

NOMADe

AVEC LE SOUTIEN DU FONDS EUROPÉEN DE DÉVELOPPEMENT RÉGIONAL
 MET STEUN VAN HET EUROPEES FONDS VOOR REGIONALE ONTWIKKELING

Projet N° 4.7.360 - Project N° 4.7.360

NOMADe

Increasing physical activity levels and reducing sedentary behaviors of office workers

Korélien Briffaud, Frédéric Telliez, Thierry Lelard

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36^e CONGRÈS DE LA SOCIÉTÉ FRANÇAISE DE
 MÉDECINE PHYSIQUE
 ET DE RÉADAPTATION

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Roadmap

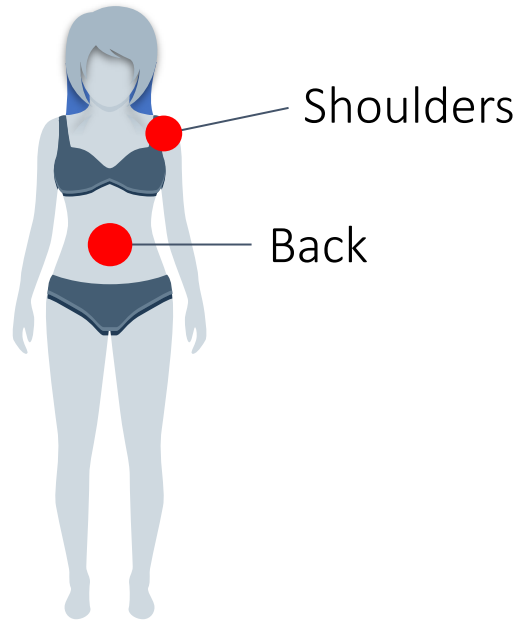
I/ Why are sedentary behaviors (SB) and physical inactivity (PinA) critical issues?

II/ How can we fight SB and PinA?

III/ Perspectives



**I/ Why are SB and PinA
critical issues?**



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Why are SB and PinA critical issues?

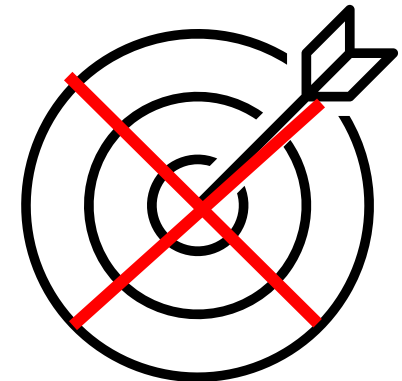
Definitions:

SB: “any waking behaviour characterized by an energy expenditure ≤ 1.5 METs while in a sitting or reclining posture”¹

PA: “any bodily movement produced by skeletal muscles that results in energy expenditure.”²


PinA: not meeting PA guidelines^{3,4}

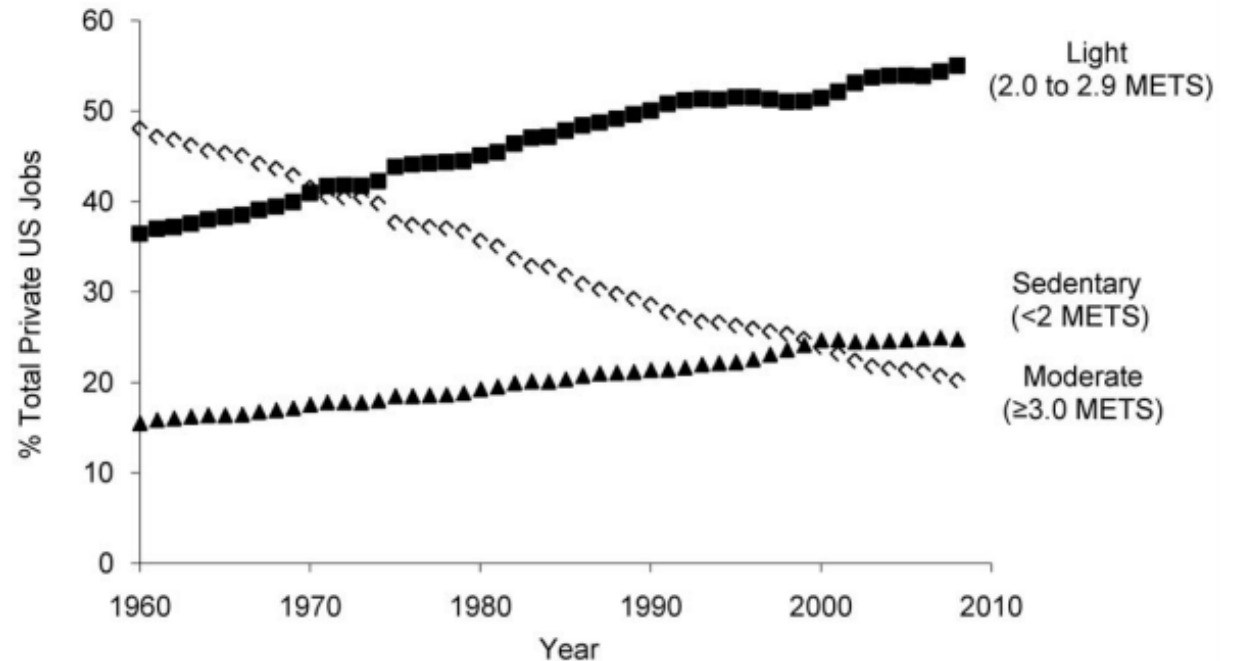
- < 150' of moderate intensity PA / week
- < 75' of vigorous intensity PA / week



