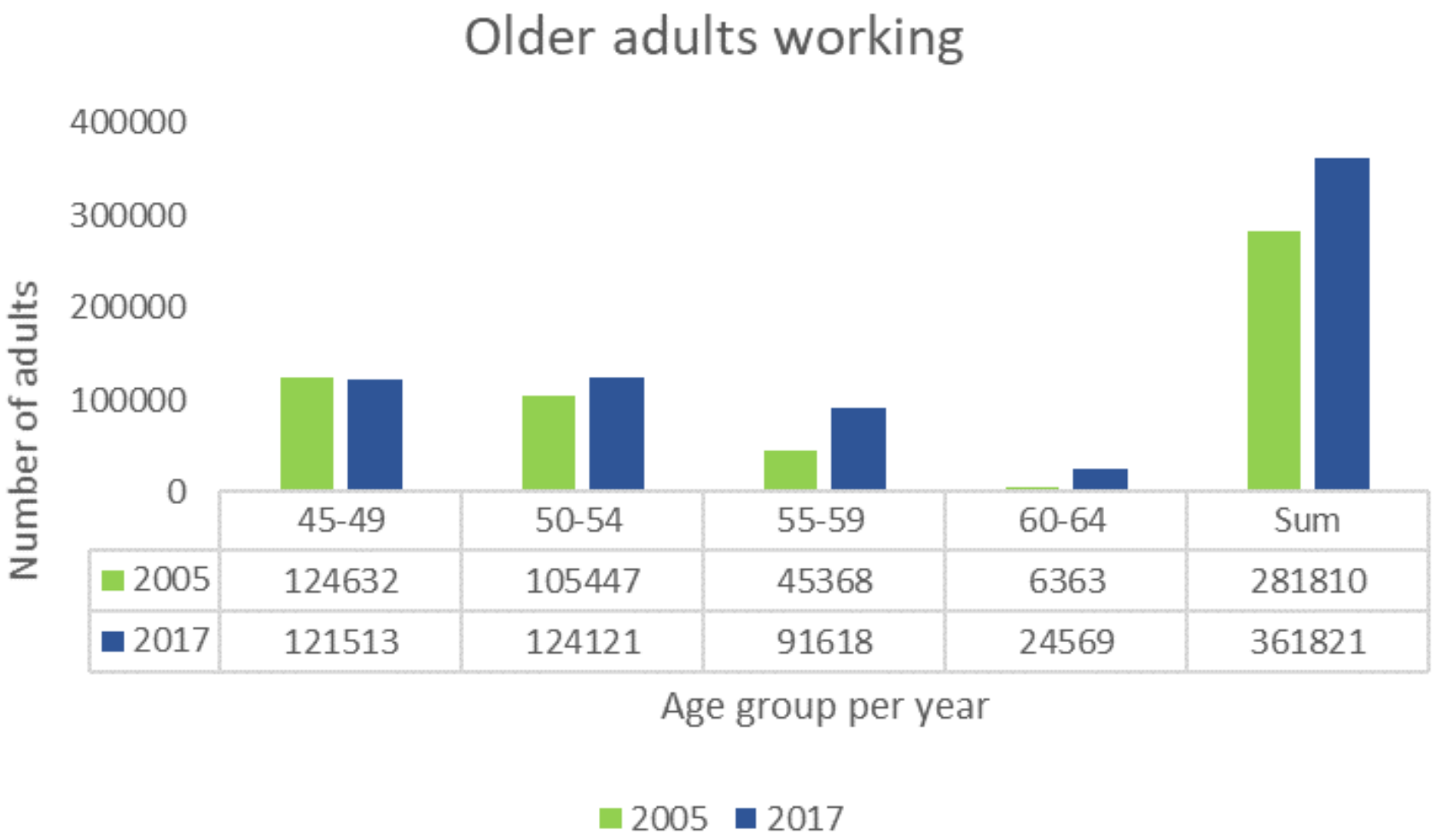


Objective

The aim of this study was to review and analyze the association between age of sedentary workers and workplace sedentary behavior.

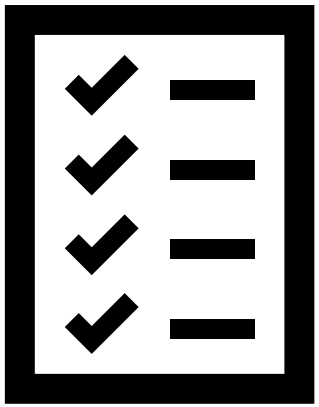
Hypothesis

Workplace sedentary behavior increases with age.

Methods

- Studies included:
  - Objectively measured sedentary behavior
  - Younger or older working adults

- Extracted data:
  - Age
  - Sitting time



- Pearson correlation coefficient (r)

Results

- Nine studies included in the analysis
- 849 participants (534 female)
- Age range from 28 to 58 years

- Correlation:

Correlations

		age	sedentary_behavior
age	Pearson Correlation	1	.481
	Sig. (2-tailed)		.190
	N	9	9
sedentary_behavior	Pearson Correlation	.481	1
	Sig. (2-tailed)	.190	
	N	9	9

Moderate positive, but statistically nonsignificant

r = 0,48; p = 0,19

Discussion

- Studies indicate a non-significant association between workplace sedentary behavior and age
- Similar results:
  - Everson et al., 2015;

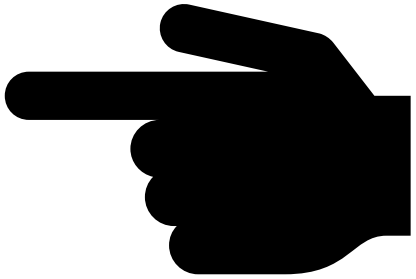
	% of younger adults (18-35 years)	% of older adults (50-65 years)
Most sedentary class	11,4	57,4
Least sedentary class	38,5	2,3

  - Jones et al., 2016;

Older age, female sex, higher BMI are consistently associated with **lower odds of being** more **active.**

Discussion

- Results also have an impact on social order
- Findings suggest possible high-risk group that may benefit from targeted interventions

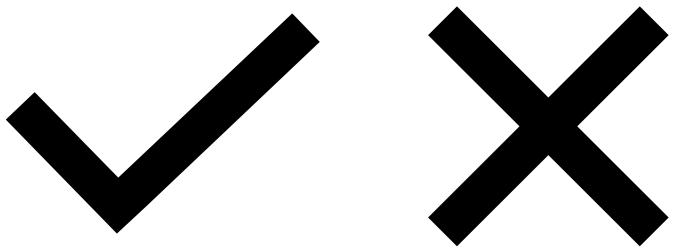


- Economic aspect

Productive aging

Discussion

- The limitations of our research are:
  - lack of studies with younger working adults
  - lack of studies distinguishing and comparing sedentary behavior between younger and older adults
  - lack of studies objectively measuring sedentary behavior



Conclusion

Considering our results, there is an association between older age and increased workplace sedentary behavior.

Further research with longitudinal study designs is needed to confirm these findings.

Literature

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Thank you for your attention

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