



# Make the Switch

THE BENEFITS OF STANDING DESKS

## MAY INCREASE LIFE EXPECTANCY

A November 2015 analysis published in the American Journal of Preventative Medicine examined 54 surveys on sitting time, factoring in population size, life table and deaths in the countries in which the surveys were conducted. What the researchers found is that sitting time greater than three hours per day was responsible for 3.8 percent of all-cause mortality (about 433,000 deaths/year) among those 54 countries. All-cause mortality due to sitting time was higher in the countries from the Western Pacific region, followed by European, Eastern Mediterranean, American and Southeast Asian countries. Eliminating sitting time would increase life expectancy by 0.2 years in those countries.

## LESSENS THE RISK OF CHRONIC DISEASE

We know that sitting can do damage to your heart, vascular function and more. Conversely, standing can help limit this damage to an extent, adding a reduced risk of certain chronic diseases to the list of standing desk benefits. For instance, in a study from the American Heart Association, 82,695 men 45 years and older from the California Men's Healthy Study without prevalent heart failure were tracked for 10 years, looking at physical activity, sedentary time and behavioral variables from questionnaires. Nearly 3,500 men were diagnosed with heart failure over a mean of 7.8 years, and controlling for different variables, those with the least amount of physical activity and most sedentary time were at the most risk for heart failure, in addition to coronary heart disease.

## IMPROVES BLOOD SUGAR AND CHOLESTEROL LEVELS

A study from the University of Queensland in Australia found that standing an extra two hours a day versus sitting was associated with about 2 percent lower average fasting blood sugar levels and 11 percent lower average triglycerides in the blood. Those extra two hours standing were also attributed to lower bad cholesterol and higher good HDL cholesterol.

## MAY BOOST PRODUCTIVITY

Research published in IIE Transactions on Occupational Ergonomics and Human Factors suggest that working at a standing desk benefits productivity. The study compared objective productivity measures between workers who use a stand-capable desk and a seated control group in a call center over six months for 167 employees. The findings revealed that workers with desks that allow for standing were about 45 percent more productive on a daily basis than those who remained seated. Even better?

"Further, productivity of the stand-capable desk users significantly increased over time, from about 23 percent in the 1st month to 53 percent over the next 6 months."