Why are SB and PinA critical issues?

Context:

- PinA: > 1/3 adults¹
- SB: 15h on work days²
-  Sedentary jobs³



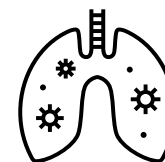
¹Guthold et al., 2018; ²Saidj et al., 2015; ³Church et al., 2011

Why are SB and PinA critical issues?

Health consequences:

PinA and SB = independent risk factors

- PinA: 9%
 - SB: 3%
- } of all deaths in the world^{1,2}



¹Lee et al., 2012; ²Rezende et al., 2016; Biswas et al., 2015; Patterson et al., 2018; Steffens et al., 2016; HAS, 2019

Why are SB and PinA critical issues?

SB : $\geq 10\text{h/day}$ = \uparrow 74% back pain (n = 489)¹



Physical activity programmes

Prevention of LBP

Risk of episode
 \downarrow 35%²

Therapeutic tool for non specific CLBP

Pain^{3,4}
 \downarrow

Back
function³
 \uparrow

Comorbidities⁵
 \downarrow

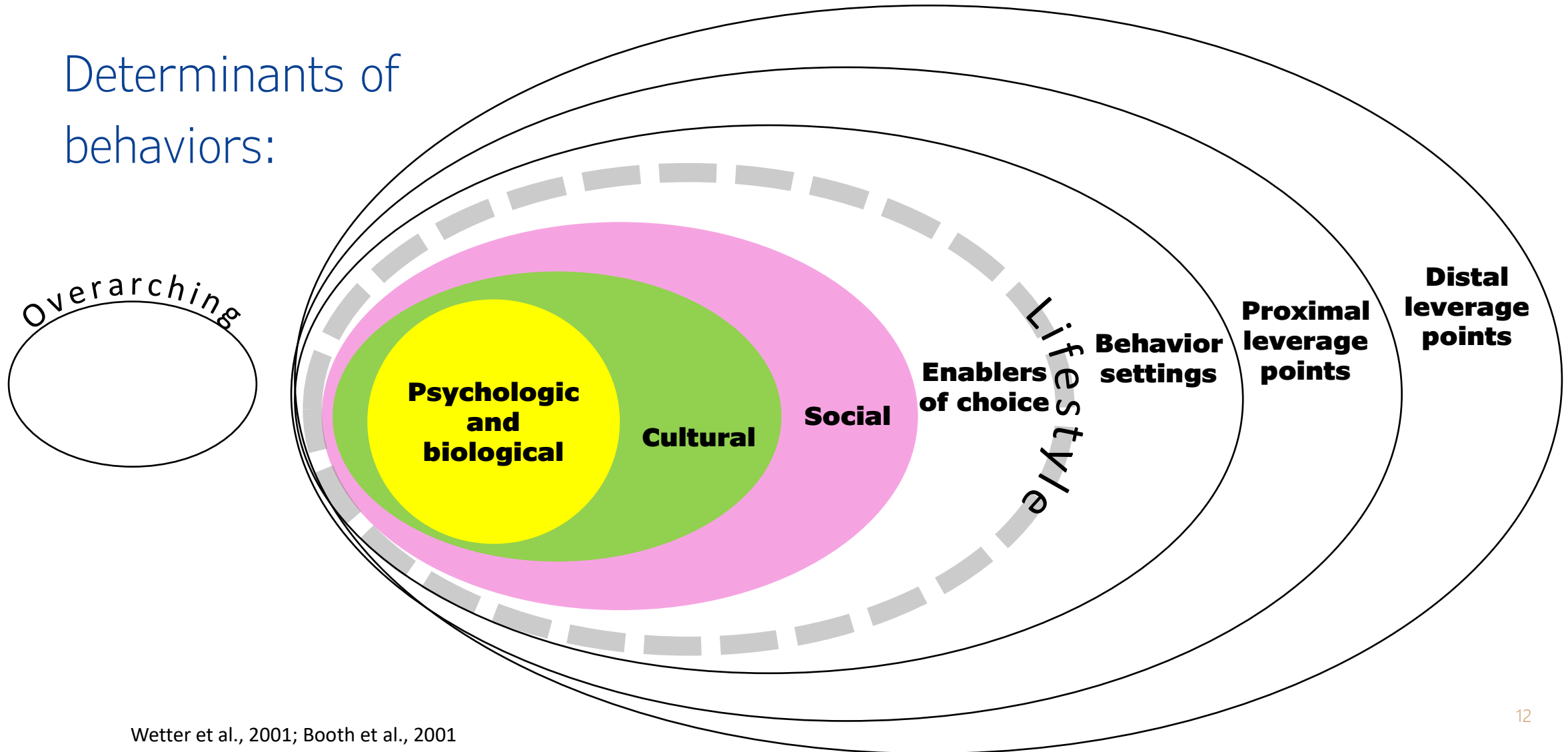
Physical
deconditioning⁶
 \downarrow

Sick
leaves⁷
 \downarrow

II/ How can we fight PinA and SB?

How can we fight PinA and SB?

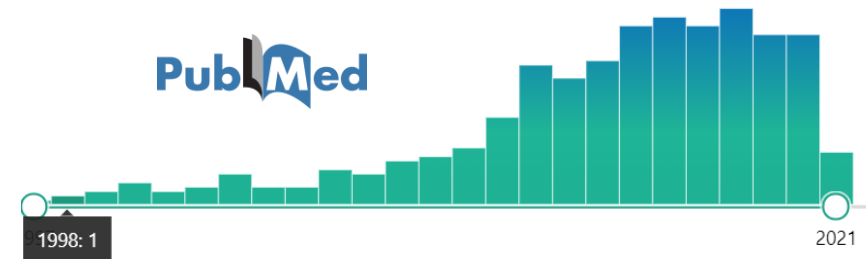
Determinants of behaviors:



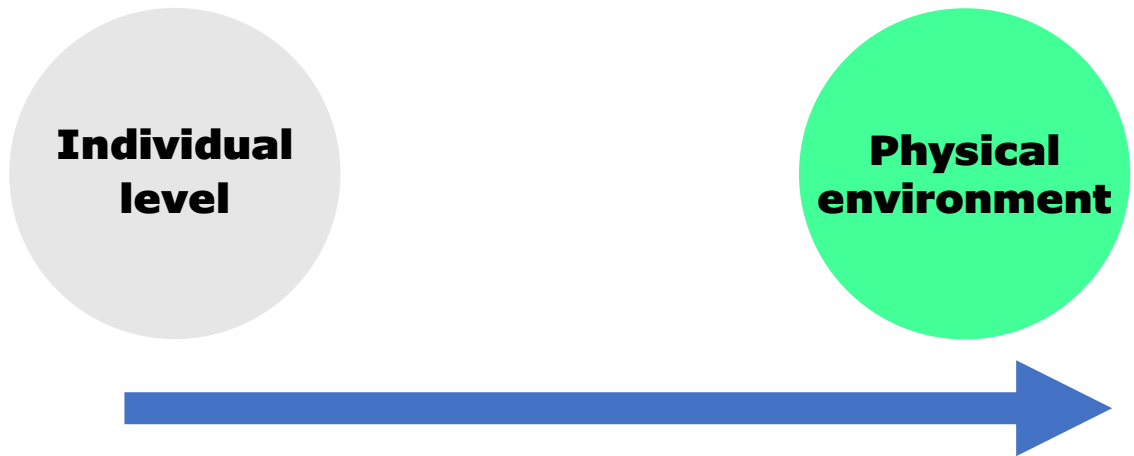
How can we fight PinA and SB?

