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

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

Brad Wipfli, PhD, Principal Investigator
Sara Wild, MPH, Research Associate

activestudy@ohsu.edu
(503) 494-3449
tinyurl.com/activeworkplace

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.