



## The workplace domain and physical activity

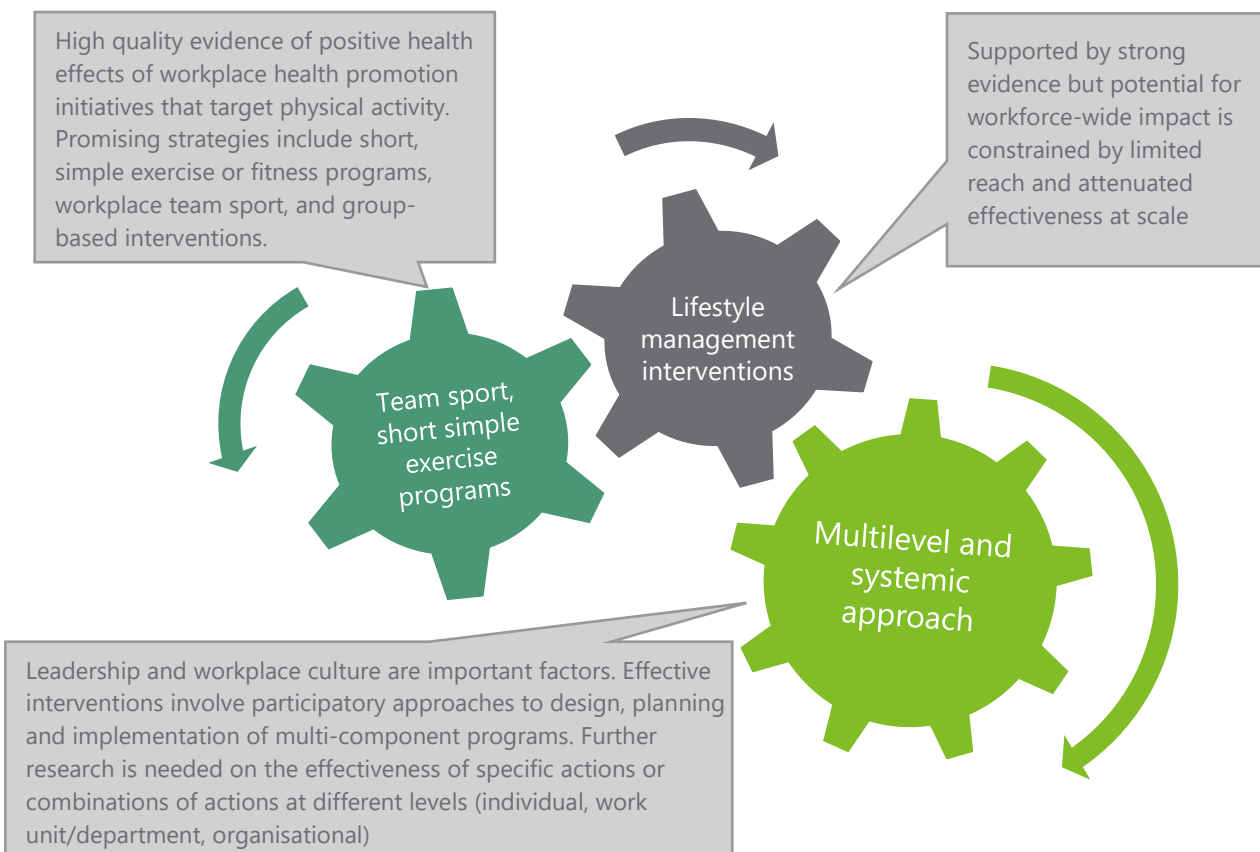
### Key messages

- Physical activity in the workplace is good for productivity and worker health. Simple strategies work best to encourage physical activity at work, such as:
  - Encouraging active travel to and from work
  - Providing showers
  - Fitness programs and team sports.
- Using a health risk assessment (HRA) process to prioritise higher risk individuals can be even more cost-effective.
- Scaling up effectively is a key challenge for achieving workforce-wide impact and increasing reach. Implementation science and better collection and reporting of data on contextual influences will help address gaps in knowledge about implementation.

