|  |
| --- |
| **Assessing the feasibility of active study stations on a university campus** |
| **Background/Objectives**Although regular physical activity (PA) is fundamental to promoting health and preventing chronic disease, sedentary behaviour is common on university campuses. Long periods of class time, study time, and extended periods spent on computers/devices offer little opportunity for movement. As part of larger Campus Health (VOICE) project on the University of British Columbia’s Okanagan Campus, informed by the Okanagan Charter for Health Promoting Universities and Colleges, students indicated a need for more opportunities to engage in PA that were free, easily accessible, and that they could integrate into their campus schedule. Promoting PA with actionable strategies at the campus level is important for promoting health equity. As an initial step in this process, the purpose of this pilot project was to gather feedback on the use of active study stations placed in a campus library. **Methods**A treadmill desk and bike desk were installed in the campus library. Users of the active study stations were invited to complete an online survey 4-6 weeks following their initial use. Data were analysed using descriptive statistics. **Results**A total of 56 participants completed the survey (X = 23 years); the majority were female (n=40), and had not used active study stations before (91%). Within the previous 30 days, 50% of participants reporting using the active study station once, 36% reported using the stations 2-5 times, and 11% used it 5+ times with the average length of use being 43min. Participants shared that the active study station was easy to use (M=4.34;SD=.83), they were able to complete their school work while using them (M=3.75; SD=.97), experienced an energy boost (M=3.96;SD=.93) and felt less stressed (M=3.94;SD=.82) after using an active study station. Regression analyses indicated that frequency of use significantly predicted higher scores on multiple outcomes (e.g., energy levels, stress). In addition, there were no significant differences in participants’ use of or feedback on the two types of study stations, participants reported that they would continue to regularly use active study stations and suggested that more be available on campus.**Discussion**The findings of this study provide support for the use of active study stations to reduce sedentary behaviour among students. In addition to establishing an expanded active study area in the library, efforts are needed to address other system level changes to promote PA. **Keywords**Physical activity, sedentary behaviour, young adults, campus wellbeing |