

ACTIVE WORKING – How Reducing Sedentary Behaviour at Work Improves Wellness & Productivity

Thursday 30th March 2017 • K&L Gates LLP One New Change, London EC4M 9AF

Supported by Dame Sally Davis, Chief Medical Officer for England

Keynote Speakers



Professor
Alan Hedge



Professor
James Levine



Dame
Carol Black



Professor
David Dunstan

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“90% delegates leave inspired by this event”*

*Source: Delegate survey Active Working Summit 2016

Introduction from Dame Carol Black

“Consistent evidence has shown the health benefits of physical activity. We also know about the harms resulting from the lack of activity, from living a sedentary life. Being active is good for us, not just physically – that is obvious – but also for our state of mind, our mental health, and our overall sense of wellbeing.

Being inactive increases the risk of dying early. It is worse than smoking. Fortunately it seems that moderate physical activity of about an hour a day can remove the increased risk of death associated with prolonged sitting time at work. So there are grounds for adding physical activity to the sedentary life in the workplace, where many people are occupied much of the day sitting at a desk.

I am pleased that the Active Working Summit will bring this evidence to wider notice, encouraging changes in working practice that will help promote and safeguard the health and wellbeing of many people.”

Awareness of the issues around sedentary working has grown rapidly. There is now weekly media coverage given to the expanding scientific evidence linking prolonged sitting to both increased employee health risks and productivity issues.

Active Working Summit is now in its 3rd year. A pioneering international thought leadership event officially supported by Dame Sally Davies, Chief Medical Officer England

- Leading developments in health and workplace evidence
- Views on the implications concerning the workplace from key stakeholder organisations
- A variety of solutions and their cost benefit to employers
- Case studies from companies which have made the move to Active Working

Take this opportunity to learn more, familiarise yourself with various solutions & become empowered by best practice. Most importantly, understand how Active Working can deliver measurable improvements in employee health, productivity & engagement.

Last year over 95% of attendees recommended this event.

The Active Working Summit™ 2017 is aimed at senior professionals, opinion leaders and decision makers responsible for wellbeing, productivity, engagement and office work space in companies with a large number of office-based staff.

Active Working can deliver measurable improvements in employee health, productivity & engagement. Today you will have the opportunity to learn lessons on emerging research, best practice and most importantly how to avoid common mistakes.

We hope you will leave more empowered with greater understanding

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EVENT PROGRAMME* – Thursday 30th March 2017

ACTIVE WORKING – How Reducing Sedentary Behaviour at Work Improves Wellness & Productivity

08:00 - 08:45

Registration (Including Refreshments)

09:10 - 10:40

SESSION 1: The Sitting Disease: Is It Now Official?

OPENING ADDRESS:

Dame Carol Black

Opening Address

Dame Carol Black, Expert Adviser on Health and Work to **NHS England and Public Health England**

Creating Active Workplaces to Improve Population Health and Economic Outcomes

Dr Michael Brannan, Deputy National Lead for Adult Health and Wellbeing, **Public Health England**

How Far have We Come? A Progress Report. Recent Workplace Evidence – An Overview

Gavin Bradley, Founding Director, **Active Working CIC**

Public Response to the 2015 Expert Statement and Guidance on Workplace Sedentary Behaviour

Commissioned by Active Working CIC

Dr Benjamin Gardner, Senior Lecturer, Dept. of Psychology, **King's College London**

Stoddart Review – The Vital Contribution of the Workplace as a Performance Inhibitor and Facilitator – what impact would 1% uplift in productivity have on the economy?

Peter Brogan, Research and Information Manager, **BIFM**

Moderator

Julian Worricker

Broadcaster &
Journalist, **BBC**

10:40 - 11:00

Break & Refreshments

11:00 - 13:00

SESSION 2: Workplace Wellness & Productivity - The Benefits of Sitting Less

KEYNOTE SPEECH:

Professor Alan Hedge

Ergonomic Office Workplace Design for Health, Wellness, and Productivity - where do we go from here?

Professor Alan Hedge, Director, Human Factors and Ergonomics Laboratory, **Cornell University, USA**

Insights from the Stand-Up Victoria Intervention: Lessons Learnt and Recommendations for Research and Practice

Professor David Dunstan, Head of Physical Activity, Baker Fellow, NHRMC Senior Research Fellow, **Baker Heart and Diabetes Institute**

Effectiveness of Recent Strategies to Encourage Office Workers to Sit Less

Dr Charlotte Edwardson Associate Professor in Physical Activity, Sedentary Behaviour and Health, **Diabetes Research Centre, University of Leicester**

Stand-Up to Work - Research Project Conclusions on Long Term Impacts of Sit-Stand Desks

