

Active Workplace Study

The Active Workplace Study targets sedentary behavior in the workplace. By reducing sedentary time and prolonged sitting at work, the study aims to improve worker health, safety, and well-being, reduce musculoskeletal pain, and reduce lost work time due to injury or illness.

What does the Active Workplace Study involve?



Environmental Changes

Changes to the physical work environment that promote health and safety.



Supervisor Activities

Organizational support for employee safety, health, and well-being.



Employee Activities

Team competitions and personal support.

Why target sedentary behavior?

Sedentary behavior is related to health outcomes such as:

- Cardiovascular disease
- Diabetes
- Musculoskeletal pain and injuries

Reduced sedentary time at work is related to:

- Improved mood
- Job satisfaction
- General well-being

Sedentary jobs are increasingly common in the United States. The organization of work can keep employees at their desks, putting them at increased risk of several negative health outcomes.



Interested in participating?



We are currently recruiting worksites to participate in the Active Workplace Study. There is no cost to participate.

Contact us to enroll in the study or to learn more!

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Active Workplace Study is a NIOSH Total Worker Health® funded project. The Total Worker Health® approach jointly addresses workplace safety and health hazards with illness prevention to reduce injury, improve safety, and enhance worker well-being.