State-of-the science:

- Insufficient current level of evidence



Sedentary behaviors

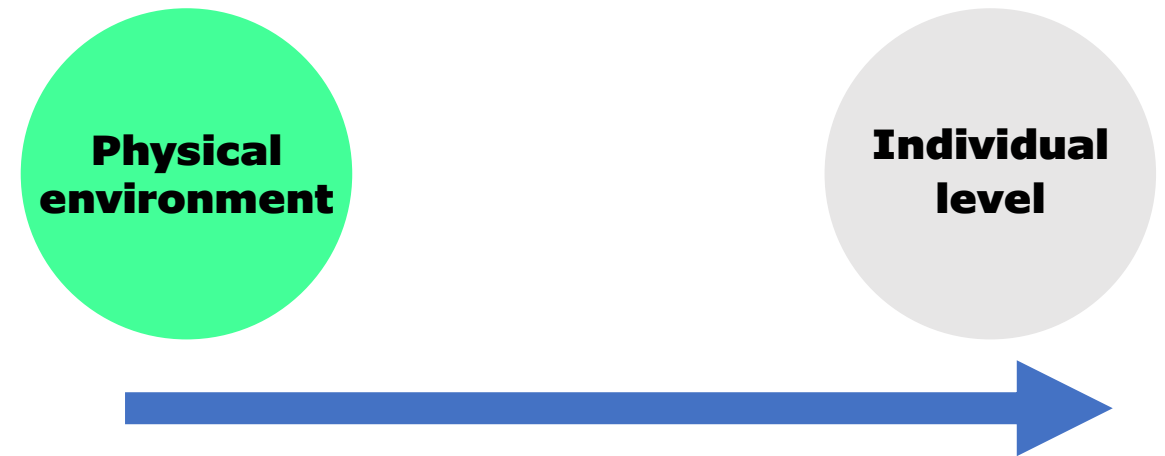


Least effective

Most effective

Shrestha et al., 2018; Conn et al., 2009

Physical activity

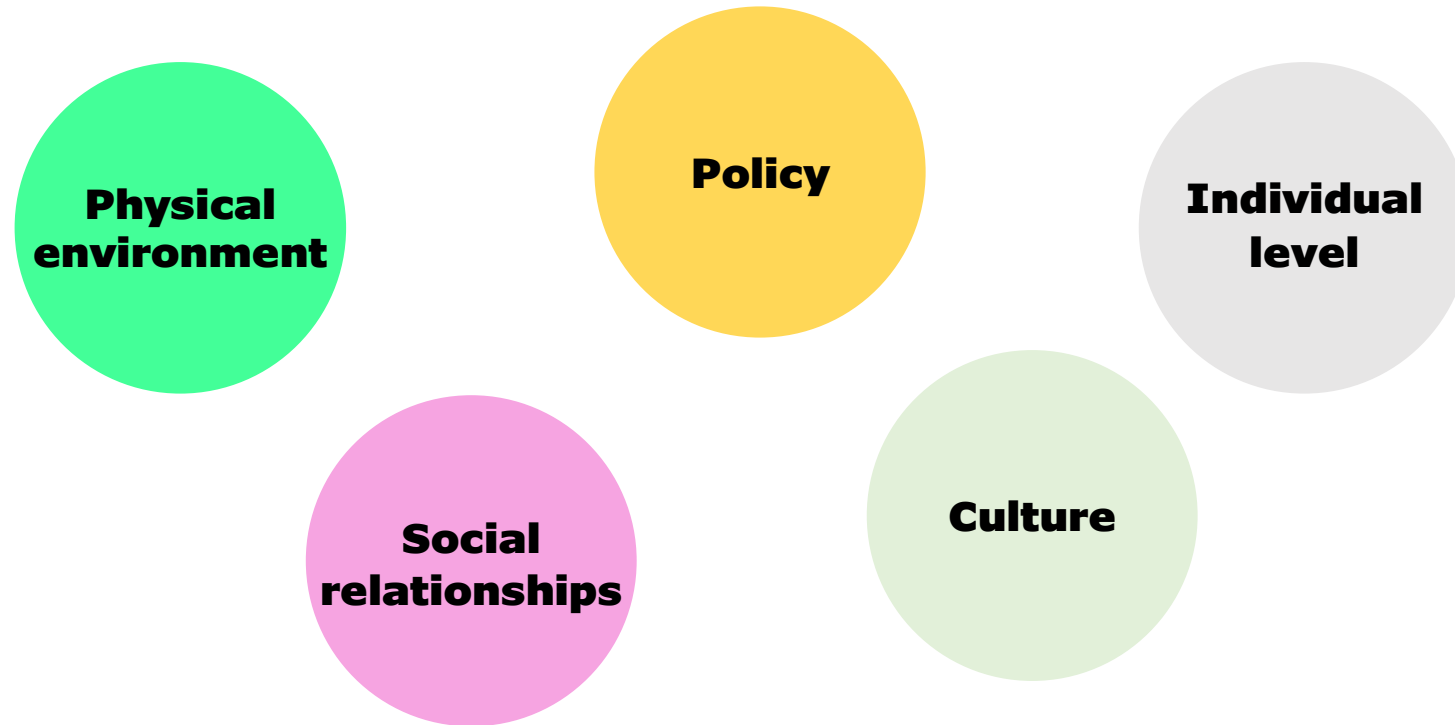


Least effective

Most effective

How can we fight PinA and SB?

State-of-the science:

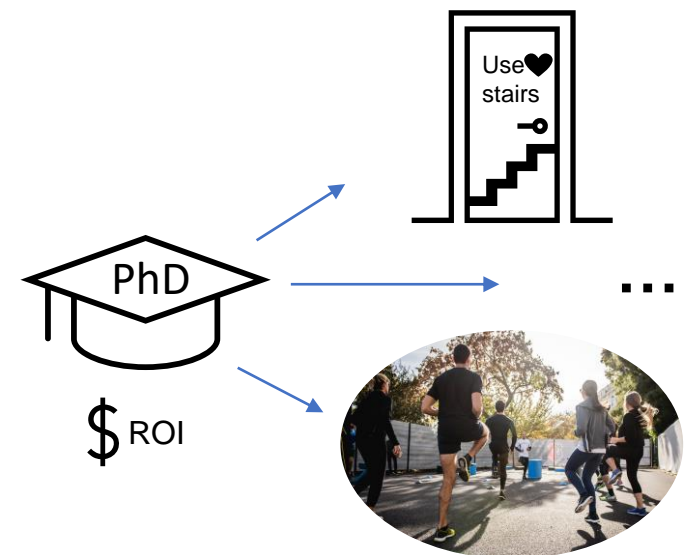
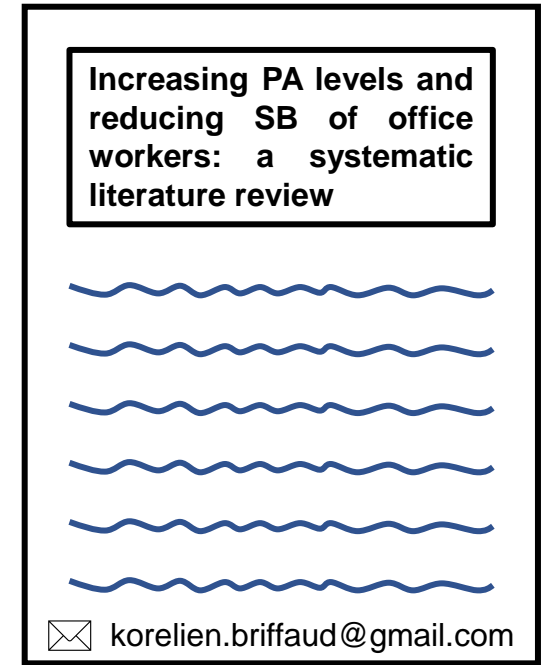
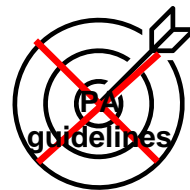
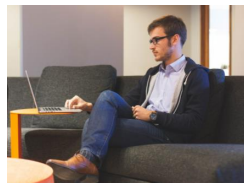


III/ Perspectives

Perspectives

What is needed:

- SB and PinA in different settings
- Future trials (↓ risks of bias; ↑ nb of employees)
- Variety of interventions



Thank you for your attention!

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ECOSYSTÈME D'APPRENTISSAGE, R&D ET EXPERTISE TRANSFRONTALIER DÉDIÉ AUX TROUBLES NEURO-MUSCULO-SQUELETTIQUES
LEERECOSYSTEEM, O&O EN GRENDOERSCHRIJDENDE EXPERTISE GEWIJD AAN NEURO-MUSCULOSKELETALE AANDOENINGEN

Korélien Briffaud, Frédéric Telliez, Thierry Lelard

✉ korelien.briffaud@gmail.com