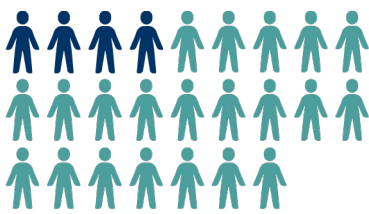


# Benefits of BeUpstanding™ for Musculoskeletal Discomfort

## Lower-back pain is a common problem for Australian workers



**4.0 MILLION**

Approximately 16% of Australians live with chronic back problems.<sup>1</sup>

**\$4.8 BILLION**

Back pain costs the Australian health system \$4.8 billion each year.<sup>1</sup>

**#1**

Back pain is the number 1 reason for lost work productivity and early retirement.<sup>1</sup>



Desk-based workers are exposed to high levels of sitting, and sitting for long periods at a time (30 minutes or more). As well as posing risks for their health and wellbeing in general,<sup>2</sup> this may contribute to their experience of lower back pain.<sup>3</sup> Sitting less and moving more at work may help address these risks.

## BeUpstanding reduces musculoskeletal discomfort in the workplace

The BeUpstanding program is a free online toolkit that aims to help desk-based workers to sit less and move more, while improving workplace engagement and productivity.

The program raises awareness of the benefits of sitting less and moving more and create a culture of sustainable change through teams collectively choosing strategies to support these behaviours tailored to their work team and context.

Targets are for workers to achieve a 50:50 split between sitting and upright activities during work hours and to alternate sitting/upright posture at least every 30 minutes. Increased incidental movement throughout the day is also encouraged through the move more messaging.

### When evaluated in workplaces across Australia as part of a national implementation trial:

Before BeUpstanding, most participants reported some musculoskeletal discomfort.

After participating in the BeUpstanding program, average discomfort levels decreased significantly, across all three body areas.

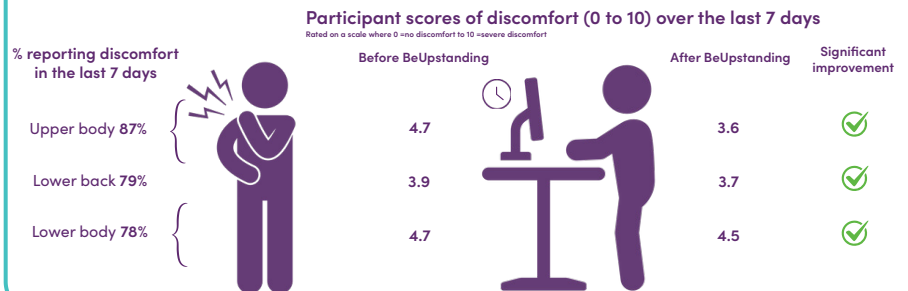


Figure 1.

## Desk-based workers with lower-back discomfort benefit from BeUpstanding

### Workers with above-average lower-back pain stood up, sat less and moved more after participating in BeUpstanding

How a typical 8 hour workday after the program was spent and the significant improvements compared to before the program

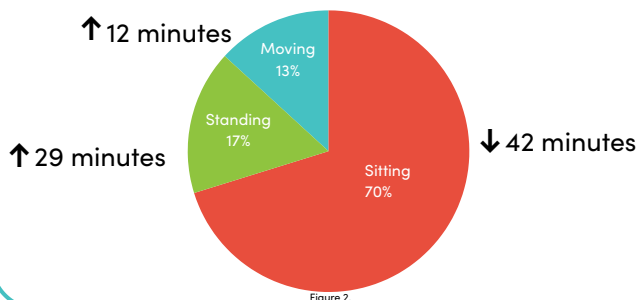


Figure 2.

Sitting less, standing more and moving more has an important role in counteracting the adverse health effects of sitting, particularly on musculoskeletal and metabolic health. Changing from one posture to another, for example sitting to standing, creates brief movement and also postural variety. The BeUpstanding program helped workers to make these changes which improved musculoskeletal health and wellbeing without reducing productivity.

These proven benefits of the BeUpstanding program<sup>5</sup> were also present for workers who began the program with above-average discomfort levels of 4 or more out of 10.

Despite pre-existing discomfort, these workers managed to sit less, move more, and sit in a less prolonged manner as shown in Figure 2.

These behaviour changes resulted in a range of improvements to their wellbeing (Figure 3).

### These movement changes led to a range of significant benefits and no negative outcomes:

Higher self-rated physical health

↑ 6.5%  
in mean levels

More energy

↑ 8.4%  
in mean levels

Less stress

↓ 6.0%  
in mean levels

Lower scores on discomfort (0 to 10) in the: Upper body

5.9  
↓  
5.0

Lower back

6.6  
↓  
4.5

Lower body

5.1  
↓  
4.1

Figure 3.

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