



Ask the audience...

Event

Event Date
27 Feb 2020

Venue
Dapper Sandwich Co.

Location
Northampton, UK

@Dekes31

Café Scientifique – What is the Sitting Disease

16 **8,4,4** **16-75**

Number of people who shared ideas

Female, Male, Unknown

Age Range

Retired: 3 | Care Work: 3 | Teaching: 4
Local Gov: 1 | Student: 1 | Unknown: 4

Occupation

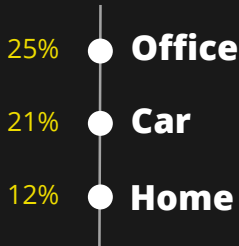
Who was there?

On 28th February 2020, Café Scientifique Northampton held their second talk in the series. 'What is the Sitting Disease?' – hosted by Dr Declan Ryan, Exercise Physiologist, explored the history, latest evidence, and ideas on how to combat the impact that prolonged sitting can have on our health.

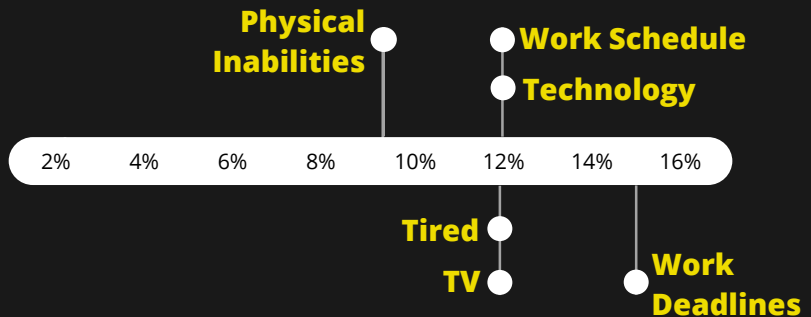
As no one knows someone better than themselves, the audience were asked to share their views and experiences on sitting.

Presented here, are the audiences' thoughts...

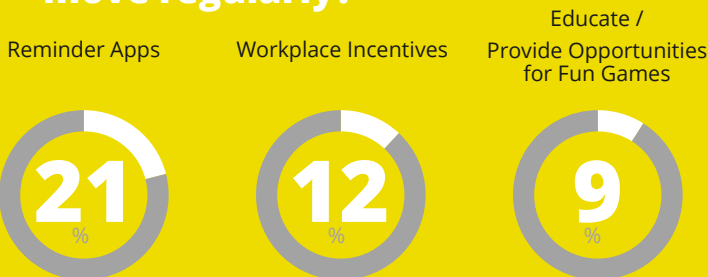
Where do people sit the most?



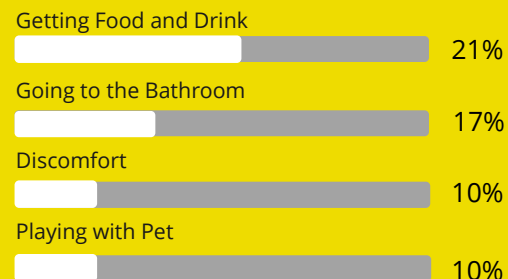
What stops people from leaving seat?



What could be done so people move regularly?



What makes people get up from their seat?



The best quote from the night...

"I feel like it's now the social norm not to move as much, it's more accepted or 'normal' to do what's easier"

– Student, 16 years old

University of Northampton

