Worksite policies and supports for physical activity

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Active Living Research
February 24, 2015
Background

Active Living Research

Using Evidence to Prevent Childhood Obesity and Create Active Communities

Time use on an average work day for employed persons ages 25 to 54 with children

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring for others</td>
<td>1.3</td>
</tr>
<tr>
<td>Eating and drinking</td>
<td>1.0</td>
</tr>
<tr>
<td>Household activities</td>
<td>1.1</td>
</tr>
<tr>
<td>Leisure and sports</td>
<td>2.5</td>
</tr>
<tr>
<td>Working and related activities</td>
<td>8.7</td>
</tr>
<tr>
<td>Other</td>
<td>1.7</td>
</tr>
<tr>
<td>Sleeping</td>
<td>7.7</td>
</tr>
</tbody>
</table>

Total: 24.0 hours

NOTE: Data include employed persons on days they worked, ages 25 to 54, who lived in households with children under 19. Data include non-holiday weekdays and are annual averages for 2013. Data include related
Background

Overview of potential benefits of workplace health programs to employers and employees

**For Employers:**
- Lower health care and disability costs
- Enhanced employee productivity
- Reduced employee absenteeism
- Decreased rates of illness and injuries
- Enhanced corporate image
- Improved employee morale
- Improved employee recruitment and retention
- Increased organizational commitment and creation of a culture of health

**For Employees:**
- Increased well-being, self-image, and self-esteem
- Improved coping skills with stress or other factors affecting health
- Improved health status
- Lower costs for acute health issues
- Lower out of pocket costs for health care services (e.g., reduced premiums; deductibles; co-payments)
- Increased access to health promotion resources and social support
- Improved job satisfaction
- Safer and more supportive work environment
Aim

• Are access and use of worksite supports for physical activity associated with domain-specific and total weekly physical activity?
Methods: SHOW-ME

- **Supports at Home and Work for Maintaining Energy-balance**
- Telephone-based survey (2012-2013)
- 2,015 employed adults aged 21-65 years living in counties of 4 Missouri metro areas
- >20 hours outside of home; >5 co-workers
Methods: Survey

• Survey design
  – Adapted from existing surveys
  – New items based on literature review
  – Feedback from expert Questionnaire Advisory Panel
  – Test-retest completed
# Methods: Worksite Supports

<table>
<thead>
<tr>
<th>Programs/Info</th>
<th>Policies</th>
<th>Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health fairs</td>
<td>Personal services for fitness</td>
<td>Indoor exercise facility</td>
</tr>
<tr>
<td>Challenge events</td>
<td>Flextime for PA</td>
<td>Outdoor exercise facility</td>
</tr>
<tr>
<td>Exercise programs</td>
<td>PA breaks</td>
<td>Shower</td>
</tr>
<tr>
<td>Walking maps</td>
<td>Gym memberships</td>
<td>Bike storage</td>
</tr>
<tr>
<td>Stair prompts</td>
<td>Incentives to bike/walk to work</td>
<td></td>
</tr>
<tr>
<td>PA Posters</td>
<td>Incentives to use public transit</td>
<td></td>
</tr>
</tbody>
</table>
Methods: Physical Activity

- International Physical Activity Questionnaire (IPAQ) – Long
  - Job-related
  - Transportation
  - Leisure-time
  - Total
  - Odds of meeting CDC guidelines (>150min)
Methods: Data Analysis

• Logistic regression
• Adjustments
  – Race, gender, age, income, employer size, self-reported health, obesity, and hours worked per week
Worksite Supports

Programs/Info

- Health fairs
- Challenge events
- Exercise programs
- Walking maps
- Stair prompts
- PA Posters
Results: Program/Information Access

- Health fairs (51% have access)
  - 1.55 greater odds for LTPA
- Walking maps (19%)
  - 1.58 job-related PA
- Stair prompts (22%)
  - 1.72 job-related PA

-- 1.57 Total PA
Results: Program/Information Use

• Use worksite challenge (48% w/ access use)
  – 1.53 LTPA

• Use exercise program (34%)
  – 1.65 LTPA
  -- 2.00 Total PA

• Use walking map (32%)
  – 1.94 transportation PA
  -- 2.02 LTPA
Worksite Supports

Policies

• Personal services for fitness
• Flextime for PA
• PA breaks
• Gym memberships
• Incentives to bike/walk to work
• Incentives to use public transit
Results: Policy Access

• PA breaks (15%)
  – 1.65 Total PA

• Incentives to bike/walk to work (9%)
  – 2.10 Transportation PA          -- 1.80 LTPA

• Incentives to use public transit (19%)
  – 1.60 Transportation PA
Results: Policy Use

• Use flextime for PA (57%)
  – 2.00 LTPA
  -- 2.28 Total PA
• Use PA breaks (71%)
  – 3.03 Total PA
• Use gym membership (25%)
  – 2.61 LTPA
  -- 2.01 Total PA
• Use incentives to bike/walk to work (27%)
  – 2.04 Transportation PA
Results: Policy Use
Worksite Supports

Facilities

- Indoor exercise facility
- Outdoor exercise facility
- Shower
- Bike storage
Results: Facility Access

- Indoor exercise facility (36%)
  - 1.51 LTPA
- Bike storage (58%)
  - 1.51 Total PA
Results: Facility Use

- Use indoor exercise facility (38%)
  - 2.25 LTPA
  - 2.67 Total PA

- Use outdoor exercise facility (42%)
  - 1.99 Total PA

- Use bike storage (7%)
  - 4.38 Transportation PA
  - 2.47 LTPA

- Use shower (21%)
  - 1.83 LTPA
  - 3.73 Total PA
Results: What does this all mean?

• Access is a start, but have to move people to use worksite supports
  – Few have access to worksite PA policies
  – 15% have PA break policies; 71% of those use it!
• PA breaks (aOR: 3.03), flextime for PA (aOR: 2.28), and walking maps (aOR: 2.02) are extremely inexpensive supports
  – But require a champion and cultural shift
Next Steps: Analyses

- Combinations, interactions, & LCA
- Industries and occupations
- Supports for non-sedentary behaviors and healthy eating
- Return on investment
- Accelerometer data (n=142)
Next Steps: Translation and Dissemination

- Science of Policy Implementation

SHOW-ME Study: SUPPORTS AT HOME AND WORK FOR MAINTAINING ENERGY BALANCE

Who Participated?

- Health Care
- Educational Services
- Religious\Organizations\Worship\Churche\Temple
- Retirement\Housing\Aging\Senior\Adult Care
- Retail/Wholesale Trade
- Public Administration
- Transportation/Construction Property Rental
- Finance Professional/International Trade
- Utilities/Public Administration

What Was Measured?

- Health Status
- Mortality
- Trauma
- Chronic Conditions
- Economic Status
- Access to Healthcare
- Physical Activity
- Obesity
- Tobacco Use
- Smoking
- Physical Activity
- Weight
- Blood Pressure
- Cholesterol
- Diabetes
- Heart Disease
- Lung Disease
- Cancer

Preliminary Results

Physical Activity

- 2x
- 75%
- 80%

- Employees increase daily walking or use of stairs to work.
- DOUBLE Bloodflow of employees achieving CDC recommended physical activity.

Nutrition

- 75%
- 25%
- 60%

- Employees using vending at work are 25% more likely to eat sugar-sweetened beverages than sugar-free beverages.
- Employees using vending at work are 60% more likely to avoid sugar-free beverages.

For more information please contact Joanne Viegas (Physician) or Christopher Sutphen (Health Coach) at 314-362-8888.
Thank you

- Worksite policies and supports for physical activity
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