### Why is it important to address the workplace domain?

The workplace is an important setting for physical activity policy because it allows access to much of the adult population. Reaching workers through the workplace is one way of enabling long-term, productive participation in the labour force while delivering numerous benefits for organisations and employees including reduced absenteeism, increased productivity, and improved staff morale and sense of wellbeing.

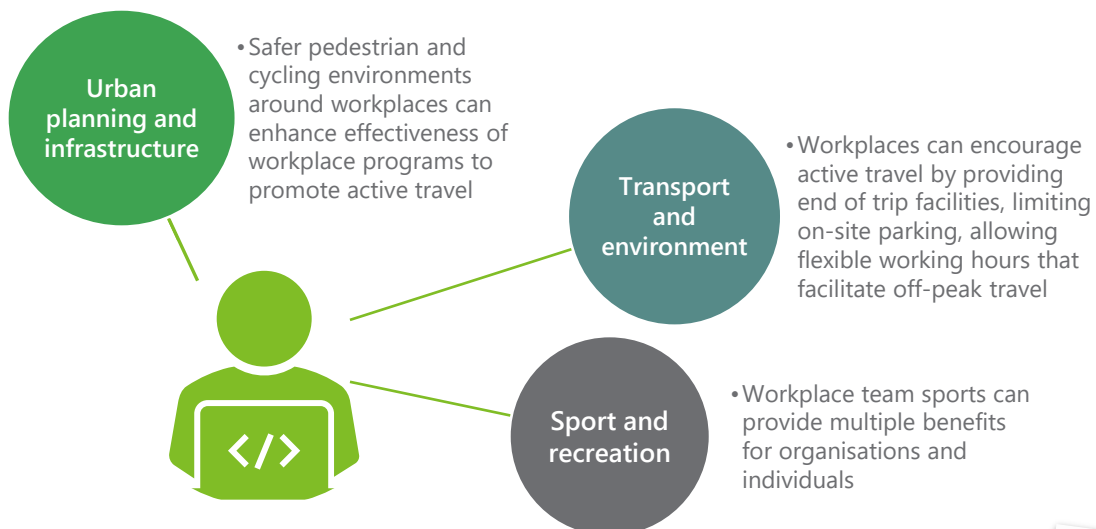
### What works?



## What are the recommendations for investment and action?

Multilevel and systemic approach	<ul style="list-style-type: none"> <li>• Evidence and international recommendations support a multilevel and systemic approach to physical activity promotion and reduction of sedentary behaviour in the workplace</li> <li>• Leadership and workplace culture are important factors</li> </ul>
Enable the prioritisation of physical activity promotion in the workplace	<ul style="list-style-type: none"> <li>• Policy makers can sponsor or endorse programs, deliver and/or provide resource support, and offer financial incentives for adoption of government-backed or delivered programs</li> </ul>
Evaluate implementation (including contextual factors and economic outcomes)	<ul style="list-style-type: none"> <li>• Government-backed or delivered programs need to be supported by evaluation of implementation, particularly the enablers and barriers that affect delivery</li> <li>• Further evaluation is needed to clarify the health economics of workplace physical activity interventions</li> </ul>
Systematic approach to health risk assessment	<ul style="list-style-type: none"> <li>• There is promising evidence that even higher returns on investment can be achieved by focusing on high-risk employees. This can be achieved through a systematic approach to health risk assessment</li> </ul>

## What are examples of strategies that intersect with the workplace domain?



**Getting Australia Active III (GAA III)** is an Australian guide for policy makers to support the implementation of a whole-of-systems approach to increasing population physical activity. This policy brief summarises key points from **Chapter 3.7** of this guide. For more detailed guidance and supporting evidence, you can access the full report at: [preventioncentre.org.au](http://preventioncentre.org.au)



Funding for this research has been provided from the Australian Government's Medical Research Future Fund (MRFF). The MRFF provides funding to support health and medical research and innovation, with the objective of improving the health and wellbeing of Australians. MRFF funding has been provided to The Australian Prevention Partnership Centre under the MRFF Boosting Preventive Health Research Program. Further information on the MRFF is available at [www.health.gov.au/mrff](http://www.health.gov.au/mrff)