Joanna Frank, Executive Director at **Center for Active Design, New York, USA**

13:00 - 14:00

Lunch

14:00 - 15:15

SESSION 3: Core Solutions and Best Practice

Strategy to Increase Physical Activity and Daily Movement in the Built Environment

Dr Nicola Eccles, Co-Founder of **CPActive**, Director of Research and Lecturer in Health, Wellbeing and Physical Activity

The Effectiveness of an Activity Tracker and Mobile App for Reducing Sitting Time in Office Workers

Professor David Dunstan, Head of Physical Activity, Baker Fellow, NHRMC Senior Research Fellow, **Baker Heart and Diabetes Institute**

Workplace Challenge – Activities to Reduce Sedentary Behaviour, Absenteeism and Presenteeism

Lee Mason, Chief Executive, **CSP Network**

Steppie, the 'Missing Link' in Any Workplace – The Benefits of a Stand Board

Gitte Toft, Director, **Steppie**

Breaking Down the Barriers to Active Working – including Company Case Studies

Rik Mistry, Head of Business Development, **Sit-Stand.Com**
Power To Change, **West Yorkshire Fire & Rescue Service**

15:15 - 15:45

Break & Refreshments

15:45 - 17:00

SESSION 4: Workplace of the Future

National Activities on 'Combating' Sedentary Behaviour in the Workplace

Matleena Livson, Physically active lifestyle Senior Advisor at **Finnish Olympic Committee**

The Future of Work and the Workplace of the Future - Implications for Active Working

Rohit Talwar, CEO, **Fast Future**

FITWEL – The Healthy Building Certification System, developed by the US Government

Joanna Frank, Executive Director at **Center for Active Design, New York, USA**

CLOSING ADDRESS:

Professor James Levine

How Best to Build our Active Working Future Together

Professor James Levine, Professor of Medicine, Director Obesity Solutions, **Mayo Clinic and Arizona State University**

17:00 - 18:30

Networking & Drinks

EVENT PROGRAMME* – THURSDAY 30th March 2017



Moderator:



Julian Worricker

Broadcaster & Journalist, BBC

An Award-winning journalist and broadcaster with over thirty years' on-air experience, both in radio and television. Worricker currently presents 'Weekend' on the BBC World Service and appears regularly on the BBCNews Channel and Radio 4. (www.JulianWorricker.com)

VIP Speakers:



Dame Carol Black

Expert Adviser on Health and Work to NHS England and Public Health England

Dame Carol Black chairs the Board of Think Ahead, the Government's new fast-stream training programme for Mental Health Social Workers, and the RSSB's Health and Wellbeing Policy Group. She is a member of the Welsh Government's Parliamentary Review of Health and Social Care in Wales and Bevan Commission on health in Wales, the board of UK Active, Rand Europe's Council of Advisers, PwC's Health Industries Oversight Board, and the Advisory Board of Step up to Serve.



Professor Alan Hedge

Director, Human Factors & Ergonomics Laboratory, Cornell University, USA

Alan Hedge is a Professor in the Department of Design & Environmental Analysis, Cornell University. Prior to joining Cornell, he ran the Graduate Program in Applied Psychology & Ergonomics at Aston University, Birmingham, U.K. From 1990-1993 he was also an Honorary Research Fellow at the Institute of Occupational Health, University of Birmingham, U.K. and he has been a Research Professor in the Departments of Biomedical Engineering & Mechanical & Aerospace Engineering at Syracuse University.



Professor James Levine

Professor of Medicine, Director Obesity Solutions, Mayo Clinic and Arizona State University

James is a world-renowned expert on sedentary behaviour & leader in obesity research & child advocacy. James has consulted governments including the US President's Panel & State Department. James has published more than 200 scientific papers, worked on dozens of corporate programs, is author of "Get Up" and invented the treadmill desk and a variety of wearable technologies.



Professor David Dunstan

Head of Physical Activity, Baker Fellow, NHRMC Senior Research Fellow, Baker Heart & Diabetes Institute

Dr Dunstan is an Australian Research Council Future Fellow. He is an Adjunct Professor in the School of Sports Science, Exercise and Health at the University of WA. His research focuses on the role of physical activity and sedentary behaviour in the prevention & management of chronic diseases. Over the past 15 years, Dunstan has established an extensive media profile, including interviews with National Radio, Wall Street Journal, CNN, the New York Times & the LA Times.

Speakers:



Gavin Bradley

Founding Director, Active Working CIC

Gavin is founder of Active Working™ CIC which he set up in 2014 to spearhead thought leadership, key insights and advocacy on sitting time in the workplace. Gavin has 25 years of strategy & consulting experience working with elite football clubs and major corporates including: Liberty Global, Cable & Wireless, Coca Cola and Unilever.



