



Process Evaluation of a Multi-Component “Sit Less, Walk More” Workplace Intervention for Office Workers

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BACKGROUND & SIGNIFICANCE

- ◆ Sit Less, Walk More (SLWM) workplace intervention was designed for office workers with demonstrated efficacy in improving walking and some cardiometabolic biomarkers.
- ◆ Little is known about the participants' perceptions of the program and each program component's contribution to observed program effects.

PURPOSE

To evaluate participants' perceptions of and engagement with the program components in the SLWM to understand program effects.

METHODS

- ◆ Process evaluation data were mainly collected during and immediately after the 12-week intervention period.
- ◆ SLWM included **multi-components**: 3 monthly newsletters, 6 biweekly motivational tools, a team-based 10,000 steps challenge, environmental prompts, and walking routes and resources.
- ◆ A **survey** contained closed and open-ended questions assessing (1) frequency of use of components; (2) perceptions of program components; (3) factors that hindered the use of components; and (4) recommendations for improving program components.
- ◆ Qualitative data were analyzed using content analysis.

MAIN RESULTS & DISCUSSION

- ◆ Intervention participants' overall **engagement** with the program was good.
- ◆ Intervention participants' overall **perceptions** of program components were positive.
- ◆ Participants provided **suggestions** for improving future interventions.

Intervention Participants' Engagement with Program Components (n = 51)

Program Components	Frequency (%)
Monthly newsletters	
Whether monthly newsletters be read	98.0 (yes)
Read all 3	62.8
Motivational tools	
Whether motivational tools be read	98.0 (yes)
Read all 6	47.1
Environmental prompts (prompting posters)	
Frequency of looking at prompting posters displayed throughout the workplace (<i>M ± SD</i>)	3.31 ± 0.86
Frequency of looking at prompting posters loaded onto office computers (<i>M ± SD</i>)	3.82 ± 1.05
Walking route & resources	
Whether the walking route be used	43.1 (yes)
≥1 time/week	19.6
Team-based 10,000 steps challenge	
Goal setting	
Frequency of looking or thinking about the goals	
≥1 time/week	84.3
Pedometer & Step log	
Whether the pedometer be used to track daily steps	100.0 (yes)
Every day	90.2
Sitting log	
Whether sitting log be used to track daily sitting time	98.0 (yes)
Every day	66.7

Note. Responses were measured on a 5-point scale (1 = not at all, 5 = a lot)

Intervention Participants' Overall Perceptions of the Program (n = 51)

Overall Program	<i>M ± SD</i>
Satisfaction with the program	4.12 ± 0.65
Recommending the program to others	4.02 ± 0.71
Benefits of the program	4.10 ± 0.73
Effectiveness of the program at increasing PA and reducing SB	4.00 ± 0.78
<i>Most helpful program component: Team-based 10,000 steps challenge</i>	
Barriers to increasing PA and reducing SB (<i>n</i> = 40)	
• Work	65.0%
• Family obligations	15.0%
• Meetings	12.5%

Note. Responses were measured on a 5-point scale (1 = not at all, 5 = a lot). PA = physical activity; SB = sitting behavior.

Intervention Participants' Perceptions of Program Components (n = 51)

Program Components	<i>M ± SD</i>
Monthly newsletters	
Interest	3.16 ± 0.99
Clarity	3.63 ± 0.89
Usefulness	3.80 ± 0.61
Motivational tools	
Interest	3.20 ± 0.98
Clarity	3.61 ± 0.90
Usefulness	3.62 ± 0.75
Environmental prompts (prompting posters)	
Attractiveness	3.41 ± 0.92
Liking	3.35 ± 0.80
Helpfulness	3.26 ± 0.97
Walking route & resources	
Attractiveness	2.12 ± 1.13
Helpfulness	2.33 ± 1.37
Team-based 10,000 steps challenge	
Goal setting	
Liking	3.18 ± 0.95
Effectiveness in helping increase PA and reduce SB	3.57 ± 0.92
Pedometer & Step log	
Liking	3.92 ± 0.85
Ease of use	3.98 ± 0.95
Effectiveness in helping increase PA	4.12 ± 0.77
Sitting log	
Liking	3.29 ± 0.90
Ease of use	3.08 ± 0.96
Effectiveness in helping reduce SB	3.65 ± 0.84
Group competition	
Liking	3.47 ± 0.95
Effectiveness in helping increase PA and reduce SB	3.57 ± 0.96

Note. Responses were measured on a 5-point scale (1 = not at all, 5 = a lot). PA = physical activity; SB = sitting behavior.

The 3 Most Common Suggestions for Improving Future Interventions (n = 35)

Suggestions	<i>n</i> (%)
◆ Providing a pedometer or a wireless physical activity tracker with accurate, continuous automatic recording function	6 (17.1)
◆ Using electronic versions of newsletters and motivational tools instead of printed ones	4 (11.4)
◆ Making Step Log and Sitting Log as simple and convenient as possible	4 (11.4)

CONCLUSION & IMPLICATION

- ◆ The findings provided insight into participants' perceptions of and engagement with various components of the SLWM workplace intervention.
- ◆ **The team-based 10,000 steps challenge** was the most helpful intervention component, specifically including the elements of pedometer and Step Log, Sitting Log, goal setting, and group competition.
- ◆ **Pedometers, newsletters, motivational tools, and environmental prompts** can be employed to provide informational and motivational support to participants.
- ◆ The walking route designed to encourage participants to take walking breaks was less useful to our participants.

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