Ask the audience...

Café Scientifique – What is the Sitting Disease

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?

- 25% Office
- 21% Car
- 12% Home

What stops people from leaving seat?

- Physical Inabilities: 2% 4% 6% 8% 10% 12% 14% 16%
- Work Schedule: 21% 17% 10% 10%
- Technology: 12%
- Tired: 14%
- TV: 16%
- Work Deadlines

What could be done so people move regularly?

- Reminder Apps
- Workplace Incentives
- Educate / Provide Opportunities for Fun Games

- Getting Food and Drink 21%
- Going to the Bathroom 17%
- Discomfort 10%
- Playing with Pet 10%

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