



## Active Working Summit – 2017 Event Programme Announced

The average UK office worker sits 10 hours each day, with almost 70% of sitting taking place at work and 73 per cent only leaving their desk for toilet or tea breaks, according to a shocking new study<sup>1</sup>. Growing scientific evidence continues to draw our attention to multiple health risks (including cardiovascular disease, Type 2 diabetes, certain cancers and mental health) associated with excessive and prolonged sitting.

Now in its 3rd year the **Active Working Summit™** has established itself as the pre-eminent international thought leadership event of its kind. With delegates and speakers from 20 countries, the Active Working Summit™ 2017 is attended by public health experts, opinion leaders, researchers and decision makers responsible for wellness, productivity and engagement of office workers.

Officially supported by **Dame Sally Davies, Chief Medical Officer England**, we are delighted to welcome back **Dame Carol Black, adviser on Health and Work to Public Health England and NHS England** as our Event Ambassador.

Active Working Summit™ 2017 is entitled: **How Reducing Sedentary Behaviour at Work Improves Wellness & Productivity**. The programme is divided into four sessions:

- |                  |   |
|------------------|---|
| <b>Session 1</b> | The Sitting Disease: is it now official?                              |
| <b>Session 2</b> | Workplace wellness & productivity – the benefits of sitting less      |
| <b>Session 3</b> | Core solutions and best practices                                     |
| <b>Session 4</b> | How to incorporate physical activity into the workplace of the future |

Taking place on Thursday **March 30<sup>th</sup> 2017**, this year's Active Working Summit is hosted by international law firm **K&L Gates** at their iconic offices overlooking St Paul's Cathedral at **One New Change** in central London.

- Keynote speaker **Alan Hedge**, Professor of Ergonomics, **Cornell University**, USA
- We will be showcasing major US government backed research findings including "*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
- *National strategies on 'combatting' sedentary behaviour in the workplace*, **Matleena Livson**, Physically active lifestyle Senior Advisor at **Finnish Olympic Committee**
- Latest research evidence, behaviour change programmes, best practice and case studies focusing on reducing sedentary behaviour and increasing activity amongst office workers.
- Also featuring **Public Health England**, the new Active Building standard **Fitwel** (Center for Active Design) and other case studies from pioneering companies.

Gavin Bradley, Founding Director of Active Working and event director emphasises "The Active Working Summit has set a new and essential benchmark for experts to keep abreast of the latest research and workplace developments. We have an extraordinary international mix of delegates and according to our survey in 2016, 97% of respondents leave this event "inspired" and empowered with evidence to impact real change."

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.

The Active Working Summit™ 2017 will present ground breaking new research which will attract international media interest. Take this opportunity to learn more about how Active Working may deliver measurable improvements in employee health, productivity & engagement. Download the [Event Programme](#) here.

### *For more information, or to arrange an interview, please contact:*

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

Email: [gavin@activeworking.com](mailto:gavin@activeworking.com)

Mob: +44 (0)798 651 9671

Email: [info@activeworking.com](mailto:info@activeworking.com)

Tel: +44 20 8977 5541

#### **NOTES FOR EDITORS**

**Active Working** commissioned the first expert guidance<sup>1</sup> on sedentary working and recommendations on standing time for office workers (with the support of **Public Health England**), which were published by the **British Journal for Sports Medicine** in June 2015. The primary recommendation was that desk-based, workers should aim towards accumulating at least two-hours per day of standing and light activity (light walking) during working hours, eventually progressing to four hours per day.

#### **About Active Working CIC:**

Active Working is a community interest company (C.I.C) whose focus is to reduce excessive and prolonged sitting in the workplace. **Active Working CIC** is leading the global insight and evidence based research on sedentary behaviour and organises international summits and events showcasing major developments in workplace evidence, behaviour change and best practise. We commissioned the first global expert recommendations\* on standing time for office workers (with the support of **Public Health England**), published by the **British Journal for Sports Medicine** in June 2015. Active Working CIC also runs international **Get Standing™** campaigns in UK, Australia, USA, Canada, Ireland and Europe.

#### **About Get Britain Standing:**

Get Britain Standing is a dynamic campaign (operated by Active Working CIC) to increase awareness and education of the dangers of sedentary working & prolonged sitting time. We are a multi-national campaign to promote #SitLess #MoveMore. On **Friday 29<sup>th</sup> April** offices all over the country are signing up in their masses to encourage workers to vote with their feet for better health by taking part in **On Your Feet Britain (OYF)**.

#### <sup>1</sup> **The Sedentary Office: a growing case for change towards better health and productivity.**

This expert statement, written from a group of international experts from the UK, Europe, USA and Australia, focuses on breaking up sedentary activity in the workplace. It highlights the potential ills of sitting for prolonged periods and emerging benefits of changing office environments that promote standing and movement. Employers need to evaluate the best ways to achieve this, whether it be changes to how and when people can take breaks which involve standing and movement or desk designs and technologies that allow people to perform their work more easily either at their desk location or in a standing-up position. More evidence is still required to add greater certainty to these recommendations and how they evolve over time.



\*Active Working CIC is leading the global insight and evidence based research on sedentary behaviour. We spearhead international "Get Standing™" campaigns running in Great Britain, Australia, USA, Canada, Ireland and Europe.