Joanna Frank

Executive Director at Center for Active Design, New York, USA

Joanna Frank is the founding Executive Director of the Center for Active Design (CiAD), where she advances design and development practices to foster healthy and engaged communities. Prior to launching CiAD, Ms. Frank worked for the City of New York, where her positions included Director of Active Design and Director of the NYC FRESH program. Before working for the City, Ms. Frank was a Partner at Bright City Development, LLC where she was responsible for the development of mixed-use residential buildings using sustainable design criteria. Ms. Frank is a member of the American Heart Association Workplace Health Steering Committee, as well as the Urban Land Institute's Affordable/Workforce Housing Council.



Peter Brogan

Research & Information Manager, BIFM

An influential Research specialist with unique experience and a sustained record of success in both the public and private sectors. Extensive background in diverse service organisations, managing complex research projects from inception to completion. The BIFM Research and Information team is focused on developing the research, insight and information that will position BIFM as the authoritative voice of the FM profession. I manage the delivery and development of the Institute's research and content activities.



Dr Benjamin Gardner

Senior Lecturer, Dept. of Psychology, King's College London

Dr Gardner undertook his undergraduate, postgraduate and doctoral studies at University of Sussex, and was awarded a DPhil (doctorate) in Social Psychology in 2008. His first post-doctoral position was in the Centre for Outcomes Research and Effectiveness at University College London (2007-09), where he worked on a series of projects that sought to use theory to develop understanding of health behaviour change techniques and interventions. In 2009, he became Lecturer in Health Psychology in the UCL Health Behaviour Research Centre, where he worked on a programme of theoretical and applied studies to develop habit theory & habit-based public health interventions. He joined KCL in 2014.



Dr Charlotte Edwardson

Associate Professor in Physical Activity, Sedentary Behaviour and Health, Diabetes Research Centre, University of Leicester

Dr Edwardson's research focuses on understanding the role of physical activity and sedentary behaviour in the prevention of chronic diseases, designing and evaluating behaviour change interventions and objectively measuring physical activity and sedentary behaviour. She currently holds research grants, totalling >£5 million, from the Medical Research Council, National Institute for Health Research, Department of Health and the European Commission.



Dr Michael Brannan

Deputy National Lead for Adult Health and Wellbeing, Public Health England

Mike has worked in the public, private, academic and voluntary sectors and has over a decade of experience as a public health professional holding leadership roles at national, regional and local levels. Prior to public health, Mike had an eclectic background as a biochemist and a public relations consultant.



Dr Nicola Eccles

Co-Founder of CPActive, Director of Research & Lecturer in Health, Wellbeing & Physical Activity

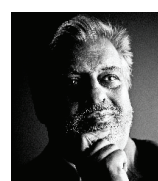
Dr Nicola Eccles is Director of Research at CP Active. Nicola has spent the last fifteen years looking at health behaviour decisions in relation to our daily working patterns and the built environment. Nicola has worked in academia at a range of Universities as lecturer in health and physical activity behaviour and also worked with Sport Scotland, Sport England and Heart Research UK.



Lee Mason

Chief Executive, CSP Network

A career in sports management including establishing and leading the County Sports Partnership (CSP) for Buckinghamshire & Milton Keynes and acting as a non-Executive Director including with the English Federation of Disability Sport. Since 2010 Lee has led the work of CSP Network, representing CSPs with key stakeholders, growing the impact and guiding the future direction of the network.



Rohit Talwar

CEO, Fast Future

Rohit Talwar is a global futurist, keynote speaker and the CEO of Fast Future Publishing where he is applying the principles of exponential thinking to create a new model for publishing. He is the editor and contributing author for a recently published book The Future of Business, editor of Technology vs. Humanity & co-editor of a forthcoming book on The Future of AI in Business.



Matleena Livson

**Physically active lifestyle
Senior Advisor at Finnish
Olympic Committee**

Matleena has her background in human resources and organisational development as well as HEPA (Health Enhancing Physical Activity) promotion. She is the co-chair of HEPA Europe working group Workplace HEPA promotion, and was a member of the national expert group that prepared the Finnish recommendations to reduce SB.



Gitte Toft

Director, Steppie

Gitte trained as a physiotherapist, acupuncturist, reflexologist and physiological masseur, running her own clinic for ten years. Gitte then became the National Manager for a Furniture Company, before founding and inventing Steppie, the 'missing link' to any sit/stand solution.



Rik Mistry

**Head of Business Development,
Sit-Stand.Com**

Rikesh has a strong background in Sports and Wellbeing, predominantly working in BME communities in Warwickshire. He studied Business Management at Coventry University and based his dissertation on 'How does Health and Wellbeing effect work productivity.' For the last year Rikesh has been the Head of Business Development for Sit-Stand.Com and has built up a strong knowledge about how companies are reducing sedentary behaviour.

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