

Presentation Title	Place in Schedule
Occupational Physical Activity in Brewery and Office-based Workers	Concurrent Session 6.5 <i>Day 3 – Thursday May 10th, 2018 4:05 – 5:30pm</i>
Description of Presentation	Presenter Name(s) And Credentials
<p>Active lifestyles are beneficial to health and wellbeing but our workplaces may not be inherently supportive of physical activity at work. With the increasing use of technology in the workplace, many jobs are becoming more sedentary. The purpose of this study was to establish a quantitative baseline of occupational physical activity (OPA) among brewery and office-based workers. Two types of activity trackers (Fitbit Charge HR and Hexoskin) were used to assess activity measures (step count, heart rate and energy expenditure) among workers during one full work shift. The first objective of the study was to assess the agreement between two types of accelerometer-based activity trackers as measures of OPA. The second objective of this study was to assess differences in measures of OPA among workers in generally physically active and sedentary work environments. Occupational physical activity data was collected from 50 workers in brewery-related tasks and 51 workers in office-based work tasks. The 101 subjects were from the brewing service sector, a call service center and an engineering office within a manufacturing facility. Workers wore both activity trackers and filled out an hourly activity log during the entirety of one work shift. A two factor repeated measures ANOVA was used to assess the two activity tracking devices while two-sample t-tests were used to compare the two worker groups. There were statistically significant differences in total step counts and mean heart rate between the two devices.</p> <p>When comparing the two groups of workers there were statistically significant differences in measures of step counts, mean percent heart rate increase, maximum heart rate range and energy expenditure. The results of the present study provide quantitative evidence that levels of OPA should be identified for different work groups.</p>	<p>Janalee Thompson, MS <i>Colorado School of Public Health, Center for Health, Work & Environment</i></p>

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