Do office workers with sit-stand desks maintain decreased sedentary behaviors long-term?

**INTRODUCTION:**
- Standing desk options are often implemented in workplace settings to reduce sitting time [1-3].
- Original field study demonstrated 30-50% reduction in workplace sitting short-term (12 wks) when sit-stand desk (SSD) instruction was provided to office workers [1].
- It is unknown if prescription of SSD result in long-term behavior change in maintaining reduced sitting time.

**Purpose:** This study investigates whether office workers maintained reductions in sedentary behaviors long-term (12-24 months) following participation in a previous study where they all were provided SSD and instruction.

**Hypothesis:** Anticipated similar sitting time to those reported upon original study completion.

**METHODS:**
1. 20/32 participants from original study (62.5%)
2. Completed Occupational Sitting and Physical Activity Questionnaire (OSPAQ) [4]
3. Sitting minutes/day on follow-up compared with baseline and final (end of field study)
4. Repeated measures ANOVA (α<.05)

**RESULTS:**
- Follow-up time from the final was 19.8 ± 4.2 months (avg 12-24)
- Participants maintained a decrease in sitting time at follow-up compared to baseline of original study

**CONCLUSIONS:**
- Participants sat > 7 hrs/day on average prior to enrollment of the original study (baseline) [1].
- Workplace sitting time decreased to 4.8 hrs/day after 12 wks (final) with access to a standing desk and instruction [1].
- Sitting time increased between baseline and follow-up, but the results were not significant (p < .001).
- These findings suggest that office workers provided with SSDs maintained a reduction in their sitting time long-term even in the absence of encouragement or instruction.